

# Cardiac rehabilitation services in England and Wales - a national survey

**Research Unit, Royal College of Physicians - Provision, uptake and cost of cardiac rehabilitation programmes: improving services to under**

Types of patients	CR units including each type of patient	
	No.	%
Myocardial infarction	11	100
Post-angioplasty	11	100
Post-bypass	10	90.9
Treated with artificial heart valve	8	72.7
Cardiac insufficiency	7	63.6
Heart transplant	3	27.3
Other diagnoses	4	36.4

Description: -

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## Provision, uptake and cost of cardiac rehabilitation programmes: improving services to under

Most 18 72% of the centres had commenced their rehabilitation programme within the previous 5 years, usually at the instigation of interested staff. AB - We sent a short postal questionnaire to 244 centres in England and Wales that admitted patients with cardiac conditions. Patient entry to cardiac rehabilitation programmes was restricted; women who represented only 15% of attenders, elderly people excluded in 10 40% centres, and those with more complex problems, such as angina or heart failure, were under-represented.

## Cardiac rehabilitation services in England and Wales: a national survey — Research @ Flinders

Guidelines are necessary to give a framework for this relatively new and rapidly expanding service.

## Cardiac rehabilitation services in England and Wales: a national survey

Most 22 88% programmes were hospital out-patient based, one 4% was hospital in-patient based, one 4% was community-based and one 4% was home-based. If all discharge diagnoses of ischaemic heart disease were considered, nearly 299,000 patients would be potentially eligible and in England rates of attendance and referral would be 22-33% and 13-20% respectively.

## Provision, uptake and cost of cardiac rehabilitation programmes: improving services to under

In England in 2000, 45-67% of these patients were referred, with 27-41% attending outpatient cardiac rehabilitation. Most 22 88% programmes were hospital out-patient based, one 4% was hospital in-patient based, one 4% was community-based and one 4% was home-based.

## Cardiac rehabilitation in England: a detailed national survey

Patient entry to cardiac rehabilitation programmes was restricted; women who represented only 15% of attenders, elderly people excluded in 10

40% centres , and those with more complex problems, such as angina or heart failure, were under-represented. Patients Episode Database for Wales. If services were modelled on an intermediate multidisciplinary configuration with three to five key staff, approximately 13% more patients could be treated with the same budget.

### **Provision, uptake and cost of cardiac rehabilitation programmes: improving services to under**

Results: In England, Wales and Northern Ireland nearly 146,000 patients discharged from hospital with primary diagnosis of acute myocardial infarction, unstable angina or following revascularisation were potentially eligible for cardiac rehabilitation. The central components of all programmes were education and exercise training but there was a wide range in the quantity and quality of service provision.

### **Cardiac rehabilitation in England: a detailed national survey**

There are wide variations in the resources currently available for the rehabilitation of patients with coronary heart disease. There is a need for clearer direction of these services, in particular to determine minimum service provision.

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