

Cardiac Rehabilitation

This detailed reference provides practical strategies and a scientific foundation for designing and implementing cardiac rehabilitation services to relieve the symptoms of cardiovascular disease patients through exercise training and risk reduction and secondary prevention, improve quality of life, and decrease mortality. Emphasizes multidisciplinary care that includes exercise training, behavioral interventions, and education and counseling regarding lifestyle changes and other aspects of secondary prevention! Written by world-renowned physicians, nurses, exercise physiologists, psychologists, dietitians, educators, and counselors in the field, Cardiac Rehabilitation presents evidence-based medicine as the cornerstone of clinical cardiology practice discusses interventions that limit the physiological and psychological effects of cardiac illness offers guidelines that enable elderly patients to maintain self-sufficiency and functional independence describes means of social and workplace reintegration evaluates policies for maintaining high-quality care, efficacy, and safety in an atmosphere of diminishing resources explains the role of managed care in moving rehabilitative care into the home, workplace, and other nontraditional sites assesses new interactive technologies that aid in tracking patient data gives pragmatic recommendations for the delivery of cardiac rehabilitative care in the next millenium and more! Advocating integrated, high-quality, consistent cardiac rehabilitation services for the well-being of patients recovering from a variety of cardiovascular problems and procedures, Cardiac Rehabilitation is ideally suited for cardiologists, cardiovascular surgeons, primary care physicians, cardiac rehabilitation professionals, cardiac care nurses, dietitians, physical and occupational therapists, exercise physiologists, psychologists, behavioral counselors, hospital managers, health plan designers, and upper-level undergraduate, graduate, and medical school students in these disciplines.

In 1991, Guidelines for Cardiac Rehabilitation Programs became the first definitive set of guidelines for practicing cardiac rehabilitation. Now, this second edition substantially updates and expands upon the first edition and parallels the new federal guidelines for implementing and restructuring cardiac rehabilitation programs. These state-of-the-art practice guidelines were developed by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) - the international leader in the scientific study and clinical application of cardiac rehabilitation. The new Guidelines now contains complete sections on The Elderly Participant, Resistance Training in Cardiac Rehabilitation, Psychosocial Assessment and Intervention, and Outcomes. Also, the second edition helps prepare readers for the future of cardiac rehab, including suggestions for limiting costs, increasing accessibility to low-risk patients, and using risk stratification techniques.

This book covers fully the unique needs of patients in a UK setting. Each high risk group has a chapter dedicated to specific pathophysiological nuances, exercise prescription and exercise delivery. In addition, other influences on exercise including medications, appliances etc. are covered. Each chapter is based on the latest and best evidence. This book contains the proceedings of a conference organized by the Klinik Hohenried at the Evangelische Akademie in Tutzing under the patronage of the International Society of Cardiology - Council on Rehabilitation - from Febr. 12-14, 1981. The purpose of the meeting on Current Problems in Cardiac Rehabilitation was to come closer to answering the questions posed in the following pages, and to make some opinions about cardiac rehabilitation less controversial. To comment briefly on the interesting question of why opinions in the field of cardiac rehabilitation seem more controversial than in other fields of cardiology, we would like to propose the following explanation: 1. Lack of personal experience and lack of special training in cardiac rehabilitation are a major source of misunderstandings and differences of vocabulary between cardiologists engaged in clinical practice and in rehabilitation. 2. Emotional problems in accepting a new kind of partnership between coronary patients and their physicians and a "nihilistic attitude" towards therapy of behaviour play an important role in the scepticism of cardiologists. 3. Fear of an expensive "overmedication" (I. Illich) is another argument concerning rehabilitation. This book is a timely and thorough review of prevention, lifestyle counseling and rehabilitation for cardiologists and all physicians and other health professionals in cardiac rehabilitation teams. The Editors have gathered over 60 experts from all parts of the globe. Each highlights the role of cardiac rehabilitation and preventative cardiology from exercise testing and training, through nutrition, smoking cessation, behavioral and social support to adapted programs for newer groups with specific demands. The book emphasizes the organizational aspects of cardiac rehabilitation, including quality assurance and economic evaluation.

