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 patient's 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!!!!!!!