

HOME-BASED CARDIAC REHABILITATION

Cardiac rehabilitation for those with a qualifying diagnosis has been shown to reduce future cardiovascular events, hospital readmission, and mortality. It is a class 1 recommendation by the American Heart Association and American College of Cardiology following a myocardial infarction. Despite overwhelmingly positive data, patient participation in cardiac rehabilitation is poor at 20-30% of those who qualify enroll. Traditional cardiac rehabilitation is done at a hospital gym with onsite RN and MD supervision. For most patients, the travel distance, limited times for classes, parking fees, and copays are significant barriers to participation. Home-based rehabilitation programs have similar outcomes to center-based programs with the benefit of being able to exercise how patients want, where they want, and at a convenient time. Kaiser Permanente Southern California has shown in a recent JAMA article that their home-based rehabilitation reduced hospital readmissions significantly more than the center-based program. Nkonde-Price C, Reynolds K, Najem M, et al. Comparison of Home-Based vs Center-Based Cardiac Rehabilitation in Hospitalization, Medication Adherence, and Risk Factor Control Among Patients With Cardiovascular Disease. *JAMA Netw Open*. 2022;5(8):e2228720.

Our home-based cardiac rehabilitation program pairs patients with a cardiac nurse to develop a personalized plan to improve cardiac health via regular phone or video visits over a 3-month period of time. The RN's use health coaching techniques to motivate the patient to up titrate their exercise prescription, improve dietary habits, reduce stress, stop smoking, and improve psychosocial well-being. They also utilize protocols to improve hypertension and lipid control.

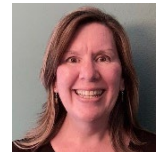
We manage patients who meet the following criteria:

- Myocardial infarction (including type 2 MI) within the last 12 months
- Angioplasty or stenting within the last 12 months
- CABG within the last 12 months
- Heart valve repair or replacement-surgical or interventional within the last 12 months
- Current stable angina pectoris
- Heart failure with ejection fraction $\leq 35\%$

Our Team



Rachael Wyman, MD
Medical Director
Cardiac Rehab



Kerry Thompson, RN



Leslie Mansour, RN

What Our Patients Say About Us

"I'm a little more enthused about being able to get up and move around. I realized how complacent I had become."

"We are trying veggies we've never seen before. Exploring other food options other than meat is keeping the grass I eat a little more exciting."

"I have noticed improved endurance and overall less fatigue since starting the program, I give your program a 10/10."

CONTACT US

For more information about our Home-Based Cardiac Rehabilitation program, please contact us at 206-326-3099.