promoting cardiac rehabilitation in Europe

European Association for Cardiovascular Prevention and Rehabilitation
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Cardiac Rehabilitation

Chairman: Hannah McGee
Past-Chairman: Miguel Mendes
Secretary: Birna Bjarnason-Wehrens
Chairman elect: Massimo F Piepoli

Commettee	Members	Deputy Members
Congress planning	Josef Niebauer	Birna Bjarnason-Wehrens
Prevention Implementation	Hannah McGee	Werner Benzer
Communication (web)	Paul Dendale	Nana-Goar Pogosova
Science Guideline	Massimo Piepoli	Dumitru Tudor Zdrenghea
Education Accreditation	Ann-Dorthe Olsen Zwisler	Jean-Paul Schmid

New members: Joseph Doherty, Esteban Gracia Porrero, Bernhard Rauch
Previous Member: Bob Lewin.

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Vienna 2008

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Cologne 2009

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Quality of life of cardiac patients: HeartQoL

Prof Neil Oldridge, Prof Hannah McGee, Prof Stefan Hoefer, Prof Hugo Saner

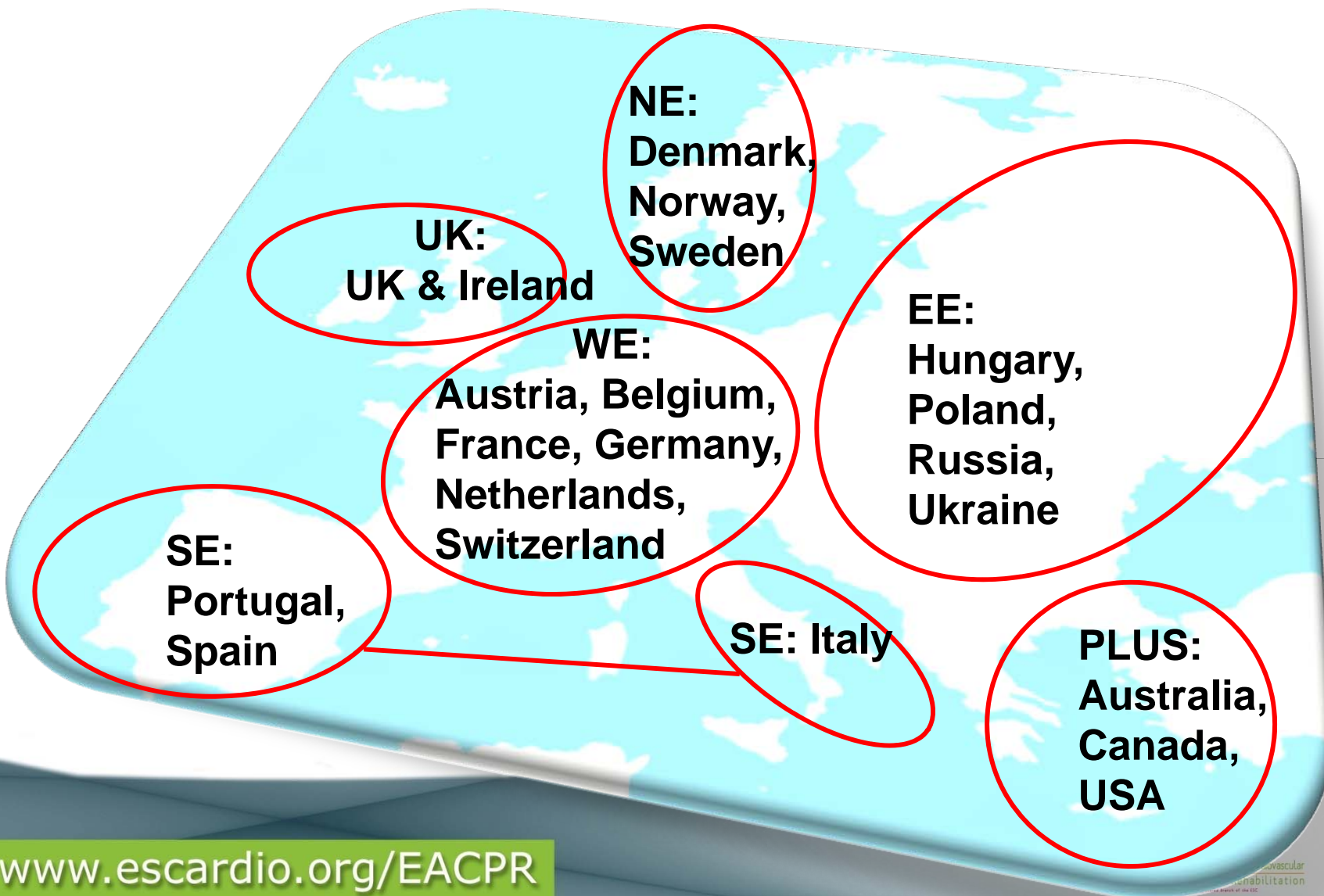On behalf of the Cardiac Rehabilitation Section, EACPR

www.escardio.org/EACPR

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HeartQoL: overview

Aim: Common heart-disease HRQL instrument
- n Develop a short, multi-language, robust assessment tool using previously validated heart disease instruments

