

# Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs

Fourth Edition

## AACVPR

American Association of Cardiovascular  
and Pulmonary Rehabilitation

*Promoting Health & Preventing Disease*

# Guidelines For Cardiac Rehabilitation And Secondary Prevention Programs 4th Edition

**Josef Niebauer**



## **Guidelines For Cardiac Rehabilitation And Secondary Prevention Programs 4th Edition:**

**Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs** American Association of Cardiovascular & Pulmonary Rehabilitation, 2004 This edition addresses the cost effectiveness of interventions that educate and motivate patients to assume personal responsibility for long term disease prevention *Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs* AACVPR, 2013-08-02 Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs Fifth Edition With Web Resource 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 The text has been updated and restructured providing the most current models for designing and updating rehabilitation programs for patients and preventing second episodes In addition to chapter revisions there is new content on behavior modification risk factors and special populations The chapter covering program administration has been completely rewritten to include new regulations and reimbursement standards as well as additional suggestions for new models for CR SP The most recent Core Competencies for Cardiac Rehabilitation and Secondary Prevention Professionals and the Core Components of Cardiac Rehabilitation Secondary Prevention Programs have also been included in their entirety More than 50 leaders in the field of CR SP cardiovascular risk reduction reimbursement and public policy have contributed the latest tools and information enabling cardiac rehabilitation professionals to successfully start new programs or update and enhance existing ones Key features of the fifth edition include the following A new web resource incorporates 24 questionnaires charts consent forms protocols records checklists and logs from the text that can be used when creating or assessing programs Highlighted guidelines in each chapter cover current issues and provide hints and methods for implementing treatment programs and helping patients stay on track Chapter objectives and summaries help readers quickly assess the topics covered and identify the most important points There is strong evidence that participation in outpatient cardiac rehabilitation and secondary prevention programs decreases mortality and recurrent morbidity after a cardiac event Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs Fifth Edition offers procedures for providing patients with low cost high quality programming moving them toward personal responsibility for disease management and secondary prevention over a lifetime This is the definitive resource for developing inpatient and outpatient cardiac rehabilitation programs **AACVPR Cardiac Rehabilitation Resource Manual** American Association of Cardiovascular & Pulmonary Rehabilitation, 2006 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

Guidelines for Cardiac Rehabilitation Programs American Association of Cardiovascular & Pulmonary Rehabilitation, 2021 Guidelines for Cardiac Rehabilitation Programs Sixth Edition offers procedures for providing patients with low cost high quality programming that moves them toward a lifelong commitment to disease management

Physical Medicine and Rehabilitation Q&A Review Lyn Weiss, Harry Lenaburg, Jay Weiss, 2013-04-19 Physical Medicine and Rehabilitation Q A Review is a comprehensive active self assessment tool for medical students residents and junior attending physicians in physical medicine and rehabilitation The first question and answer review book in this field it will help professionals quickly and efficiently review specific topics in PM R The book covers in detail the entire field of physical medicine and rehabilitation with more than 1 500 multiple choice questions with answers and detailed rationales Broken into 15 topic areas Physical Medicine and Rehabilitation Q A Review highlights all of the key concepts in the PM R curriculum for learning and individual self assessment Designed to test recall and sharpen skills the book addresses the fundamental components of PM R training and practice Suggested readings are provided at the end of each section for further study

Physical Medicine and Rehabilitation Q A Review Features Comprehensive coverage of the field of PM R for self assessment and review Over 1 500 multiple choice questions with answers and detailed explanations Question and answer format facilitates the recall of must know information and helps identify knowledge gaps for further attention Physical Medicine and Rehabilitation Q A is available as a print text enhanced e book or mobile app for on the go study anywhere **Lifestyle**

**Modification to Control Heart Disease** Donald Shepard,2010 Lifestyle Modification to Control Heart Disease Evidence and Policy is a review and critical examination of the scientific literature on cardiovascular lifestyle modification This book provides systematic critiques of prior published research in order to clarify some of the debate around addressing coronary heart disease through lifestyle modification It fills gaps in current published systematic reviews particularly with respect to the cost effectiveness of lifestyle modification gender racial and ethnic disparities in treatment of coronary heart disease and multifactorial programs It also explores existing research on disparities in coronary artery disease treatment and utilization and suggests potential solutions to address barriers at the system provider and patient level By summarizing research findings in a reader friendly format it assists health care practitioners in working with patients more effectively improves students background knowledge to enhance preparation for clinical work and sets a context for future researchers who want to continue to address key questions this area **ACSM's Resources for the Personal Trainer** American College of

Sports Medicine,2013-03-22 ACSM s Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P.

Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those

working in the fitness and clinical exercise fields as well as those in academic training *Pollock's Textbook of Cardiovascular Disease and Rehabilitation* J. Larry Durstine,2008 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     **The Physiotherapist's Pocket Guide to Exercise E-Book** Angela Jane Glynn,Helen Fiddler,2009-04-07

This book is for therapists involved in exercise therapy for the prevention and treatment of disease It covers exercise assessment current prescription guidelines precautions exercise design and clinical case studies The book also includes exercises to increase strength power local muscle endurance range of movement and aerobic capacity and will be relevant to all areas of therapy practice In addition to the general guidelines considerations for exercise groups and exercise at home as well as exercise in special patient populations are addressed This allows therapists who are expert in one area to become familiar with exercise prescription in another The book underpins therapeutic exercise in general and also addresses specific considerations for particular clinical situations within current guidelines and practical considerations Underpinning exercise physiology Physical principles of exercise design Guidelines for exercise training Clinical exercise prescription Limitations to exercise in common conditions Example case studies     **Collaborative Medicine Case Studies** Rodger Kessler,Dale

Stafford,2008-03-11 This timely and important work looks at the collaborative health care model for the delivery of mental health care in a primary care setting This has become the ideal model for the treatment of comorbid medical and psychiatric or psychological disorders There is also an increased awareness that pharmacological intervention the most frequently delivered intervention for psychological disorders is often of limited effectiveness without concurrent specific psychological intervention The book includes more than two dozen case studies co written by clinical psychologists and primary care physicians It is essential reading for any psychology practitioner in a clinical setting as well as for health care administrators

**ACSM's Exercise is Medicine™** Steven Jonas,Edward M. Phillips,2012-03-29 Exercise is Medicine™ is an American College of Sports Medicine initiative to make physical activity and exercise a standard part of a disease prevention and treatment medical paradigm This book will teach practitioners how to motivate and instruct patients on the importance of exercise and how to design practical exercise programs for patients of all ages and fitness levels as well as those with special conditions such as pregnancy obesity and cancer Coverage includes in depth discussions of both the lifestyle exercise approach to exercising regularly and the structured exercise approach     **Stress Proof the Heart** Ellen A.

Dornelas,2012-02-01 Cardiovascular disease is a leading cause of death throughout the world Chronic negative emotions such as depression and anxiety place cardiac patients at greater risk for death and recurrence of cardiovascular disease In 2008 the editor published a book related to this topic titled Psychotherapy with Cardiac Patients Behavioral Cardiology in Practice American Psychological Association Aside from that book there are very few resources specifically written for clinicians who treat psychologically distressed cardiac patients Unlike other medical specialty areas such as oncology the field of cardiology has been slow to integrate behavioral treatments into the delivery of service Perhaps because the field has been largely defined and dominated by researchers mental health clinicians are only starting to recognize behavioral

cardiology as a viable arena in which to practice There is a large void in the practitioner literature on behavioral cardiology In a review of *Psychotherapy with Cardiac Patients* Paul Eftim Ph D wrote Her new book goes well beyond previous works by giving specific and detailed guidance about how to tailor psychological interventions with this variegated population He added It would benefit from even more details about treatment approaches This proposed volume goes beyond the editor's previous volume by providing in depth descriptions of behavioral treatments for distressed cardiac patients written by eminent leaders in behavioral cardiology This book describes a wide range of behavioral treatments for the common psychologically based problems encountered by clinicians who treat cardiac patients The book is organized as follows Part I focuses on the most psychologically challenging and common presentations of cardiac diagnosis coronary artery disease arrhythmia and heart failure This section also includes a chapter on heart transplantation which is a treatment not a diagnosis but a treatment that incurs profound psychological impact for the individual In Part II behavioral interventions for the general cardiac population are described Mainstream therapies such as stress management cognitive behavioral therapy and medical family therapy are described along with approaches that have less empirical support but considerable practical significance such as personality guided therapy and interventions aimed at altering type D personality traits The literature in behavioral cardiology has a rich history of investigating maladaptive personality traits and thus it is important to include behavioral approaches that target personality in this volume Part III focuses on common behavioral problems encountered by clinicians who work with this patient population Most patients who seek psychological help do so because they perceive themselves to be stressed due to their job or overextended in all areas of their life Other people with heart disease present with sleep problems and or an inability to motivate themselves to exercise or quit smoking There are many practical behavioral approaches that can be helpful for patients with these difficulties and these are detailed in this section of the book The conclusion of the book focuses on how to integrate the behavioral treatments described in the preceding chapters into a comprehensive treatment model