This edition addresses the cost effectiveness of interventions that educate and motivate patients to assume personal responsibility for long-term disease prevention. The authoritative post-rehabilitation exercise guide designed to help patients regain their physical health and strength after heart attack or heart surgery. Exercises for Cardiac Recovery presents a post-rehabilitation exercise program designed to help men and women regain their physical health and strength after heart attack or heart surgery. • **COMPREHENSIVE OVERVIEW.** Provides readers with a complete understanding of the effects of heart disease on the body and the need for a post heart attack or cardiac surgery treatment program that includes cardiovascular support and strengthening. • **AUTHORITATIVE EXPERT AUTHORS.** William Smith, MS, NSCA, CSCS, MEPD, founded Will Power and Fitness Associates and currently consults for fitness, healthcare, and wellness centers in New York and New Jersey. Keith Burns, MS, CSCS, has served in almost every capacity of the exercise science field at both the collegiate and professional level, working primarily as a strength and conditioning coach. Christopher Volgraf, CSCS, was one of the founding employees of the Princeton Longevity Center, where he served as the Director of Fitness and Senior Exercise Physiologist from 2002-2016. • **ONLINE SUPPORT THROUGH GETFITNOW PLATFORM.** Comprehensive online support via social media, community forums, and website featuring additional content such as exclusive exercise videos, nutritional tips, live updates from authors, and more. • **MINIMIZE RISK. MAXIMIZE RESULTS.** These workouts are designed with safety as the

number one priority, all while minimizing pain and fatigue build-up for best long-term results. • **SUITABLE FOR ALL FITNESS AND HEALTH LEVELS.** Exercises are easy to follow and adaptable for the post rehab cardiac patient. With exercises and corresponding workout plans tailored for those seeking to improve cardiovascular health, Exercises for Cardiac Recovery provides real benefits for heart disease patients, including a stronger system to make the post rehabilitation process easier, markedly less fatigue over time, and relief from emotional stress.

Clinical Cardiac Rehabilitation is a comprehensive text that is devoted to cardiologists or other physicians who are working in the field of cardiac rehabilitation and secondary prevention of further cardiac incidents in rehabilitation patients. It assumes a sophisticated background in the cardiovascular sciences. Contributors are international experts in the field of cardiac rehabilitation and secondary prevention. The book is edited by two clinicians with extensive experience in cardiac rehabilitation. Recommended in the Brandon/Hill list of print books and journals for the small medical library - April 2001

This text provides a comprehensive how-to approach to cardiopulmonary rehabilitation, plus gives students the information they will need to develop the decision-making skills necessary to provide comprehensive and quality rehabilitation programs for cardiac and pulmonary clients. Expanded coverage of outpatient cardiac rehabilitation programs, including inpatient (phase I), immediate (phase II), intermediate (phase III), and maintenance (phase IV) programs

This detailed reference provides practical strategies and a scientific foundation for designing and implementing cardiac rehabilitation services to relieve the symptoms of cardiovascular disease patients through exercise training and risk reduction and secondary prevention, improve quality of life, and decrease mortality. Emphasizes multidisciplinary

Cardiac Rehabilitation Manual Springer Science & Business Media

Practical and authoritative, this new edition delivers easy access to the latest advances in the diagnosis and management of musculoskeletal disorders and other common conditions requiring rehabilitation. Each topic is presented in a concise, focused, and well-illustrated two-color format featuring a description of the condition, discussion of symptoms, examination findings, functional limitations, and diagnostic testing. The treatment section is extensive and covers initial therapies, rehabilitation interventions, procedures, and surgery. From sore shoulders in cancer patients to spinal cord injuries, Essentials of Physical Medicine and Rehabilitation, 2nd Edition provides you with the knowledge you need to face every challenge you confront. Offers practical, clinically relevant material for the diagnosis and treatment of musculoskeletal conditions. Discusses physical agents and therapeutic exercise in the prevention, diagnosis, treatment and rehabilitation of disorders that produce pain, impairment, and disability. Presents a consistent chapter organization that delivers all the content you need in a logical, practical manner.

