

Reduction in cardiovascular events and improvement in health status with cardiac rehabilitation following coronary stenting

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Interventional cardiology procedures represent the state of the art in cardiovascular medicine. While restenosis rates are reduced following the deployment of stents, especially drug eluting stents, heart disease remains a relentlessly progressive disease. Modern Cardiac Rehabilitation programs are designed to attenuate the progression of atherosclerosis. The Cardiac Rehabilitation program at Community Hospital has implemented a case management approach to risk factor modification. Following their initial stent procedure, additional stent procedures and hospitalization for ischemic events, such as chest pain, unstable angina, acute coronary syndrome and acute MI were tracked on 132 patients who participated in the Cardiac Rehabilitation and 132 patients that did not participate in Cardiac Rehabilitation. For those enrolled in Cardiac Rehabilitation, a six minute walk test and SF-36 was completed at baseline and following 12 weeks of monitored cardiac rehabilitation.

	<u>Rehab</u>	<u>Control</u>	<u>p value</u>
Males	94	38	
Females	79	53	
Age	63.5	68.6	
Additional Stent	24	54	<.01
Readmission for ischemic event	15	35	<.01

	<u>Baseline</u>	<u>Post</u>	<u>p value</u>
Walk test	1292	1599	p<.01
General Health	47.2	50.2	p<.01
Bodily pain	44.7	52.0	p<.01
Role physical	38.2	46.7	p<.01
Role emotional	41.1	48.3	p<.01
Role social	41.6	50.5	p<.01
Vitality	47.2	53.9	p<.01
Mental health	48.6	53.4	p<.01
Physical Conditioning	42.2	48.7	p<.01

While coronary stenting remains a vital, life saving component of cardiology, Cardiac Rehabilitation, focused on case management of risk factors may play an important role in further progression of the disease as well as improved health status. Moreover, Cardiac Rehabilitation can be effective in patients with stable angina.

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