CARDIAC REHABILITATION (PHASE I)
IN A COMMUNITY HOSPITAL

OBJECTIVES - PRESENTATION OF THE RESULTS OF A RECENT INPATIENT PROGRAM OF CARDIAC REHABILITATION FOR PATIENTS WITH ACUTE CORONARY ARTERY DISEASE INITIATED ON FERNANDO FONSECA HOSPITAL IN 01-03-2002

METHODS - PROTOCOL OF CARDIAC REHABILITATION (PHASE I) FOLLOWING THE GUIDELINES OF THE AMERICAN HEART ASSOCIATION AND OF THE AMERICAN ASSOCIATION OF CARDIOVASCULAR & PULMONARY REHABILITATION, DEFINING OBJECTIVES, INDICATIONS AND CONTRAINDICATIONS AND SPECIFYING:

- INITIAL MEDICAL EVALUATION AND REFERRAL
- EARLY ASSESSMENT, MOBILIZATION AND ACTIVITY PROGRESSION
- INFORMATION REGARDING CARDIOVASCULAR DISEASE RISK-Factors AND SELF-CARE,
- COMPREHENSIVE DISCHARGE PLANNING SESSIONS

RESULTS -
TOTAL - 233 PATIENTS (106 MEN, 47 WOMEN)
AGE - MEAN = 63,3 (MAX:91, MIN:26)
OCCUPATION - ACTIVE WORKERS - 112
RETIRE - 105
UNEMPLOYED - 4
OTHERS - 12
DIAGNOSIS - MYOCARDIAL INFARCTION - 193
INSTABLE ANGINA - 36
POST-CABG - 6
OTHERS - 2

MEAN HOSPITALIZATION PERIOD - 9,7 DAYS (S.D. = 7,2  MAX:54 MIN:1)

COMPLICATIONS - NONE - 174 / MYOCARDIAL INFARCTION OR REMISSION - 2 / PRE-CORONARY PAIN - 6 / POST-OPERATIVE BLEEDING - 14 /
ARRHYTHMIA - 11 / REDUCED LEFT VENTRICULAR FUNCTION - 10 / OTHERS - 11

TIME ELAPSED BETWEEN ADMISSION TO ICU AND THE BEGINNING OF THE REHABILITATION PROGRAM - MEAN = 1,7 (S. Deviation: 1,3  MAX:10, MIN:0) FUNCTIONAL STATUS AT ADMISSION - (FRACTION) - { 0 - 104 / 1 - 86 / 2 - 26 / 3 - 11 / 4 - 3 / 5 - 0 }

PROGRESSION IN THE ACTIVITY PROGRAM -
NO COMPLICATIONS - 147
NO PROGRESSION OR EARLY TERMINATION OF SESSION (ONE DAY) - 27
NO PROGRESSION OR EARLY TERMINATION OF SESSION (TWO DAYS) - 25
UNABLE TO PROGRESS BEYOND PHASE I A OR PHASE I B - 12
BEGINNING OR PROGRESSION DELAYED BY COMPLICATIONS - 16
STOP PROGRAM FOR LACK OF PARTICIPATION - 6

PARTICIPATION IN THE FORMATION/INFORMATION SESSIONS - YES - 106 / NO - 44 / OTHERS - 2
RISK STRATIFICATION - NO STRATIFICATION POSSIBLE - 152 / HIGH RISK: 45 / OTHERS - 35

CANDIDATES TO OUTPATIENT CARDIAC REHABILITATION PROGRAM - YES - 100 / NO - 72 / OTHERS - 60

PATIENTS THAT WERE REALLY INTEGRATED ON A OUTPATIENT PROGRAM - 2

CAREFULLY DEVELOPED CARDIAC REHABILITATION PROGRAMS WITH WELL PREPARED AND MOTIVATED PERSONNEL, ASSURE PATIENT SAFETY AND PROGRAM EFFECTIVENESS.

PHASE I IS USEFUL IN THE STRATIFICATION AND ORIENTATION TO OUTPATIENT PROGRAMS, IN THIS PROGRAM STRATIFICATION WAS IMPAIRED DUE TO THE ABSENCE OF EARLY EXERCISE TESTS

CARDIAC REHABILITATION PROGRAMS ARE A GROWING NEED IN THE PORTUGUESE HEALTH SYSTEM, NAMELY THE CREATION OF CARDIAC OUTPATIENT SETTINGS TO ASSURE A CONTINUUM OF CARDIAC REHABILITATIVE CARE

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