Presents a new co-editor, Thomas D. Rizzo, Jr., MD, and a pool of talented contributors who bring you fresh approaches to physical medicine and rehabilitation. Offers current evidence and expert guidance to help you make more accurate diagnoses and choose the best treatment option for each patient. Features an entirely new section on pain management so you can help your patients reach their full recovery potential. Incorporates redrawn artwork that makes every concept and technique easier to grasp. Includes updated ICD-9 codes giving you complete information for each disorder.

This book provides physiotherapists and exercise professionals with a comprehensive resource on the exercise components and skills of constructing and teaching CR exercise. It addresses the scope of knowledge and skills required by exercise specialists developing, delivering and teaching exercise based CR programmes. It has an evidence-based framework, and provides practical advice and suggestions based on the clinical experience of the contributing authors. Among the topics covered are assessment, exercise monitoring, the use of music, safety, teaching skills and maintaining physical activity. Thus the book provides a comprehensive and practical text that can be used to plan, develop and deliver all phases of exercise based CR.

"...provides a virtual pharmacopoeia of exercise guidelines for patients with cardiovascular disease, with specific reference to exercise prescription, risk stratification, exercise physiology, monitoring techniques, and leadership and organizational skills. The authors represent a prestigious group of scientists, clinicians, researchers, and teachers, who are authorities in their respective fields. Clearly, the contributors have painstakingly worked to summarize, in a clear and concise manner, the latest research findings in each area, highlighting patient care and related applications. A "must-read" for clinicians in the field of cardiac rehabilitation. I highly recommend this extraordinary text!" —Barry A. Franklin, PhD, Director, Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak, Michigan USA; Professor of Physiology, Wayne State University, School of Medicine, Detroit, Michigan

Guidelines for Cardiac Rehabilitation Programs, Sixth Edition With Web Resource, presents the combined expertise of more than 50 leaders in the field of cardiac rehabilitation (CR), reimbursement, and public policy to empower professionals to successfully implement new CR programs or improve existing ones. Developed by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), this guidebook offers procedures for providing patients with low-cost, high-quality programming that moves them toward a lifelong commitment to disease management and secondary prevention. Cardiovascular disease (CVD) is the principal cause of death worldwide. It is projected that by 2035, more than 130 million adults in the United States will have CVD. The challenge to CR professionals is to select, develop, and deliver appropriate rehabilitative and secondary prevention services to each patient tailored to their individual needs. Guidelines for Cardiac Rehabilitation Programs, Sixth Edition, is the definitive resource for developing inpatient and outpatient cardiac rehabilitation programs. The sixth edition of Guidelines for Cardiac Rehabilitation Programs equips professionals with current scientific and evidence-based models for designing and updating rehabilitation programs.

Pedagogical aides such as chapter objectives, bottom line sections, summaries, and sidebars present technical information in an easy-to-follow format. Key features of the sixth edition include the following: A new chapter on physical activity and exercise that helps readers understand how to develop and implement exercise programs to CVD patients A new chapter on cardiac disease populations that offers readers a deeper understanding of CVD populations, including those with heart valve replacement or repair surgery, left ventricular assist devices, heart transplant, dysrhythmias, and/or peripheral artery disease Case studies and discussion questions that challenge readers to consider how concepts from the text apply to real-life scenarios An expanded web resource that includes ready-to-use forms, charts, checklists, and logs that are practical for daily use, as well as additional case studies and review questions Keeping up with change is a professional necessity and keeping up with the science is a professional responsibility. Guidelines for Cardiac Rehabilitation Programs, Sixth Edition, covers the entire scope of

practice for CR programs and professionals, providing evidence-based information on promoting positive lifestyle behavior patterns, reducing risk factors for disease progression, and lessening the impact of CVD on quality of life, morbidity, and mortality. Note: The web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

