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Owner: Jennifer Newman: Director of
 Cardiopulmonary Rehabilitation
Department: Cardiopulmonary Rehab
Category:
Applicability: Lake Regional Hospital

Admission Guidelines, Cardiopulmonary Rehab

PURPOSE:

Cardiac Rehabilitation is designed to provide patients who have cardiovascular disease or those with known risk factors for cardiovascular disease with an individualized treatment plan that results in an optimum outcome from therapeutic and rehabilitative care.

POLICY:

Established guidelines shall be followed for the selection of those patients who may participate in the Cardiac Rehab Program.

Patients must have a physician referral/prescription to participate in the Cardiac Rehab Program.

GUIDELINES:

Admission to the Cardiac Rehab Phase I Program (Inpatient)

- Myocardial Infarction (Acute Coronary Syndrome), once medically stable
- Stable Angina Pectoris
- s/p Coronary Artery Bypass Graft
- s/p PTCA and/or stent
- s/p Valve Replacement.
- Rotoablation.
- CHF

Admission to the Cardiac Rehab Phase II Program (Outpatient)

- Post MI ,
- Post CABG
- Heart Transplant
- Valve Replacement
- Post PCI
- Stable angina pectoris.
- Congestive Heart Failure (per CMS guidelines)

Absolute Contraindications to Admission to the Cardiac Rehab Program:

- Acute infection

- Acute MI (within 2 days)
- Acute active pericarditis
- Active or suspected myocarditis
- Third degree A-V block
- Acute pulmonary embolus or pulmonary infarction
- Recent significant changes in resting EKG
- Symptomatic severe aortic stenosis
- Suspected or known dissecting aneurysm
- Decompensated symptomatic congestive heart failure
- High-risk unstable angina
- Acute non-cardiac disorder that may affect exercise performance or be aggravated by exercise (i.e. Infection, renal failure, thyrotoxicosis)
- Uncontrolled diabetes
- Uncontrolled arrhythmias
- Resting systolic blood pressure is greater than 200 mg Hg
- Resting diastolic blood pressure is greater than 110 mm

Outpatient Phase III Maintenance Program

- Recommended for individuals with two or more risk factors of cardiopulmonary disease
 - Hypertension
 - Obesity
 - Known heart or lung disease
 - Smoking
 - Age >55
 - Family history of heart disease
 - Diabetes
 - COPD
 - Dyslipidemia
- Recommended for individuals desiring supervised exercise program
- Recommended for individuals with exercise intolerance
- Requires a physician order

All revision dates:

9/28/2016, 11/1/2005

Attachments:

No Attachments

Approval Signatures

Step Description	Approver	Date
	Kevin McRoberts: Senior Vice President of Operations	10/12/2017
CR Medical Director	Muthu Krishnan: Physician	10/11/2017
	Jennifer Newman: Director of Cardiopulmonary Rehabilitation	8/31/2017