


# Cardiac Rehabilitation for Patients With Coronary Artery Disease: A Practical Guide to Enhance Patient Outcomes Through Continuity of Care

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**ABSTRACT:** Coronary artery disease (CAD) is a leading cause of disease burden worldwide. Referral to cardiac rehabilitation (CR) is a class I recommendation for all patients with CAD based on findings that participation can reduce cardiovascular and all-cause mortality, as well as improve functional capacity and quality of life. However, programme uptake remains low, systematic progression through the traditional CR phases is often lacking, and communication between health care providers is frequently suboptimal, resulting in fragmented care. Only 30% to 50% of eligible patients are typically referred to outpatient CR and fewer still complete the programme. In contemporary models of CR, patients are no longer treated by a single practitioner, but rather by an array of health professionals, across multiple specialties and health care settings. The risk of fragmented care in CR may be great, and a concerted approach is required to achieve continuity and optimise patient outcomes. 'Continuity of care' has been described as the delivery of services in a coherent, logical, and timely fashion and which entails 3 specific domains: informational, management, and relational continuity. This is examined in the context of CR.

**KEYWORDS:** Continuity of care, cardiac rehabilitation, models of care, coronary artery disease

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## Introduction

Coronary artery disease (CAD) remains the leading cause of disease burden in Australia and continues to cost the health care system more than 1.3 billion dollars annually.<sup>1</sup> Cardiac rehabilitation (CR) provides a cost-effective therapy<sup>2</sup> that aims to accelerate recovery following an acute event and reduce the risk of recurrent events through structured exercise prescription, education, and risk factor modification.<sup>3</sup> Referral to CR is a class I recommendation for all patients with CAD<sup>4-7</sup> based on a growing body of evidence that participation can reduce hospital bed usage, cardiovascular mortality, as well as improve functional capacity and quality of life.<sup>8</sup> In Australia, the provision of CR is guided by key documents<sup>9,10</sup> which describe an integrated pathway spanning the continuum of care, commencing during the inpatient period after an acute coronary event (phase I), continuing through the post-discharge period,

often in an outpatient setting (phase II) and subsequently to a community-based maintenance programme for ongoing adherence to exercise and healthy lifestyle (phase III). However, CR is commonly underused throughout this process: only 30% to 50% of eligible patients are typically referred to outpatient CR, with fewer still completing programmes.<sup>10-12</sup> Consequently, many patients do not achieve long-term risk factor targets.<sup>13</sup> The aims of this document are to (1) apply a framework to CR, (2) identify where continuity of care is at risk, and (3) provide recommendations for improvement in the delivery of CR.

## Continuity of Care in Contemporary Medicine

With increasing specialisations in clinical care, patients are no longer treated by a single practitioner, but rather by an array of health professionals, across multiple specialties and health



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# Practical Guide To Cardiac Rehabilitation

**American College of Physicians**

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## **Practical Guide To Cardiac Rehabilitation:**

**Cardiac Rehabilitation** Nanette Wenger, 1999-06-29 This detailed reference provides practical strategies and a scientific foundation for designing and implementing cardiac rehabilitation services to relieve the symptoms of cardiovascular disease patients through exercise training and risk reduction and secondary prevention improve quality of life and decrease mortality Emphasizes multidisciplinary care that includes exercise training behavioral interventions and education and counseling regarding lifestyle changes and other aspects of secondary prevention Written by world renowned physicians nurses exercise physiologists psychologists dietitians educators and counselors in the field Cardiac Rehabilitation presents evidence based medicine as the cornerstone of clinical cardiology practice discusses interventions that limit the physiological and psychological effects of cardiac illness offers guidelines that enable elderly patients to maintain self sufficiency and functional independence describes means of social and workplace reintegration evaluates policies for maintaining high quality care efficacy and safety in an atmosphere of diminishing resources explains the role of managed care in moving rehabilitative care into the home workplace and other nontraditional sites assesses new interactive technologies that aid in tracking patient data gives pragmatic recommendations for the delivery of cardiac rehabilitative care in the next millenium and more Advocating integrated high quality consistent cardiac rehabilitation services for the well being of patients recovering from a variety of cardiovascular problems and procedures Cardiac Rehabilitation is ideally suited for cardiologists cardiovascular surgeons primary care physicians cardiac rehabilitation professionals cardiac care nurses dietitians physical and occupational therapists exercise physiologists psychologists behavioral counselors hospital managers health plan designers and upper level undergraduate graduate and medical school students in these disciplines

**Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs** American Association of Cardiovascular & Pulmonary Rehabilitation, 2004 This edition addresses the cost effectiveness of interventions that educate and motivate patients to assume personal responsibility for long term disease prevention *Clinical Practice Guidelines* American College of Physicians, 1995 With 1994 includes guidelines in allergy and immunology cardiology endocrinology metabolism gastroenterology hematology oncology nephrology neurology and pulmonary disease *A Practical Guide to Cardiac Rehabilitation* Christopher Karam, 1989 Best Practice Guidelines for Cardiac Rehabilitation and Secondary Prevention Alan Goble, Aj Goble, Marian Worcester, Muc Worcester, 1999 **The ESC Textbook of Preventive Cardiology** Stephan Gielen, Guy De Backer, Massimo Piepoli, David Wood, 2015 Covering principles and practice The ESC Textbook of Preventive Cardiology is a state of the art resource in primary and secondary prevention of cardiovascular disease Comprehensive and extensively linked to practice guidelines it connects the latest evidence to strategies and proposals for the implementation of prevention in clinical practice Guidelines for Cardiac Rehabilitation Programs American Association of Cardiovascular & Pulmonary Rehabilitation, 1995 In 1991 Guidelines for Cardiac Rehabilitation Programs

became the first definitive set of guidelines for practicing cardiac rehabilitation. Now this second edition substantially updates and expands upon the first edition and parallels the new federal guidelines for implementing and restructuring cardiac rehabilitation programs. These state of the art practice guidelines were developed by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), the international leader in the scientific study and clinical application of cardiac rehabilitation. The new Guidelines now contains complete sections on The Elderly Participant Resistance Training in Cardiac Rehabilitation, Psychosocial Assessment and Intervention, and Outcomes. Also the second edition helps prepare readers for the future of cardiac rehab including suggestions for limiting costs, increasing accessibility to low risk patients and using risk stratification techniques.

**Best Practice Guidelines for Cardiac Rehabilitation and Secondary Prevention** Alan J. Goble, Marian U.C. Worcester, 1999

**Adult-Gerontology Acute Care Practice Guidelines** Catherine Harris, 2023-05-10

Praise for the first edition from Doody's Medical Reviews Score 93. This well developed book provides acute care guidelines for the geriatric population in an easy to follow format that uses structural elements such as numbering and multilevel lists for each system. It is an excellent reference for advanced practice prepared clinicians to help identify, diagnose and develop a treatment plan for acute health issues in older adults and geriatric patients. Tho Nguyen DNP MSN RN Newly updated this evidence based resource the first of its kind provides NPs, PAs and other advance practice providers with the essential clinical knowledge they need to effectively practice adult gerontology acute care. The second edition covers 10 new conditions and delivers numerous clinical updates on drugs, pain management, sedation, nutritional management and clinical and screening guidelines. Along with relevant information on Covid 19 it examines more acid base and neurological disorders and explains the use of Point of Care Ultrasound (POCUS). New unfolding case scenarios include questions to reinforce knowledge and step by step procedural videos provide clear detailed guidance. The addition of a section on Billing provides clinicians with a working understanding of this process. In quick reference format this system based text describes more than 100 common conditions health providers are likely to see in their acute care practice. With contributions from NPs, PAs and physicians it provides expert insight into each condition enabling readers to categorize symptoms, be alert to the distinguishing features of disease symptoms and clusters and locate associated diagnoses. This handy text also includes perioperative considerations, discharge guidelines, treatment and disease management algorithms and procedural guidelines. Numerous clinical updates and clinical scenarios incorporated throughout the text validate knowledge and competency. Purchase includes digital access for use on most mobile devices or computers. New to the Second Edition: Provides updated information on drugs, pain management, moderate sedation, nutritional management and clinical and screening guidelines. Addresses new conditions. Offers current information on Covid 19. Includes additional acid base and neurological disorders. Covers Point of Care Ultrasound (POCUS). Provides brief unfolding case scenarios with questions to reinforce knowledge. Addresses the basics of Billing. Delivers NEW step by step procedural videos demonstrating arterial line placement. digital