**ACSM's Resources for the Exercise Physiologist** Benjamin Gordon, American College of Sports Medicine (ACSM), 2021-07-12 An essential preparation book for the ACSM Certified Exercise Physiologist examination ACSM's Resources for the Exercise Physiologist 3rd Edition is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology Published by the American College of Sports Medicine this practical resource is organized around the scope of ACSM EP practice domains A clear introduction to understanding exercise physical activity and pre exercise screening opens the book followed by thorough coverage of assessment and programming for healthy populations assessment and programming for special populations counseling and behavioral strategies for encouraging exercises and legal management and professional issues relevant to practice **ACSM's**

**Resources for the Personal Trainer** Trent Hargens, American College of Sports Medicine (ACSM), 2021-06-25 An essential resource to prepare for the ACSM Certified Personal Trainer examination ACSM's Resources for the Personal Trainer 6th Edition provides critical insights for Certified Personal Trainer candidates looking to boost their exam confidence as well as practicing Personal Trainers who want to take their practice to the next level This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and equips readers with the latest practices in client screening exercise program development and working with special populations Published by the American College of Sports Medicine this top selling text guides readers from an introduction to the profession and the science behind the field through the building blocks of a successful exercise program and ultimately the establishment of a successful personal training practice Engaging case studies and study features help ensure the retention for success on the ACSM CPT exam and provide prospective and practicing Personal Trainers with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients

**Cardiovascular Therapeutics E-Book** Elliott M. Antman, 2012-09-17 Manage cardiovascular problems more effectively with the most comprehensive resource available A trusted companion to Braunwald's Heart Disease Cardiovascular Therapeutics 4th Edition addresses pharmacological interventional and surgical management approaches for each type of cardiovascular disease This practical and clinically focused cardiology reference offers a balanced complete approach to all of the usual and unusual areas of cardiovascular disease and specific therapies in one concise volume equipping you to make the best choices for every patient Consult this title on your favorite e reader with intuitive search tools and adjustable font sizes Elsevier eBooks provide instant portable access to your entire library no matter what device you're using or where you're located Understand current approaches to treating and managing cardiovascular patients for long term health for complex problems and for unusual cardiac events Benefit from the substantial experience of Elliott M Antman MD Marc S Sabatine MD and a host of other respected authorities who provide practical evidence based rationales for all of today's clinical therapies Expand your knowledge beyond pharmacologic interventions with complete coverage of the most effective interventional and device therapies being used today Easily reference Braunwald's Heart Disease 9th Edition for further information on topics of interest Make the best use of the latest genetic and molecular therapies as well as advanced therapies for heart failure Cut right to the answers you need with an enhanced focus on clinically relevant information and a decreased emphasis on pathophysiology Stay current with ACC AHA ESC guidelines and the best ways to implement them in clinical practice Get an enhanced visual perspective with an all new full color design throughout

**Therapeutic Exercise for Physical Therapist Assistants** William D. Bandy, Barbara Sanders, 2007-01-01 Completely updated and rewritten to meet the specific needs of physical therapist assistants this Second Edition focuses on the implementation of treatment plans and intervention using the appropriate therapeutic exercise techniques The book describes a wide variety of therapeutic exercises and details the purpose position and procedure for



each technique Case studies and pediatric and geriatric recommendations are included This edition has three all new chapters the role of the physical therapist assistant in therapeutic exercise enhancement of breathing and pulmonary function and functional fitness training for the elderly Other new features include a two color design updated illustrations and a glossary

