

Cardiac Rehabilitation

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Objectives

- * To gain an understanding of cardiac rehabilitation
- * To gain an understanding of why cardiac rehabilitation is important
- * To gain an understanding of the cardiac rehabilitation programme at Chesterfield Hospital

The Cardiac Rehab Team



What is cardiac rehabilitation?

“ Influence favourably the underlying cause of cardiovascular disease as well as to provide the best possible physical, mental and social conditions, so that patients may, by their own efforts, preserve or resume optimal functioning in their community and through improved health behaviour, slow or reverse progression of disease” (WHO, 1993; Feigenham & Carter, 1998; Goble & Worchester, 1999)



Cardiac Rehabilitation

Evidence

There is overwhelming evidence for a comprehensive cardiac rehabilitation programme.

- * Cardiac mortality reduction of 26-36%
- * Total mortality reduction of 11-26% (Taylor,2012; Heran et al.,2011; Lawler et al.,2011; Taylor et al.,2004)

Evidence

There is emerging evidence that cardiac rehabilitation is also associated with:

- * Reduced morbidity (repeat MI) (Lawler et al., 2011; Clark et al., 2005)
- * Readmission rate reduced by 28-56% (Lam et al., 2011; Davies et al., 2010)

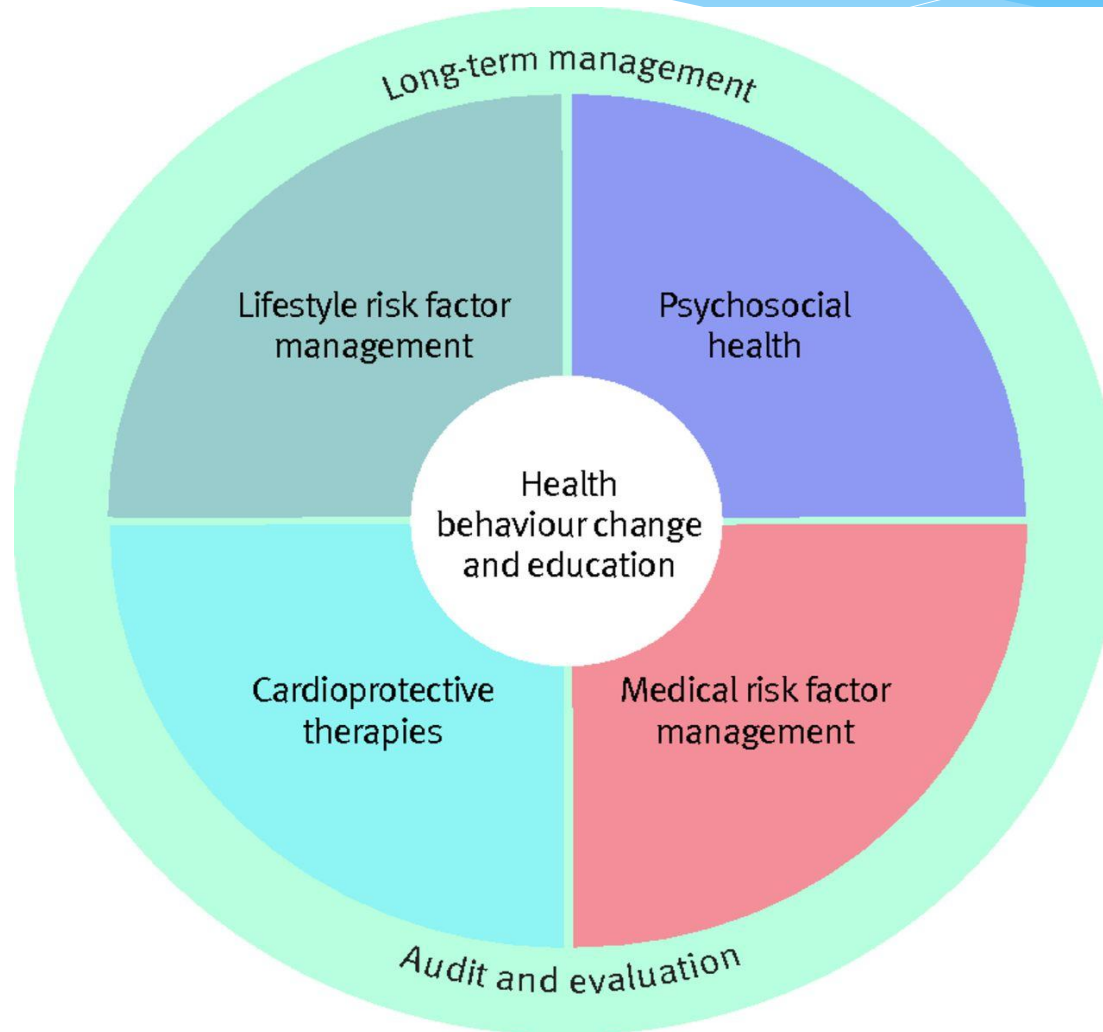