The authoritative clinical handbook promoting excellence and best practice *Cardiovascular Prevention and Rehabilitation in Practice* is a comprehensive, practitioner-focused clinical handbook which provides internationally applicable evidence-based standards of good practice. Edited and written by a multidisciplinary team of experts from the British Association for Cardiovascular Prevention and Rehabilitation (BACPR), this book is invaluable for practitioners helping people with heart disease return to health. The text provides an overview of research findings, examines the core components of cardiac rehabilitation, and discusses how to support healthier lifestyles and reduce the risks of recurrence. Now in its second edition, this textbook has been fully revised to incorporate recent clinical evidence and align with current national and international guidelines. Increased emphasis is placed on an integrated approach to cardiac rehabilitation programmes, whilst six specified standards and six core components are presented to promote sustainable health outcomes. Describes how cardiovascular prevention and rehabilitation programmes can be delivered to meet standards of good practice Covers a broad range of topics including: promoting health behaviour change to improve lifestyle risk factors, supporting psycho-social health, managing medical risk factors, and how to develop long-term health strategies Emphasises the importance of early programme commencement with assessment and reassessment of patient goals and outcomes, and gives examples of strategies to achieve these Discusses the role of programme audit and certification of meeting minimum standards of practice Looks to the future and how delivery of cardiovascular prevention and rehabilitation programmes internationally will need to meet common challenges *Cardiovascular Prevention and Rehabilitation in Practice* is an indispensable resource for all health professionals involved in cardiac rehabilitation and cardiovascular disease prevention.

As the field of pulmonary rehabilitation has continued to advance and evolve, standards for patient care and for programs have become increasingly important. *Guidelines for Pulmonary Rehabilitation Programs, Fifth Edition With Web Resource*, offers the best practices for patient care and serves as the must-have resource for programs to prepare for the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) pulmonary rehabilitation program certification. Readers will learn to tailor individualized care for respiratory patients as well as to improve new programs or update existing programs. For this revised fifth edition, AACVPR has assembled an expert team of nationally and internationally recognized authors. Together, they present the individualized and interrelated components of pulmonary rehabilitation, including initial and ongoing assessment, collaborative self-management education, exercise training, psychosocial support, and outcome measurement. Highlighted guidelines have been included throughout the book, giving readers easy-to-find guidance for implementing treatment programs and helping patients stay on track. *Guidelines for Pulmonary Rehabilitation Programs, Fifth Edition With Web Resource*, offers an evidence-based review in several areas based on the rapid expansion of high-quality scientific evidence since the last edition. To learn best practices for care and program development, readers will find contributions from expert pulmonary rehabilitation professionals in nursing, medicine, physical therapy, respiratory therapy, and exercise physiology. This text provides a scientific, practical framework to help aspiring and current practitioners do the following: Understand the current requirements for accrediting pulmonary-based facilities Design, implement, or update accredited pulmonary rehabilitation programs Deliver optimal care to patients with symptomatic respiratory needs Address program issues in exercise, outcomes, and management of pulmonary-based programs New to this edition, a web resource provides easy access to practical checklists from the book and offers biannual updates to keep programs current with key changes in the field. The reorganized content provides a more logical flow of information consistent with pulmonary rehabilitation development. A new chapter on nutrition helps readers to understand its importance in the rehab process and to provide rehab patients with the best opportunity for success. In the updated appendixes, readers will find a comprehensive set of forms, questionnaires, and assessment tools. With continued advancements in the science, application, and credentialing of pulmonary rehabilitation programs, the fifth edition of *Guidelines for Pulmonary Rehabilitation Programs* will assist respiratory practitioners in remaining up to date on the best practices in the field. This edition supports practitioners in understanding the components of pulmonary rehabilitation and applying best practices as well as updating and improving their programs to meet AACVPR certification requirements.

