

CARDIAC REHABILITATION (PHASE I)

IN A COMMUNITY HOSPITAL



OBJECTIVES - PRESENTATION OF THE RESULTS OF A RECENT INPATIENT PROGRAM OF CARDIAC REHABILITATION FOR PATIENTS WITH ACUTE CORONARY ARTERY DISEASE INITIATED ON FERNANDO FONSECA HOSPITAL IN 01-03-2002

METHODS - PROTOCOL OF CARDIAC REHABILITATION (PHASE I) FOLLOWING THE GUIDE-LINES OF THE AMERICAN HEART ASSOCIATION AND OF THE AMERICAN ASSOCIATION OF CARDIOVASCULAR & PULMONARY REHABILITATION, DEFINING OBJECTIVES, INDICATIONS AND CONTRAINDICATIONS AND SPECIFYING:

- INITIAL MEDICAL EVALUATION AND REFERRAL
- EARLY ASSESSEMENT, MOBILIZATION AND ACTIVITY PROGRESSION
- INFORMATION REGARDING CARDIOVASCULAR DISEASE RISK-FACTORS AND SELF-CARE,
- COMPREHENSIVE DISCHARGE PLANNING SESSIONS

DATA ASSESSED BY THE CLINICAL FILE CREATED FOR THE PATIENTS WITH ACUTE CORONARY ARTERY DISEASE THAT FOLLOWED THE PROTOCOL FROM 01-03-2002 TO 31-12-2002 COVERING MEDICAL, SOCIAL AND OCUPATIONAL HISTORY, FUNCTIONAL STATUS AND THE EVALUATION OF THE PROGRESSION IN THE ACTIVITY PROGRAM, AS WELL AS THE PARTICIPATION IN THE FORMATION / INFORMATION PROGRAM, WERE TREATED IN A DATABASE IN MICROSOFT ACCESS 2000 FOR WINDOWS



RESULTS-

TOTAL- 233 PATIENTS (186 MEN, 47 WOMEN)

AGE- MEAN- 63,3 (MAX:91, MIN:26)

OCCUPATION- ACTIVE WORKERS- 112
RETIRED- 105
UNEMPLOYED- 4
OTHERS- 12

DIAGNOSIS- MYOCARDIAL INFARCTION- 189
INSTABLE ANGINA- 36
POST-CABG- 6
OTHER- 2

MEAN HOSPITALIZATION PERIOD- 9,7 DAYS (S.DEVIATION: 7,2 MAX:54 MIN:1)

COMPLICATIONS -NONE- 174 / MYOCARDIAL INFARCTION OR REINFARCTION- 2 / PRE-CORDIAL PAIN- 6 / POST-OPERATIVE BLEEDING- 14 / ARRHYTHMIA-11 / REDUCED LEFT VENTRICULAR FUNCTION- 10 / OTHERS- 11

TIME ELAPSING BETWEEN ADMISSION TO UCIC AND THE BEGINNING OF THE REHABILITATION PROGRAM- MEAN - 1,7 (S. DEVIATION: 1,3 MAX: 10, MIN: 0) FUNCTIONAL STATUS AT ADMISSION- (RANKIN) - (0- 104 / 1- 86 / 2- 26 / 3 -11 / 4- 3 / 5- 0)

PROGRESSION IN THE ACTIVITY PROGRAM-

- NO COMPLICATIONS- 147
- NO PROGRESSION OR EARLY TERMINATION OF SESSION (ONE DAY)- 27
- NO PROGRESSION OR EARLY TERMINATION OF SESSION (TWO DAYS)- 25
- UNABLE TO PROGRESS BEYOND PHASE I A OR PHASE I B- 12
- BEGINNING OR PROGRESSION DELAYED BY COMPLICATIONS- 16
- STOP PROGRAM FOR LACK OF PARTICIPATION - 6

PARTICIPATION IN THE FORMATION/INFORMATION SESSIONS - YES- 106 / NO- 46 / OTHERS - 2

RISK STRATIFICATION - NO STRATIFICATION POSSIBLE - 152 / HIGH RISK-45 / OTHERS- 35

CANDIDATES TO OUTPATIENT CARDIAC REHABILITATION PROGRAM- YES-100 / NO- 72 / OTHERS- 60

PATIENS THAT WERE REALY INTEGRATED ON A OUTPATIENT PROGRAM -2



A SERIES OF CARDIAC TEACHING SESSIONS ARE AVAILABLE FOR PATIENTS IN THE PROGRAM

- THEY COVER:
- RISK FACTORS
- DIET
- ACTIVITY
- STRESS MANAGEMENT
- DISCHARGE PLANNING

READABLE TEACHING AIDS ARE AVAILABLE AT THE END OF EACH SESSION

CAREFULLY DEVELOPED CARDIAC REHABILITATION PROGRAMS WITH WELL PREPARED AND MOTIVATED PERSONNEL ASSURE PATIENT SAFETY AND PROGRAM EFFECTIVENESS.

PHASE I IS USEFUL IN THE STRATIFICATION AND ORIENTATION TO OUTPATIENT PROGRAMS, IN THIS PROGRAM STRATIFICATION WAS IMPAIRED DUE TO THE ABSENCE OF EARLY EXERCISE TESTS

CARDIAC REHABILITATION PROGRAMS ARE A GROWING NEED IN THE PORTUGUESE HEALTH SYSTEM NAMELY THE CREATION OF CARDIAC OUTPATIENT SETTINGS TO ASSURE A CONTINUUM OF CARDIAC REHABILITATIVE CARE

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