Models for Cardiac Rehabilitation

VISAL KANTARATANAKUL

From Cardiac Rehabilitation Unit, Samitivej Hospital; and Cardiac Rehabilitation Unit, Ramathibodi Hospital, Mahidol University, Thailand

Cardiac rehabilitation is already recognized as the multidisciplinary interventions that assist the patient to learn, to get along and to modify their lifestyle after any type of heart disease. In spite of that cardiac rehabilitation service is still underutilized around the world. There are many models of cardiac rehabilitation: home-based, hospital based and corporate-based and including primary prevention program.

The useful indexes to measure the effectiveness of the model are compliance, cost-effectiveness and reduction of morbidity.

The data from our unit had shown the factors that influence attendance to our program are transportation, working situation, no companion and unrecognized benefits.

Our model combines home-based program with 4-6 visits with our physician during 4-8 months. The patient will be discharge if he/she could reach our goals:

- Exercise at least 20-30 minutes/time for 3 times per week.
- Control weight
- Good control of physiological outcomes: blood pressure, glucose and cholesterol level.

After discharge, all of them will join the STRONG HEART self-help group.

The CARES-THAI already implement CARES-THAI ACTION which adapted concepts from EUROACTION program to set the cardiac rehabilitation after discharge from the hospital by one-week interval visit with our cardiac rehabilitation therapist for one month. The data showed that both models had very high attendance and low dropout with favorable outcome in exercise habit but no significant change in blood chemistry levels.

Further Readings

1. Dafoe WA. Program models for cardiac rehabilitation. In Pashkow FJ, Dafoe WA (eds): Clinical cardiac rehabilitation: A cardiologist's guide, 2 nd Ed. Baltimore MD, Williams & Wilkins, 1999, pp 446-78.
2. Numpichitre N, Ua-Aree P. Exercise Maintenance of Cardiac Patients After Participation in Cardiac Rehabilitation Phase II and Influential Factors in Ramathibodi Hospital. Ramathibodi Nurs J 2000;6:142-53.

Address for reprints: Prof. Visal Kantaratanakul
Cardiac Rehabilitation Unit, Faculty of Medicine, Ramathibodi Hospital, Mahidol University, Bangkok, Thailand

Received September 29, 2008; revision accepted October 29, 2008