

CAHE's Guideline Reference Guide: Cardiac Rehabilitation

Guideline Elements	Agency of Health Care Policy and Research (AHCPR) <i><u>Cardiac Rehabilitation as secondary prevention*</u></i>	National Health & Medical Research Council (NHMRC) <i><u>Strengthening cardiac rehabilitation and secondary prevention for Aboriginal and Torres Strait Islander Peoples- A guide for health professionals*</u></i>	NZ Guidelines Group (NZGG) <i><u>Cardiac Rehabilitation*</u></i>	Scottish Intercollegiate Guidelines network (SIGN) <i><u>Cardiac rehabilitation)*</u></i>
Year of issue/ revision	1995	2005	2002	2002
Symptoms and Risk factors	links	pages	pages	pages
	Smoking	25	43	
	Lipids			
	Exercise habits			
	Body weight		42	
	Blood pressure			
	Pathophysiologic measures			
	Symptoms			
Secondary Prevention				
Understanding risk factor		21		
Monitoring risk factor		25		
Medicine related		23-25		
Inpatient Cardiac Rehabilitation		13		
Pharmacotherapy/ Medicine related			57	

Nutrition			37	
Discharge				
Discharge planning		14		
Care after discharge		15		
Rehabilitation/ Physical activity				
Physical activity	Exercise tolerance	18	29	8, 11
	Strength training			13
Exercise tests				10
Education/ Awareness				
education		18	18	5
Support and advice for patients		12		
Recovery/ Mental and social well being				
Meeting family needs	Social adjustment and functioning	17		
Lifestyle change/ behavioural change	Psychological well-being	24	21	5
Psychosocial needs	Return to work		45	3
	Morbidity and safety issues			
	Mortality and safety issues			

Special groups (comorbidity related)				
	Patients with heart failure and cardiac transplantation		73	
Maori perspective			77	
Pacific perspective			83	
Post myocardial infarction				
Post Coronary bypass and angioplasty			14	
Stable angina			14	
Chronic heart failure			15	
Elderly	Elderly		15	
Women			16	
Further help				
Information for patients		53		20 & 21
Information for professionals		61		20 & 21
Community based		25		
Networks		32		

References*:

AHCPR 1995, *Cardiac rehabilitation as secondary prevention*, AHCPR, US.

NHMRC 2005, *Strengthening cardiac rehabilitation and secondary prevention for aboriginal and Torres Strait Islander people - a guide by health professionals*, NHMRC, Australia.

NICE and NHS 2008, *Stroke diagnosis and initial management of acute stroke and TIA*, NICE, UK.

NZGG 2002, *Cardiac rehabilitation*, NZGG, New Zealand.

SIGN 2002, *Cardiac rehabilitation*, SIGN, Scotland.