nerve blocks and lumbar puncture Key Features Presents key points for more than 100 acute care conditions in quick reference format Includes considerations for preoperative intraoperative and postoperative evaluation and management Offers discharge guidelines for inpatient conditions Disseminates over 20 procedural guidelines such as central and arterial line insertion bronchoscopy ECMO endotracheal intubation and more

### **ESC Handbook of Cardiovascular**

**Rehabilitation** Ana Abreu, Jean-Paul Schmid, Massimo Piepoli, 2020 The ESC Handbook of Cardiovascular Rehabilitation is the latest publication from the EAPC Association of the European Society of Cardiology ESC It is a key tool for those who are planning to start a cardiovascular rehabilitation programme want to improve an ongoing programme or just would like to know more about cardiovascular rehabilitation The handbook is practical full of useful figures tables and references which will allow for better clinical practice across the field All the work is supported by the latest scientific evidence and written by experts across Europe The 21 chapters in the handbook are structured to provide you with the latest in modern multidisciplinary cardiovascular rehabilitation Chapters include early assessment and risk stratification exercise training programmes for multiple groups of the population diet and nutritional aspects of cardiovascular rehabilitation psychosocial assessment and intervention counselling on adherence to medication and lifestyle measures as well as information regarding the EXPERT tool The handbook will appeal not only to cardiologists but also to physicians involved in cardiovascular prevention and in clinical practice in general general practitioners internal medicine diabetologists etc Also other healthcare professionals like nurses physiotherapists exercise physiologists dieticians psychologists and others can use this book to better understand the preventive strategy involved in cardiovascular rehabilitation and how to implement it in real world situations The ESC Handbook of Cardiovascular Rehabilitation is a great addition to the stable of ESC textbooks and handbooks already published Book jacket

**WHO list of priority medical devices for management of cardiovascular diseases and diabetes**, 2021-01-26 The final goal of this publication is to guide on the selection of medical devices This increases access to medical devices required to prevent diagnose and treat cardiovascular diseases including stroke and diabetes especially in low and middle resource settings This publication is intended for Ministries of Health public health planners health technology managers disease managers researchers policy makers funding and procurement agencies and support and advocacy groups for patients suffering from cardiac diseases stroke and diabetes It serves to inform policy makers and technical decision makers on the selection of medical devices required for the package of benefits and interventions for a target population in the context of universal health coverage

### **Clinical Practice Guidelines Directory**

Naomi Kuznets, 2000 This annual publication is a bibliographic listing of approximately 2 000 guidelines standards and other available patient management strategies developed by physician organizations and others that helps physicians and group practices to improve their quality of medical care and ensure appropriate utilization of health care resources

**Pocket Guide to Cardiovascular Care** Susan B. Stillwell, Edith McCarter Randall, 1994 This guide offers practical thorough

coverage of nursing care for patients with acute and critical cardiovascular problems The book provides information on assessing and evaluating cardiovascular conditions administering medications as well as on monitoring medical and surgical interventions 86 illus

**Cardiac Rehabilitation** Ana Abreu, Jean-Paul Schmid, Massimo Piepoli, 2020-09-02 This guide is directed at the multi disciplinary team dealing with cardiac rehabilitation It is a practical handbook for everyday professionals on what they should do following cardiac events and return to work It is adapted to the needs of cardiac rehabilitation centers Key publication from the European Association of Preventive Cardiology EAPC Companion handbook to The ESC Handbook of Preventive Cardiology Putting Prevention into Practice This handbook is directed at cardiologists in training and practice specialist cardiac nurses technicians exercise physiologists and other healthcare professionals involved in the multidisciplinary process of cardiac rehabilitation Practical user friendly handbook style presentation Covers the complete spectrum of rehabilitation care Key team members address key issues smoking diet and physical activity Focus on high risk patients family approach