Training Techniques in Cardiac Rehabilitation provides in-depth information to help practitioners make informed decisions about the broad scope of nontraditional programs currently available for an increasing variety of cardiac patients. Drawing on extensive research and vast personal experience in program implementation and benefits, the authors provide a variety of rehabilitation alternatives and a clear explanation of how, when, where, and why to use each.

The field of lifestyle medicine, which is the study of how daily habits and actions impact on both short- and long-term health and quality of life, continues to expand globally. The scientific and medical literature that supports the success of these lifestyle habits and actions is now overwhelming. Thousands of studies provide evidence that regular physical activity, maintenance of a health body weight, following sound nutritional practices, stress reduction, and other good practices all profoundly impact both health and quality of life. Following its predecessors, *Lifestyle Medicine, Third Edition*, is edited by lifestyle medicine pioneer, cardiologist Dr. James Rippe. This edition has been thoroughly updated and represents the expert opinions of 20 section editors as well as more than 150 expert chapter authors whose knowledge span all aspects of this emerging discipline. Topics cover lifestyle medicine practices including regular physical activity, proper nutrition, and weight management. These principles are applied to the prevention and or treatment of a wide variety of chronic conditions ranging from heart disease and diabetes to cancer, mental health, addiction, and injury prevention. This book serves as evidence base for individuals

who wish to practice lifestyle medicine or incorporate some of its principles into either general medicine or subspecialty practice. It provides valuable information to healthcare workers in the fields of nutrition, exercise physiology, psychology, behavioral medicine, health promotion, and public policy where lifestyle medicine principles play an ever-increasing role.

Covers diagnosis and prescription of exercise program implementation and function/vocational issues & disability/etc.

This book fulfills the need for practical guidance among all professionals involved in the management of these patients, from residents and fellows of cardiology and internal medicine, surgical teams, physiotherapy professionals, critical care physicians and family medicine practitioners. The thoroughly updated content takes into account recent developments in cardiac rehabilitation, and incorporates practical advice on how to use guidelines in clinical practice. There will be one new chapter on patients with cardiac resynchronization therapy and all the others will be updated to keep up-to-date with the guidelines and current practice. Cardiac rehabilitation is of key importance to ameliorate long-term morbidity and mortality resulting from cardiac diseases and events. However, much of the current literature is dense, unwelcoming and academic in style and format. For those physicians understanding the scope of cardiac rehabilitation there is a need to distill the guidelines and various management options available to them into a concise practical manual. Up until now, all references have looked at the general options, but there is definite need to investigate the practicalities of individual patient groups.

Enhance your rehabilitation program with this authoritative volume. Experts from the Department of Physical Therapy of Duke University Medical Center in Durham, North Carolina, explore the most current developments in cardiac and pulmonary rehabilitation. Reading this highly practical volume will provide you with insight into the current status and future trends of pulmonary rehabilitation, supply you with rationale and supporting data for physiological and psychological mechanisms that seem to influence the pulmonary rehabilitation process, and illustrate the successes of both a hospital-based and a community-based pulmonary rehabilitation program. Valuable chapters on the physical therapy interventions required by and designed for coronary bypass surgery patients and heart transplantation patients will offer you additional useful information. *Advances in Cardiac and Pulmonary Rehabilitation* is an ideal resource for professionals, including physical therapists, who are or who wish to become, involved in the care of patients with cardiac or chronic pulmonary disorders.

This benchmark textbook for trainees and cardiologists throughout Europe and elsewhere is now fully revised and updated. Mapped closely to the European Society of Cardiology Core Curriculum, supplemented with videos and downloadable images and accompanied by a fully searchable online version with linked full reference listings. Enhanced with EBAC accredited CME self-assessment.

