

Cardiac Rehabilitation

INCREASING YOUR PATIENT'S LIFE
EXPECTANCY

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Disclosure

- No conflicts of interest
- No financial disclosures

OVERVIEW

- Cardiac Rehabilitation is a very important part of the treatment of Heart Disease.
- Medicare as well as private insurance companies recognize the importance of Cardiac Rehab
- Evidence based
- Increases our patient's life expectancy
- Impact on Performance Improvements

Cardiac Rehab vs. Physical Therapy

- Physical Therapy program preserve, enhance, or restore movement and physical function impaired or threatened by disease, injury, or disability.

- Cardiac Rehabilitation programs combine both cardiac health education and exercises, tailored to meet individual needs and health conditions.

Phase 1

- Starts while the patient is in the hospital
- Types of referrals: CABG, Valve surgery, PCI/STENT, AMI, DVT, CHF, Diabetic , Smoking Cessation, Afib, PM, CVA, and patients with risk factors for heart disease.
- Patient's exercise capabilities will be assessed. May begin with non-strenuous exercises, such as sitting up in bed or range of motion and then progress to walking.
- The patient is educated on their specific risk factors and diagnosis.
- Patient may receive education prior to any cardiac procedure.

Phase 1

- There is a TEAM approach to Inpatient cardiac Rehab.
- The team consists of physician, nurses, physical therapy, case management, respiratory therapy, dietary, pharmacy and ministry staff
- This team approach ensures benchmark standards are met

Comprehensive Care

- Assess patient ability to ambulate
- Assess the need for home Oxygen
- Assess the emotional needs of the patient
- Assess the patients understanding of their disease process
- Assess additional educational needs from other resources. Such as diabetic teaching, home health needs, and financial needs

Patient Education

- Home exercise program
- Disease process
- Medications
- Pain management
- Discharge instructions
- Pertinent topics related to recovery

PATIENT EXAMPLES



Goals for Phase 1

- Decrease length of hospital stay
- Increase patient satisfaction
- Increase staff satisfaction
- Decrease readmissions
- Assistance with referrals to an Outpatient Cardiac Rehab Program

PHASE 2

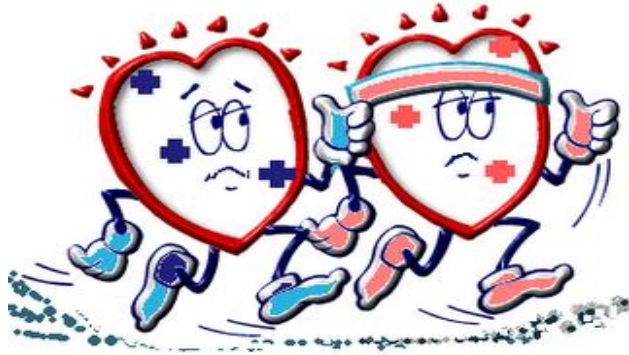
FACTS

- Begins after you leave the hospital and is often done in an outpatient setting.
- An individualized and personalized treatment plan, including evaluation and instruction on physical activity, nutrition, stress management, and other health related issues
- Generally covered by most health insurances.
- The program generally last 36 session, where patient come 3x week for an hour.
- ECG monitoring at each session
- Exercise levels are monitored and adjusted based on heart rate, patient's comfort, and physicians direction.

BENIEFITS OF PHASE 2

- Decrease the chance of another cardiac event
- Stop or reverse damage to your blood vessels
- Improve your stamina, confidence, and well being
- Control heart disease symptoms such as chest pain or shortness of air.
- Individualized Treatment Plans to assess patient's progress

PATIENT EXAMPLES



PHASE 3 CARDIAC REHAB

- These patients will continue in Cardiac Rehab after they have finished our Phase 2 program
- Blood Pressure and heart rate taken.
- Do not wear the heart monitor
- Exercise on her own
- Self Pay
- Types of Patients that use this program

CR OFFERS

- Improved communications with your physicians about your progress following your cardiac event
- Education to make healthy lifestyle changes.
- Avoiding tobacco
- Heart Healthy eating
- Maintaining a healthy weight
- Opportunity to share your stories with other patients like you
- Beginning and maintaining a personalized exercise plan
- Psychological/stress assessment

STATS

- Only about 30% of the population utilize an Outpatient Program
- Cardiac Rehab staff struggle with referrals
- Obstacles for patients are finances, transportation, compliance, pain, and motivation.
- Fewer Emergency room visits when you participate in Outpatient Program
- Patients who have completed a CR program can increase their life expectancy for up to 5 years

OVERALL

- CARDIAC REHABILITATION IS EVIDENCE BASED AND SHOULD BE PART OF OUR STANDARDS OF CARE.
- Cardiac Rehab is the solution for Medical adherence, risk factor reduction, and increase health expenditures.
- Cardiac rehab increases staff and patient satisfaction

AACVPR

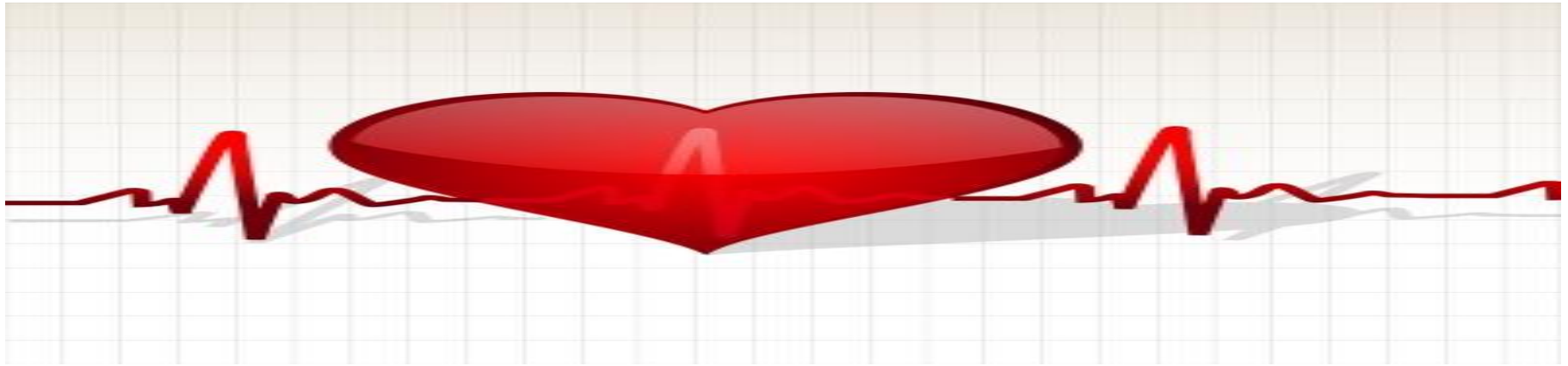
- American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)
- Mission:
 - reducing morbidity, mortality and disability from cardiovascular and pulmonary disease
 - through education, prevention, rehabilitation, research and disease management
 - improvement in quality of life for patients and their families

AACVPR

- Program Certification
- Professional Certification
- Education
- Networking
- Webinars
- Resources for members

FUTURE OF CARDIAC REHAB

- Home based Cardiac Rehab Programs
- Peripheral Artery Disease
- Bundle Payments
- Continue to have a Financial impact by decreasing overall cost, decrease readmission penalties, and downstream revenue to the hospital through other services.



- WHEN MEDICAL PROFESSIONALS APPLY THE MOST UP TO DATE EVIDENCE BASED TREATMENT GUIDELINES, PATIENT OUTCOMES IMPROVE!!!!!!!!!!