*Journal of Sport Rehabilitation*, 1992

**Directory of Clinical Practice Guidelines, 1988** American Medical Association, 1998-06 This resource offers a convenient way to locate practice guidelines in practically any clinical area This edition provides a comprehensive bibliographic listing of more than 1 900 guidelines standards and other practice management strategies including several hundred new guidelines indexed by subject title and sponsoring organization Each entry provides pricing and order information Also included is a mid year update with newly developed practice guidelines those under development and those recently withdrawn

Lifestyle Medicine Jeffrey I. Mechanick, Robert F. Kushner, 2025-05-26 This book represents the third in a series of Springer textbooks on Lifestyle Medicine by Dr Mechanick and Dr Kushner The first book focused on theory and practice concepts The second book focused on implementation with a specific tactic of building a lifestyle medicine center This third book focuses on scientific evidence to close research gaps knowledge gaps and practice gaps The general intent is to imbue the field of lifestyle medicine with scientific evidence The other intent is to continue advancing a culture of preventive care for chronic disease using lifestyle medicine but again through a tactic of emphasizing science evidence and critical thinking Lifestyle Medicine Closing Research Practice and Knowledge Gaps is organized into three sections In the first section driver based chronic disease models and other elements that pertain to lifestyle medicine are explored in terms of current levels of scientific substantiation In the second section educational modalities are presented that can improve awareness of scientific and experiential knowledge by healthcare professionals Topics include innovative teaching models web based activities training and accreditation programs and certification exams In the third section a variety of clinical scenarios are presented to highlight practice gaps implementation issues where there is inadequate clinical action despite an awareness of the pertinent knowledge The topics span critical domains that must be addressed so that lifestyle medicine can lead to favorable outcomes in people and populations at risk These domains include alcohol and substance abuse colitis brain health environmental risk

pharmacotherapy de escalation routine change socioeconomics transculturalization advanced analytics home cardiac rehabilitation digital twin technology and a highly referenced discussion of the lifestyle medicine ecosystem and infrastructure Care is taken to provide not only theoretical foundations but also case studies where appropriate to emphasize critical aspects In conclusion this third book on Lifestyle Medicine will complement the previous two Springer books and define a compendium of resources necessary for anyone interested in this field

**Guidelines for Cardiac Rehabilitation Programs** American Association of Cardiovascular & Pulmonary Rehabilitation, 2021 Guidelines for Cardiac Rehabilitation Programs Sixth Edition offers procedures for providing patients with low cost high quality programming that moves them toward a lifelong commitment to disease management

**Preventive Cardiology: A Practical Approach, Second Edition** Nathan D. Wong, Henry Black, Julius Gardin, 2005 PREVENTIVE CARDIOLOGY is the premier source of clinically relevant information on the prevention of coronary heart disease Thoroughly updated by international experts the book discusses screening risk factors prevention in special populations and primary and secondary prevention in the context of the daily practice of medicine PREVENTIVE CARDIOLOGY is a must have for cardiologists and primary care physicians Review of the first edition Excellent Structured in a way that invites the reader to use it as a comprehensive reference The combination of theory and guidelines with a practical approach to the patient at risk for cardiovascular diseases is a strength The New England Journal of Medicine

**Heart Failure: A Practical Approach to Treatment** William T. Abraham, Henry Krum, 2007-08 Provides expert guidance and up to the minute clinical perspectives needed to diagnose treat and manage patients with heart failure A major focus of the book is integration of various management approaches to maximize patient benefit Coverage begins with a brief introduction on the incidence and causes of heart failure then quickly moves into a more thorough clinical overview of symptom evaluation pharmacologic and non pharmacologic treatment methods hospitalization surgical treatments and more

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