Preceded by *Guidelines for cardiac rehabilitation and secondary prevention programs / American Association of Cardiovascular and Pulmonary Rehabilitation*. Fifth edition. 2013.

This issue of *Clinics in Geriatric Medicine*, guest edited by Dr. Daniel E. Forman, is devoted to Cardiac Rehabilitation. Articles in this outstanding issue include: Cardiac Rehabilitation: No Such Thing As 'Too Old'; Evaluating and Treating Frailty in Cardiac Rehabilitation; Utility of Home-based Cardiac Rehabilitation for Older Adults; Benefits of Smart devices, Wearables, and Other Telehealth Options to Enhance Cardiac Rehab; Resistance Training in Cardiac Rehabilitation for Older Adults; High Intensity Interval Training (HIIT) in Cardiac Rehabilitation for Older Adults; Pre-habilitation: The right medicine for older frail adults anticipating TAVR, CABG, and other cardiovascular care; Using Cardiac Rehabilitation to Adjust Medications in Older Adults: Aggressive Prevention and Deprescribing as 2 Sides of the Same Coin; Gender Disparities in Cardiac Rehabilitation Among Older Women: Key opportunities to improve care; Cardiac Rehabilitation for TAVR; Cardiac Rehabilitation for Heart Failure in Older Adults; Cardiac Rehabilitation for Peripheral Arterial Disease (PAD) in Older Adults; Cardiac Rehabilitation as Part of Management in Post-acute Care (PAC): Opportunities for improving care; and Tailoring Assessments in Cardiac Rehabilitation for Older Adults: The relevance of geriatric domains.

Provides guidance on protecting the heart by living a healthy lifestyle, including explaining coronary heart disease, what the most effective exercises are for prevention of heart disease, and how to manage stress and anxiety.

This guide is directed at the multi-disciplinary team dealing with cardiac rehabilitation. It is a practical handbook for everyday professionals on what they should do following cardiac events and return to work. It is adapted to the needs of cardiac rehabilitation centers. · Key publication from the European Association of Preventive Cardiology (EAPC) · Companion handbook to *The ESC Handbook of Preventive Cardiology: Putting Prevention into Practice* This handbook is directed at cardiologists in training and practice, specialist (cardiac) nurses, technicians, exercise physiologists and other healthcare professionals involved in the multidisciplinary process of cardiac rehabilitation · Practical user-friendly handbook style presentation · Covers the complete spectrum of rehabilitation care · Key team members address key issues - smoking, diet and physical activity · Focus on high risk patients (family approach)

This easy-to-use manual provides a practical framework for a multi-disciplinary team to deliver a successful cardiac rehabilitation programme. Despite evidence that cardiac rehabilitation programmes reduce risk, there is no standard for hospital-based multidisciplinary programmes - which are thus complex and costly to design and implement Based on the cardiac rehabilitation work that has been carried out at in Gloucestershire over the past fifteen years, developing and constantly evaluating the evidence base for the programme Includes client handouts such as food and exercise diaries

This volume offers state-of-the-art information and serves as a manual to providers about the multidisciplinary nature of cardiac rehabilitation in the current era, the current state of cardiac rehabilitation, and the issues presenting to current CR programs.

Dedicated to Michael Pollack (1936-1998), a preeminent scientist in the field, and intended as an up-to-date reference to both scientific and clinical topics, this volume comprises 34 contributed chapters combining the expertise of physicians with that of specialists in exercise and behavioral science. Early chapters discuss the history of cardiovascular rehabilitation, the epidemiology of cardiovascular disease, exercise as medicine from antiquity to the present, risk factor intervention, and clinical practice guidelines. Following are chapters on pathophysiology, diagnosis, and medical management; lifestyle management; common comorbidities and complications; and rehabilitation.

