

A Pilot Community-based Cardiac Rehabilitation Program For Low-risk Cardiac Patients

NY Chan (1), F Wong (2), G Cheung (1), SH Chiu (1), SH Tang(1), NS Mok (1), ST Lau (1)

(1) Department of Medicine & Geriatrics, Princess Margaret Hospital

(2) Community Rehabilitation Network, The Hong Kong Society for Rehabilitation

Dr Ngai-Yin Chan, MBBS, FRCP (Edin), FRCP(Glasg), FHKCP, FHKAM(MED),
Associate Consultant,
Director, Cardiac Pacing Service,
Co-director, Cardiac Rehabilitation Service,
Princess Margaret Hospital,
Hong Kong

HA Convention, Hong Kong Convention and Exhibition Centre, June 7, 2011

STATE-OF-THE-ART PAPER

Current Status of Cardiac Rehabilitation

Nanette K. Wenger, MD, MACP, FACC, FAHA

Atlanta, Georgia

Cardiac rehabilitation is increasingly recognized as an integral component of the continuum of care for patients with cardiovascular disease. Its application is a **class I recommendation** in most contemporary cardiovascular clinical practice guidelines. Despite the documentation of **substantial morbidity and mortality benefits**, cardiac rehabilitation services are **vastly underutilized**. The core components of cardiac rehabilitation have been detailedly delineated. Implementation of newly available performance measures offers the potential to enhance referral to, enrollment in, and completion of cardiac rehabilitation. (J Am Coll Cardiol 2008;51:1619-31)
© 2008 by the American College of Cardiology Foundation

Survey on Cardiac Rehabilitation Service Provision in Hong Kong in 2005

	Proportion of patients with admission diagnoses of heart disease (n=23262)	Proportion of patients with admission diagnoses of acute myocardial infarction (n=1576)
Phase I	4.7%	69%
Phase II	2.1%	31.7%
Phase III	0.9%	13.1%
Phase IV	1%	14.1%

Chan NY et al. A survey on the current status of cardiac rehabilitation service provision in Hong Kong. *Journal of Hong Kong College of Cardiology* 2006;14(Suppl 2):B11

Our Goal

- *To improve the coverage of cardiac rehabilitation service for patients in Hong Kong, by collaboration with community partners*

Comprehensive Community-based Cardiac Rehabilitation Program -Safety

- Patients with low-risk cardiac conditions were recruited:
 - (1) coronary artery disease with complete revascularization
 - (2) valvular heart disease after interventional or surgical treatment
 - (3) class I or II heart failure
 - (4) cardiac arrhythmias after device implantation

Comprehensive Community-based Cardiac Rehabilitation Program -Effectiveness

- 6 exercise-based classes with sharing sessions on the following topics:
 - (1) Knowing Heart Disease
 - (2) Healthy Diet
 - (3) Heart Medications
 - (4) Exercise
 - (5) Stress Management
 - (6) Community Resources for Cardiac Patients



Pilot Community-based Rehabilitation Program for Low-risk Cardiac Patients

- Implemented in the period from May 2007 to December 2010
- 177 patients participated
- 0 adverse events

香港復康會社區復康網絡
基礎心臟復康課程
參加者滿意程度調查問卷
請在合適的空格內加✓號：

第一部份：

1. 整體來說，你對這個課程感到有幾滿意？

- 1 非常不滿意
- 2 不滿意
- 3 滿意
- 4 非常滿意

2. 你對導師的表現感到有幾滿意？

- 1 非常不滿意
- 2 不滿意
- 3 滿意
- 4 非常滿意

3. 如果你的親友正想參加一個內容類似的課程，你會否推薦這個課程給他/她呢？

- 1 肯定不會
- 2 多數不會
- 3 多數會
- 4 肯定會

4. 你會否考慮再參加社區復康網絡為本病科學辦的其他活動呢？

- 1 肯定不會
- 2 不會
- 3 會
- 4 肯定會

5. 你認為是次課程是否達至原訂之目標？

- 1 完全不達至
- 2 小部份達至
- 3 大部份達至
- 4 完全達至

Evaluation

- 135 (76%) patients completed questionnaires
- All patients were very satisfied (58%) or satisfied (42%) with the program
- 97% of patients believed that their knowledge in heart disease largely improved after the program
- 96% of patients believed that the program helped them significantly in improving technique and confidence in adopting a healthy lifestyle

Conclusions

- Comprehensive community-based cardiac rehabilitation program conducted through partnership with a non-government organization for low-risk cardiac patients is feasible and safe
- High satisfaction level is observed in participants

Future

Six Centers in Hong Kong

