## Cardiac Rehabilitation Enrollment/Adherence Strategy

### Nutrition Assessment in Cardiac Rehabilitation

*Questions should be directed to: aacvpr@aacvpr.org*

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<td><strong>Definition/Description</strong></td>
<td>Establish an approach to incorporate diet intake assessment, intervention and education into CR programs</td>
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| **Key Terms/Abbreviations**       | CR = Cardiac Rehabilitation  
|                                   | DS = Diet Intake Assessment Tool, Diet Screener  
|                                   | FFQ = Food frequency questionnaire  
|                                   | HEI = Healthy Eating Index  
|                                   | MI = Motivational Interviewing                                                                                                                                                                        |
| **Background and Purpose**        | • Patients who participate in CR are at high risk for poor quality diets, obesity, and CV co-morbidities that require assessment and professional guidance.  
|                                   | • The success of secondary CVD prevention is associated with positive changes in dietary quality  
|                                   | • Nutrition assessment tools, which are valid and reliable for the purpose which they were designed, need to be utilized at program admission and/or discharge  
|                                   | • Nutrition assessment may have two purposes:  
|                                   |   o Determine need for referral to dietitian, and/or further education (DS and FFQ are appropriate options)  
|                                   |   o Evaluate change in diet intake pre- and post-CR for individual or program outcome data (only certain FFQs are deemed valid and reliable for this purpose)  
| **Relevant Metric (if applicable)** | • DRA score pre- and post-admission  
|                                   | • HEI score pre- and post-admission  
|                                   | • Number of servings of fruits, vegetables, whole grains, diary, protein sources consumed per day, per week, or on average  
|                                   | • Quantity of saturated fat, sodium or total calories consumed.                                                                                                                                 |
| **Process Description/Processes Impacted** | • Diet assessment prior to admission for all CR participants  
|                                   | • Compare results to established criteria for referral to dietitian. If criteria met, refer as soon as possible in order to reap benefit while in the CR program  
|                                   | • Utilization of assessment in individualized goal setting, MI and daily coaching by CR staff                                                                                                                                 |

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Roadmap to Reform (ACVPR)
- Aggregate scores of participants given to group education instructor for prioritization of class content
- Diet assessment at CR discharge and use of results in post-discharge planning and goal setting.

**Key People/Departments to Engage**
- Champion
- All CR staff
- Dietitian- employed within CR, by nutrition services department or as independent consultant
- Nutrition Services Department

**Needed Data Sources (if any)**
- Diet assessment tool as recommended by AACVPR
- Results of patient entry assessment (anthropometric, BP, BS, etc.)

**Cost Concerns**
- Dietitian cost/time can be reimbursed by use of CPT code 93797
- Medicare patients with diagnosis of kidney disease or diabetes are eligible for 80% of Part B covered amount.
- Cost of nutrition tool may be free or cost of non-free tool incorporated into department expenses and 93797 revenue

**Timeline**
2018 data collection for 2019 certification

**Supporting Material**
New Leaf training materials: [http://www.centertrt.org/content/docs/intervention_documents/intervention_templates/a_new_leaf_template.pdf](http://www.centertrt.org/content/docs/intervention_documents/intervention_templates/a_new_leaf_template.pdf)
HEI Score: [https://epi.grants.cancer.gov/hei/developing.html](https://epi.grants.cancer.gov/hei/developing.html)

**References**
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