Economic evidence

- * Cardiac rehabilitation is one of the most cost effective therapeutic interventions in cardiovascular disease management (Unal et al., 2005; DH 2010., NICE, 2013)
- * Increasing uptake of cardiac rehabilitation by 15% could release £30 million of NHS money (Kaiser et al., 2013)
- * More cost effective than most other cardiological or surgical treatments (Fidan., 2007)

Evidence

Clinical review of Cardiac Rehabilitation (Dalal et al BMJ 2015) highlights that CR highly effective.

Core components of cardiac rehabilitation



Hasnain M Dalal et al. *BMJ* 2015;351:bmj.h5000



The cardiac rehabilitation service is offered to:

- * Myocardial Infarction
- * Acute coronary syndrome
- * Cardiac surgery or angioplasty

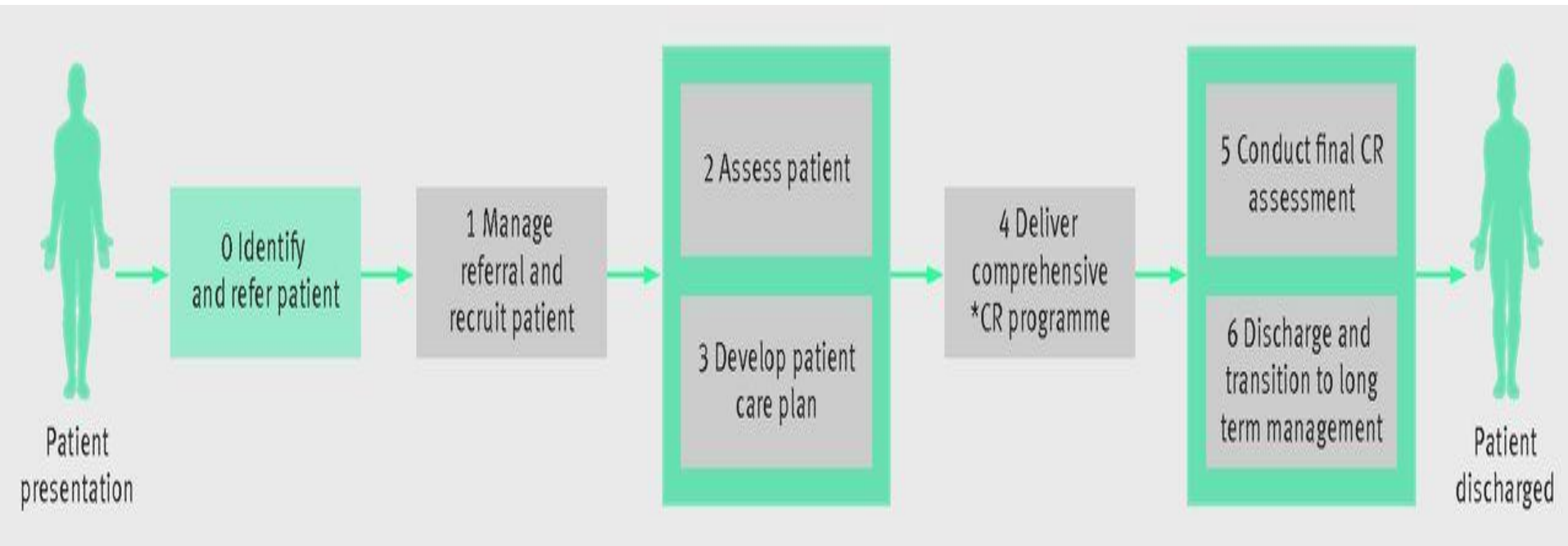


- * Cardiac transplantation

- * Valve patients

- * ICD

BACPR standards pathway, showing a patient's journey through cardiac rehabilitation (reproduced with permission from BACPR). *CR=cardiac rehabilitation .



Hasnain M Dalal et al. BMJ 2015;351:bmj.h5000



Cardiac rehabilitation programme

Comprehensive & tailored approach based on the assessment of the patient need

- * Inpatient
- * Immediate post discharge
- * Out patient service
- * On discharge







Audit

- * The National Audit of Cardiac Rehabilitation (NACR)