AACVPR Cardiac Rehabilitation Resource Manual is the companion text to *Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs*. It complements and expands on the guidelines book by providing additional background material on key topics, and it presents new material concerning cardiac rehabilitation and secondary prevention. AACVPR Cardiac

Rehabilitation Resource Manual combines reference-based data with practical information from the field. It applies current position statements, recommendations, and scientific knowledge from medical and scientific literature to aid in designing and developing safe, effective, and comprehensive cardiac rehabilitation programs. Useful for practitioners as well as students and instructors who are learning and teaching key concepts, AACVPR Cardiac Rehabilitation Resource Manual provides strong background support to topics addressed in the guidelines, such as risk factors for coronary heart disease, secondary prevention, psychosocial issues, and patients with special considerations. In addition, each chapter opens with a cross-reference box so that readers know where to reference the topic in the guidelines book. In addition to supporting information for the guidelines, the manual contains new information to help round out cardio programs. Topics include the atherosclerotic disease process, cardiovascular and exercise physiology, exercise prescription, and the electrocardiogram. AACVPR Cardiac Rehabilitation Resource Manual is divided into three parts. Part I examines the development and prevention of coronary artery disease, including reduction of risk factors, psychosocial issues and strategies, and contemporary procedures for revascularization. Part II delineates the role of exercise in heart disease, including the exercise and coronary artery disease connection, cardiovascular and exercise physiology, and exercise prescription. Part III focuses on special considerations, including heart disease as it relates to women and to the elderly and considerations for people with diabetes, chronic heart failure, and heart transplants. AACVPR Cardiac Rehabilitation Resource Manual contains pertinent, detailed information on the topics involved in contemporary cardiac rehabilitation and secondary prevention of coronary artery disease. Teamed with Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs, the book provides professionals and students with the full range of guidelines and background materials needed for teaching and understanding the key issues in cardiac rehabilitation and secondary prevention.

This volume serves as a manual to providers about the multidisciplinary nature of cardiac rehabilitation in the current era, the current state of cardiac rehabilitation, and the issues presenting to current CR programs. It contains theoretical, practical, and up-to-date cardiac rehabilitation information, including the new Center for Medicare and Medicaid Services (CMS) guidelines for reimbursement. The book offers diverse, comprehensive chapters, from nutrition to programmatic issues. It serves as a perfect resource for staff and directors that are new to cardiac rehabilitation or wish to begin a program.

Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs, Fifth Edition, covers the entire scope of practice for cardiac rehabilitation and secondary prevention (CR/SP) programs. This text was developed by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and parallels federal guidelines for cardiac rehabilitation programs. It contains information on promoting positive lifestyle behavior patterns, reducing risk factors for disease progression, and lessening the impact of cardiovascular disease on quality of life, morbidity, and mortality.

This guide is directed at the multi-disciplinary team dealing with cardiac rehabilitation. It is a practical handbook for everyday professionals on what they should do following cardiac events and return to work. It is adapted to the needs of cardiac rehabilitation centers. Key publication from the European Association of Preventive Cardiology (EAPC) Companion handbook to The ESC Handbook of Preventive Cardiology: Putting Prevention into Practice This handbook is directed at cardiologists in training and practice, specialist (cardiac) nurses, technicians, exercise physiologists and other healthcare professionals involved in the multidisciplinary process of cardiac rehabilitation Practical user-friendly handbook style presentation Covers the complete spectrum of rehabilitation care Key team members address key issues - smoking, diet and physical activity Focus on high risk patients (family approach)

Cardiac rehabilitation is of key importance to ameliorate long-term morbidity and mortality resulting from cardiac intervention. However, much of the current literature is dense, unwelcoming and academic in style and format. For those physicians understanding the scope of cardiac rehabilitation there is a need to distill the guidelines and various management options available to them into a concise practical manual. Up until now, all references have looked at the general options, but there is definite need to investigate the practicalities of individual patient groups. This book fulfills the need for practical guidance among all professionals involved in the management of these patients, from residents and fellows of cardiology and internal medicine, surgical teams, physiotherapy professionals, critical care physicians and family medicine practitioners.

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