

# **An Evaluation on the Clinical Outcomes of Cardiac Rehabilitation Program (Phase 2) for Moderate Risk Patients in an Integrated Hospital-based and Community-based Model of Care**

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## **BACKGROUND:**

Cardiac rehabilitation program with triage of patients with reference to the risk factors provide a more comprehensive management. We pioneered the integrated hospital-based and community-based model of care for patients with moderate risk according to American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) Risk Stratification Criteria.

## **OBJECTIVE:**

This study was to evaluate the effectiveness of the integrated cardiac rehabilitation program model in moderate risks patients.

## **METHODS:**

A group of cardiac patients stratified as moderate risk according to the AACVPR Risk Stratification Criteria was recruited from Oct 2007 to Sept 2009. Patients received a hospital-based alone or together with community-based model of care, depending on patients' willingness & readiness. The training programs included aerobic and strengthening exercises, home-based exercises and educational program on preventive measures. Clinical outcomes data including 6-minute Walk Test (6MWT), exercise training intensity and exercise stress test were evaluated.

## **RESULTS:**

72 patients (62 Male and 10 female) with moderate risk were recruited with mean age of 60 years old  $\pm$  SD9.8. They received 11 training sessions on average. Distance of 6MWT showed improvement from 410m to 505m ( $p < 0.0001$ ). Exercise stress test result improved from 5.1 METS to 6.6 METS ( $p < 0.0001$ ) and the exercise training intensity improved from 3.1 METS to 5.0 METS ( $p < 0.0001$ ).

## **CONCLUSION:**

The new hospital-based and community-based model of care demonstrated clinical effectiveness in patients with moderate risk in terms of improvement in health fitness. This model illustrated the benefits of community re-integration and collaboration between private and public counterparts for more efficient resource utilization.