

**Cardiac
rehabilitation:
the big picture**

“ Put simply, cardiac rehabilitation saves lives.”

Professor Patrick Doherty,

Director of the National Audit of Cardiac Rehabilitation

Cardiac rehabilitation helps people live as full a life as possible following a heart event, surgery or diagnosis.

Cardiac rehab is a programme of exercise, education and psychological support. It helps individuals to address lifestyle changes, understand their heart health, maintain physical activity and look after their emotional wellbeing.

Cardiac rehab has been shown to reduce hospital admissions, lower deaths from cardiovascular disease, reduce the risk of further cardiovascular events and improve quality of life.

This booklet gives an overview of the latest data around cardiac rehab. For more information visit bhf.org.uk/bigpicture

Cardiac rehabilitation: the big picture

Boosting uptake



Growth in uptake of cardiac rehab has stalled in recent years.

Each year, there are tens of thousands of missed opportunities to encourage people to attend cardiac rehab and help them to maintain a lifestyle beneficial to heart health.

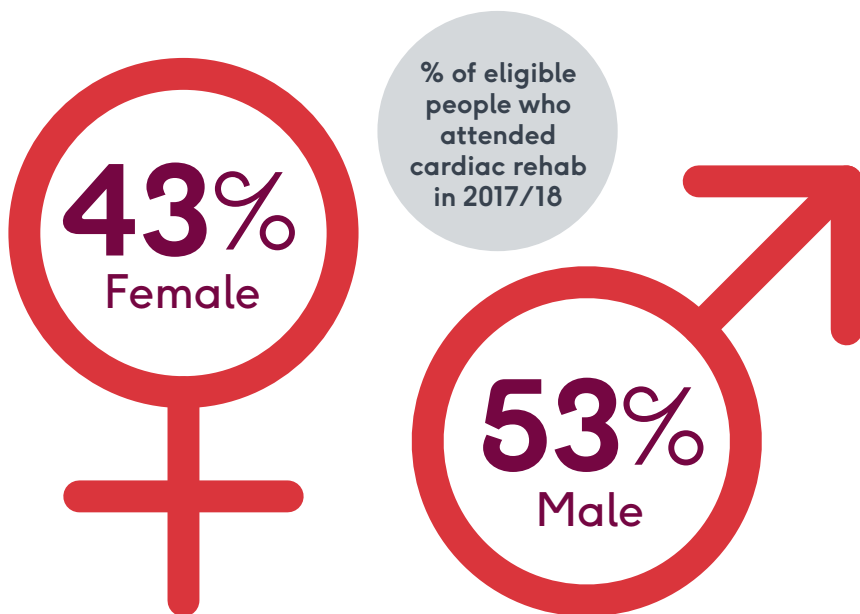
In England, we have a long way to go to reach the 85% uptake target for 2028 set by NHS England.

The uptake rate in Wales is 61% and Northern Ireland is at 49%.*

That's why programmes must innovate in how they deliver cardiac rehab to boost uptake, and thereby improve patient outcomes.

* Data from Scotland not available

Unequal access

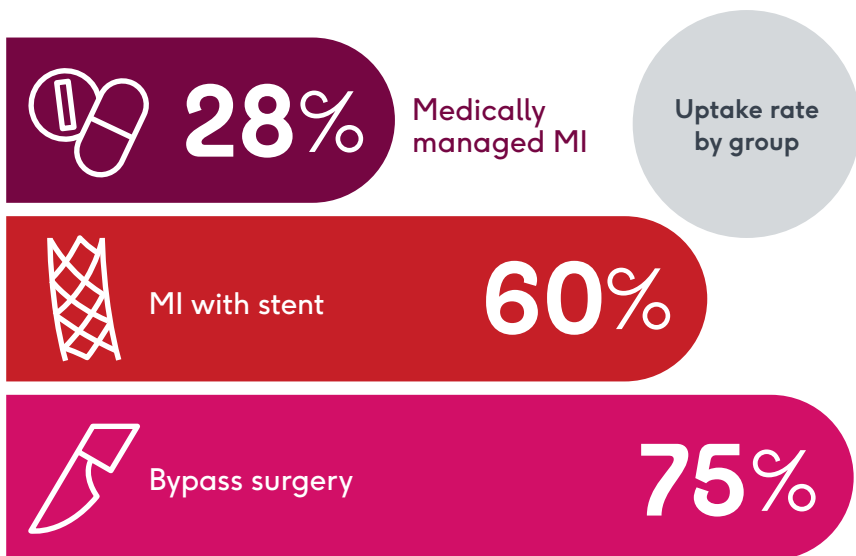


Women are less likely to attend cardiac rehab than men.

In addition, people from deprived areas are much less likely to attend than those in less deprived areas.

Cardiac rehab programmes must have a range of options so that they are accessible to everyone.

Ensuring access for everyone



Among people who have a myocardial infarction (MI), those who do not undergo surgery are far less likely to attend cardiac rehab than those who do.

That means 30,000 people had an MI without surgery in 2017/18 and missed the opportunity to attend cardiac rehab.

Tailored to heart failure patients



Only 15% of people who are hospitalised for heart failure are referred for cardiac rehab. NICE guidelines recommend that everyone with the condition should be referred if they are stable enough.

When people with heart failure miss out on cardiac rehab, they face an even higher risk of hospital readmission or further heart problems.

Cardiac rehab providers must innovate to tailor programmes to the needs of people with heart failure.

“Cardiac rehab should be based around the person, rather than the institution.”

Jacob West, BHF Director of Healthcare Innovation

Delivering rehab digitally

How is cardiac rehab delivered?



Hospital or gym

75%



At home

9%



Online

<1%

The remaining people use a mix of different settings

Only a small proportion of patients accessed cardiac rehab courses online in 2017/18.

Offering more patients the opportunity to access cardiac rehab digitally could mean:

- more patients participate in and complete cardiac rehab
- waiting times are reduced
- healthcare professionals spend less time delivering sessions and can focus on people with more complex needs.

For more on cardiac rehab, please visit bhf.org.uk/bigpicture

bhf.org.uk

Heart transplants. Clot busting drugs. Pacemakers. Breakthroughs born from visionary medical research. Research you fund with your donations.

Heart and circulatory diseases kill 1 in 4 people in the UK. They cause heartbreak on every street. But if research can invent machines to restart hearts, fix arteries in newborn babies, build tiny devices to correct heartbeats, and give someone a heart they weren't born with – imagine what's next.

We fund research into all heart and circulatory diseases and their risk factors. Heart attacks, heart failure, stroke, vascular dementia, diabetes and many more. All connected, all under our microscope. Our research is the promise of future prevention, cures and treatments.

The promise to protect the people we love. Our children. Our parents. Our brothers. Our sisters. Our grandparents. Our closest friends.

You and the British Heart Foundation. Together, we will beat heartbreak forever.

Beat heartbreak forever

Beat heartbreak from  heart diseases  stroke  vascular dementia  diabetes