**Cardiac Rehabilitation Manual** Josef Niebauer, 2017-02-13 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

Physical Medicine and Rehabilitation Board Review, Fourth Edition Sara J Cuccurullo, 2019-10-28 Note to Readers Publisher does not guarantee quality or access to any included digital components if book is purchased through a third party seller Praise for the Third Edition The author has done it again producing an excellent concise resource that provides clinicians with an optimal solution for studying for the written board examination Doody's Review Service 2015 Alan Anshel MD Shirley Ryan AbilityLab This fourth edition of the incomparable review bible for the Physical Medicine and Rehabilitation Board Examination has been thoroughly updated to reflect current practice and the core knowledge tested on the exam Recognized for its organization consistency and clarity through editions the book distills the essentials and provides focused reviews of all major PM R topics including stroke traumatic brain injury musculoskeletal medicine spinal cord injuries pain management and more Every chapter in the fourth edition has been rigorously evaluated and refreshed to ensure that the information is accurate and up to date Sections on cancer treatment and rehabilitation rheumatologic disease and ultrasound have been significantly upgraded to incorporate new board requirements and changes in criteria for diagnosis and management Written in outline format for easy access to information Physical Medicine and Rehabilitation Board Review Fourth Edition is modeled on the content blueprint for the Self Assessment Examination for Residents SAE R used by residents nationwide Board pearls are indicated with an open book icon to highlight key concepts and flag important clinical and board eligible aspects of each topic The topics are divided into major subspecialty areas written by author teams with clinical expertise in the subject and reviewed by senior specialists in each area More than 500 signature illustrations now with color added clarify and reinforce concepts In addition to its proven

value as the primary resource for Board preparation and MOC the book is also a trusted clinical reference for day to day practice needs New to the Fourth Edition Thoroughly reviewed revised and updated to reflect current practice and core knowledge tested on Boards Significant upgrades to ultrasound content Expanded sections on cancer treatments and rehabilitation along with rheumatologic guidelines and treatments including new criteria for diagnosis Addition of color to highlight artwork and content areas Key Features Board Pearls are highlighted with an open book icon to flag key concepts and stress high yield aspects of each topic Covers all topics on the content outline for the Self Assessment Examination for Residents SAE R used by residents nationwide Authored by physicians with special interest and expertise in their respective areas and reviewed by senior specialists in those areas Organizes information in outline format and by topic for easy reference Includes over 500 detailed illustrations to clarify concepts Provides updated epidemiologic and statistical data throughout

*ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities* American College of Sports Medicine, Geoffrey E. Moore, J. Larry Durstine, Patricia L. Painter, 2016-05-03 The fourth edition of ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities reveals common ground between medical and exercise professionals creating a more collaborative approach to patient care Developed by the American College of Sports Medicine ACSM with contributions from a specialized team of experts this text presents a framework for optimizing patients and clients functionality by keeping them physically active Featuring new content on common comorbid conditions this edition is streamlined and updated to better suit chronic populations This fourth edition of ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities outlines why exercise is significant in the treatment and prevention of disease advises medical and exercise professionals in considering proper exercise prescription protocols and provides evidence informed guidance on devising individualized exercise programs Major advancements and features of the fourth edition include the following Current evidence on exercise management for persons with multiple conditions providing guidance on working with these common yet complex populations A refocused goal of using physical activity to optimize patients and clients functionality and participation in life activities rather than only to treat and prevent disease Specific content to help physicians prescribe physical activity and exercise to patients for promotion of health well being and longevity Reorganization of case studies into one streamlined chapter along with commentary from the senior editor to encourage critical thinking and recognize the unique needs of each patient The case studies in the text are real life scenarios that help professionals and clinicians combine scientific knowledge with experience to find appropriate solutions for each individual Commentary on the case studies from the senior editor illustrates when improvisation may be appropriate and where further research is needed Tables are highlighted throughout the text to help readers quickly reference important clinical information Evidence informed guidelines suggested websites and additional readings further encourage practical use of information and identify further learning opportunities For instructors an ancillary PowerPoint presentation package aids in

classroom discussion The critical element that distinguishes the fourth edition of ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities is its unifying mission to incorporate physical activity and exercise in both disease treatment and prevention Its emphasis on assisting people with multiple conditions which is ever present in health care today moves beyond primary and secondary prevention to focus on how patients and clients can be kept physically active and functionally fit

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