

## If they don't know they CAN'T go!

People are **twice as likely** to participate if a health professional discusses cardiac rehabilitation before they leave hospital

Provide patients with written information about cardiac rehabilitation and encourage them to visit [www.heartfoundation.org.au/recovery-and-support/cardiac-rehabilitation](http://www.heartfoundation.org.au/recovery-and-support/cardiac-rehabilitation).

Many can benefit:

- ✓ After a heart attack
- ✓ Following a heart surgical procedure
- ✓ People with heart failure



Almost **2 in 3** heart attack patients "miss out" on being advised to attend cardiac rehabilitation<sup>5</sup>

## Benefits to patients

During cardiac rehabilitation patients will be supported to improve health related behaviours that will see:

- ✓ Improved knowledge and confidence
- ✓ Support to improve heart health e.g. healthy eating patterns and regular exercise
- ✓ Improved self-management of heart condition
- ✓ Reduced anxiety/depression
- ✓ Improved quality of life
- ✓ Support for psycho-physical recovery



### References

1. Heart Foundation Heart Attack Survivor Survey 2018
2. Driscoll A, Hinde S, Harrison A, et al. Estimating the health loss due to poor engagement with cardiac rehabilitation in Australia. *International J of Cardiol* 2020 May 3; 317: 7-12. doi.org/10.1016/j.ijcard.2020.04.088.
3. NSW Health- Cost of Care in Hospitals, 2016 [https://www.health.nsw.gov.au/Hospitals/Going\\_To\\_hospital/cost-of-care/Pages/default.aspx](https://www.health.nsw.gov.au/Hospitals/Going_To_hospital/cost-of-care/Pages/default.aspx)
4. Heart Foundation, Data and Evaluation Unit. Unpublished report 2015
5. Santiago de Araújo Pio C., et al. (2019) Interventions to promote patient utilisation of cardiac rehabilitation. *Cochrane Database of Systematic Reviews*, 8(2), 189. <https://doi.org/10.1002/14651858.CD007131.pub4>

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## Low cost & saves lives



### Economic impact

Modelling has shown that increasing referrals to 65% over 10 years could result in **\$86.7m** savings in healthcare costs<sup>2</sup>

### Reduced interventional costs

Angiogram + Stent = **\$16,000** per patient<sup>3</sup>  
Coronary Artery Graft = **\$38,000** per patient<sup>3</sup>  
Surgery

### Other benefits

**2100** fewer myocardial infarctions<sup>4</sup>

**34%** reduction in hospital readmissions<sup>2</sup>

**26%** mortality reduction<sup>2</sup>



## Offer choice

Flexible services will increase participation

- ✓ At a hospital
- ✓ At a community centre
- ✓ Home-based services
- ✓ Mobile and internet-based services
- ✓ Telephone services
- ✓ Access to A Pathway to Cardiac Recovery: Standardised program content for Phase II Cardiac Rehabilitation



Shorter waiting times improve patient benefits.<sup>5</sup>

## Quality services

Quality service delivery starts within 28 days after leaving hospital and includes:

- ✓ Assessment and goal setting
- ✓ Depression screening
- ✓ Smoking cessation education
- ✓ Medication education and review
- ✓ Ongoing management plan
- ✓ Risk factor management
- ✓ Structured supervised exercise
- ✓ Psychosocial wellbeing

