Inpatient (Phase 1) Cardiac Rehab

- Initiated by physician referral
- Chart review
- Multidisciplinary team approach:
  - Physician
  - Registered Nurses
  - Care Manager
  - Respiratory Therapy
  - Physical Therapy/Occupational Therapy
  - Dieticians
  - Behavioral Health
  - Chaplain Services
  - Smoking Cessation: Quit Smart program
  - Diabetes Center
  - Social Services

Goals of Phase 1 Cardiac Rehab

- Minimize deconditioning
- Improve endurance and strength
- Begin and reinforce Education
- Promote a positive psychological response
- Reduce length of hospital stay
- Assist patient in transition to an Outpatient Cardiac Rehab program

Inpatient (Phase 1) Cardiac Rehab

- Core Elements:
  - Monitored activity progression and range of motion exercises (if CABG)
  - Education

Monitored Activity

- Benefits of early mobilization:
  - Fewer complications
  - Improved energy and endurance
  - Promotes self-management
  - Optimizes digestion
  - Optimizes night time sleep
  - Decreases length of hospital stay
**Monitored Activity (continued)**

- Initiated 1st post-op day, if stable
- Individualized and collaborative effort
- ECG monitoring
- Oxygen saturation monitoring
- Blood pressure and heart rate monitoring
- Before, during, and post activity

**Contraindications for Exercise:**
- Resting systolic BP > 200 mm Hg or resting diastolic BP > 110 mm Hg
- Orthostatic BP drop > 20 mm Hg with symptoms
- Uncontrolled atrial or ventricular arrhythmias
- Uncontrolled sinus tachycardia (> 120beats/min)
- Uncontrolled DM (blood glucose > 400mg/dL)
- Thrombophlebitis
- Acute systemic illness or fever
- Troponin T is still rising
- Chest pain or significant arrhythmia within last 8 hours

**Activity progression:**
- Increasing time (duration)
- Increasing speed (intensity)
- Increasing frequency

**Target Heart Rate**
- CABG: 20-30 beats above resting heart rate, not to exceed 120 bpm
- MI: Resting heart rate + 20 beats/minute, not to exceed 120 bpm

**Education**
- Comprehensive & individualized to include:
  - Disease Process
  - Activity progression
  - Incentive Spirometer
  - Breathing Techniques
  - Pain management with activity
  - Risk Factor Identification/Modification
  - Other Co-Morbidities: Diabetes, Heart Failure
  - Discharge Instructions/Outpatient Cardiac Rehab

**Discharge Readiness**
- Physiological stability
- Competency to assume self-care
- Perceived self-efficacy
- Availability of social support
- Access to health care resources
Outpatient Cardiac Rehab

- Patient should leave the hospital with a plan for follow up
- Outpatient Cardiac Rehab
  - Begin within 1 week of hospital discharge
  - Start date/time established before discharge
- Transitional Care:
  - Skilled Nursing Facility, Home Health Care, Acute Rehab

Questions??

Thank You!!!!