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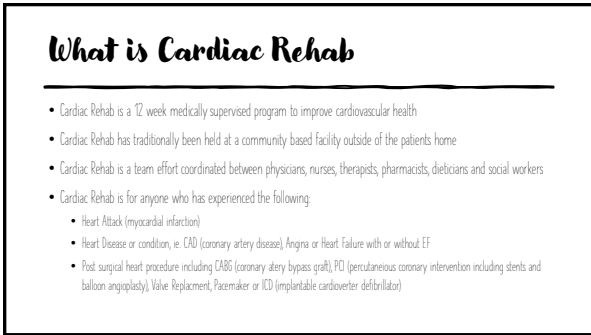
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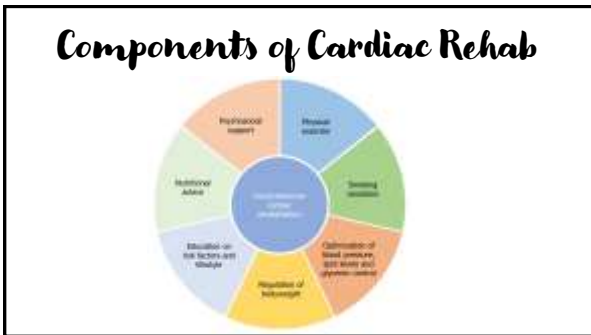
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## Why is Cardiac Rehab Important?

- Cardiac Rehab reduces incident of repeat cardiac events by 30-40% per the American Heart Association
- Cardiac Rehab is proven through positive and measurable outcomes that it reduces the mortality rates in adults with Ischemic Heart Disease, Heart Failure and post cardiac procedure or surgery patients
- Cardiac Rehab focuses on patient education, health behavior modification and exercise training which are all easily sustained components of daily living after rehabs completion

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## Lets get to the heart of the matter



- Heart Disease remains the number one killer in the US
- High blood pressure, high cholesterol and smoking are key risk factors of heart disease...about 47% of people in the US have at least one of these factors
- Uncontrolled blood pressure damages arteries and causes the heart to enlarge
- Diabetes, obesity, unhealthy diet and physical inactivity are also risk factors

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- According to the CDC, only 31% of Americans are at a healthy weight
- In a sample of 34 million Americans, 1 out of 10 have diabetes.
- Exercise is a primary component of cardiac rehab
- Exercise reduces weight and stress levels which improves cardiovascular health
- Exercise improves the body's response to insulin and lowers blood sugars

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## Barriers to Success



- Lack of Transportation
- Unsure how to obtain referral
- Fear of leaving the home in pandemic
- Community based programs are severely underused in the US with only about 25-30% participation from eligible candidates
- Lack of exercise equipment in the home
- No access to continued monitoring during maximized exercise therapy in the home

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## Removing Barriers



- Home based can provide similar services to cover all the necessary components of cardiac rehab
- It assists with social distancing during unsafe and pandemic times
- It reduces hospitalizations by reducing exposures
- It promotes healthier eating in the home
- It promotes independence in the home
- It provides consistent and repetitive support for smoking cessation
- It provides frequent counseling by health care workers to boost mental and emotional health
- It prepares patients for being more functional and safe in the community
- It brings a life saving program to those that are homebound

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## Community Based vs Home Based

### C B C R

- In a designated facility with supervision of medical professionals
- Easy access to physicians and pharmacists to help optimize medication management
- Wide variety of equipment to help patient obtain their maximum exercise goals along side trainers, PT and OT
- Heart healthy education and lifestyle coaching
- Counseling for stress management and smoking cessation

### H B C R

- Takes place in the patients home with disciplines coming to them
- Nursing to assist with physician coordination to optimize medication management
- Focused therapy by PT and OT in home to regain previous level of functioning and independence
- Education provided by all staff at every visit on heart healthy living, stress reducing lifestyles and exercise training

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# Home Based Growth

COVID has forced all of healthcare to rise to the occasion in the face of the unknown. It has forced more research, more man hours, more

Home based care is just one of the many areas that is experiencing this growth

- MD appointments can be done via telemedicine
- Nurse practitioners and Physician assistants travel to the home
- Medications can be delivered to the home
- IV therapy is coming to the home
- Joint replacement rehabilitation is vital when rehab facilities have been full
- Cardiac Rehab and Heart Failure programs are on the rise

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# QUESTIONS?



References: Centers for Disease Control and Prevention, National Center for Health Statistics. *Abuse: Multiple Cause of Death, 1999-2019*. CDC WONDER Online Database website. Atlanta, GA: Centers for Disease Control and Prevention, 2019. Accessed February 1, 2021. 2. Wain SS, Alonso R, Aponte HJ, Benjamin EJ, Bibereaux MS, Callaway CW, et al. Heart disease and stroke statistics—2021 update: a report from the American Heart Association. *Circulation*. 2021;143:e254–e323. <https://www.ahajournals.org/doi/full/10.1161/STROKEAHA.120.347117>

3. <https://www.heart.org/en/health-topics/cardiac-rehab-keeps-patients-safe-during-covid-19>

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