- **Sample (N=6,017)**
  - N= 2,259 MI; 2,002 Angina; 1,756 Heart failure
  - 15 languages; 21 countries; 55 centres

- **Assessments:**
  - Sociodemographic and clinical profile
  - Health-related and disease-specific scales
    - MacNew, Seattle Angina Quest., Minnesota Living with Heart Failure Quest.
    - Health status (SF-36), depression & anxiety (HADS), Global mood scale, Type D

- **Product:**
  - Short common instrument for patients with MI, AP, HF
  - 15-item version emerging [expect to be available for ESC Barcelona]

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HeartQoL countries

NE:
Denmark,
Norway,
Sweden

UK:
UK & Ireland

EE:
Hungary,
Poland,
Russia,
Ukraine

WE:
Austria, Belgium,
France, Germany,
Netherlands,
Switzerland

SE:
Portugal,
Spain

SE: Italy

PLUS:
Australia,
Canada,
USA

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Committee on Education and Accreditation

Dr. AnnDorthe Zwisler, Dr Jean-Paul Schmid

- Aim at preventive cardiology as a subspecialty of the CC

- Update of CC on preventive cardiology

EDUCATION

- Post graduate courses

  - Cardiac rehabilitation (Bern courses), Master classes

- Textbooks

ACCREDITATION

- Join the EU accreditation process

- Expand beyond doctors

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EACPR Educational Programme 2008

22nd - 24th September 2008

How to Set up and Run a Cardiac Rehabilitation and Exercise Training Programme

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UNIVERSITY HOSPITAL, INSELSPITAL
BERN, SWITZERLAND

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Programme Directors
J.-P. Schmid (Bern, CH)
H. Saner (Bern, CH)

Faculty
Birna Bjarnason-Wehrens (Köln, Germany)
Paul Dendale (Hasselt, Belgium)
Dan Gaita (Timisoara, Romania)
Josef Niebauer (Salzburg, Austria)
Massimo Piepoli (Piacenza, Italy)

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EACPR Educational Programme 2008

25th - 27th September 2008

How to Improve: Advanced Training Programme in Cardiac Rehabilitation and Exercise Training

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Faculty
Stephan Gielen (Leipzig, Germany)
Robert Lewin (York, United Kingdom)
Hannah McGee (Dublin, Ireland)
Miguel Mendes (Carnaxide, Portugal)
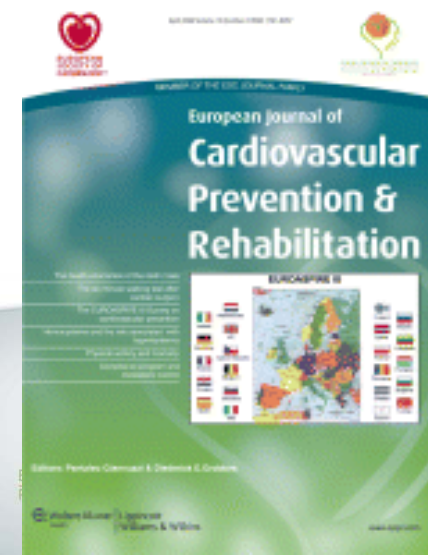Nicole M. Panhuyzen-Goedkoop (Arnhem, Netherlands)

**Secondary prevention through cardiac rehabilitation
From Knowledge to Implementation**

**A Position Paper from the Cardiac Rehabilitation Section of the European
Association of Cardiovascular Prevention and Rehabilitation**

Authors: Massimo F Piepoli (Chairperson), Ugo Corra', Werner Benzer, Birna
Bjarnason-Wehrens, Paul Dendale, Dan Gaita, Hannah McGee, Miguel Mendes, Josef
Niebauer, Ann-Dorthe Olsen Zwisler, Jean-Paul Schmid

Full manuscript. *Submitted* EJCPR

Executive Summary *in preparation*

European Journal of
**Cardiovascular
Prevention &
Rehabilitation**

AHA/ACCF Scientific Statement

Standards for Measures Used for Public Reporting of Efficiency in Health Care

A Scientific Statement From the American Heart Association Interdisciplinary Council on Quality of Care and Outcomes Research and the American College of Cardiology Foundation

➤**European Statement on Cardiac Rehab Outcome Measurement and Quality Assurance**

➤**How to identify psychosocial problems**

European Cardiac Rehabilitation Inventory Survey (ECRIS)

Prof. Dr. Birna Bjarnason-Wehrens & Dr. AnnDorthe Zwisler

What is going on in Europe ?

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European Cardiac Rehabilitation Inventory Survey

Information about CR in Europe i.e.

- Cardiac rehabilitation currently offered
- Number of eligible patients attending
- Inclusion/ exclusion criteria
- National legislation regarding CR
- Institutions covering the costs
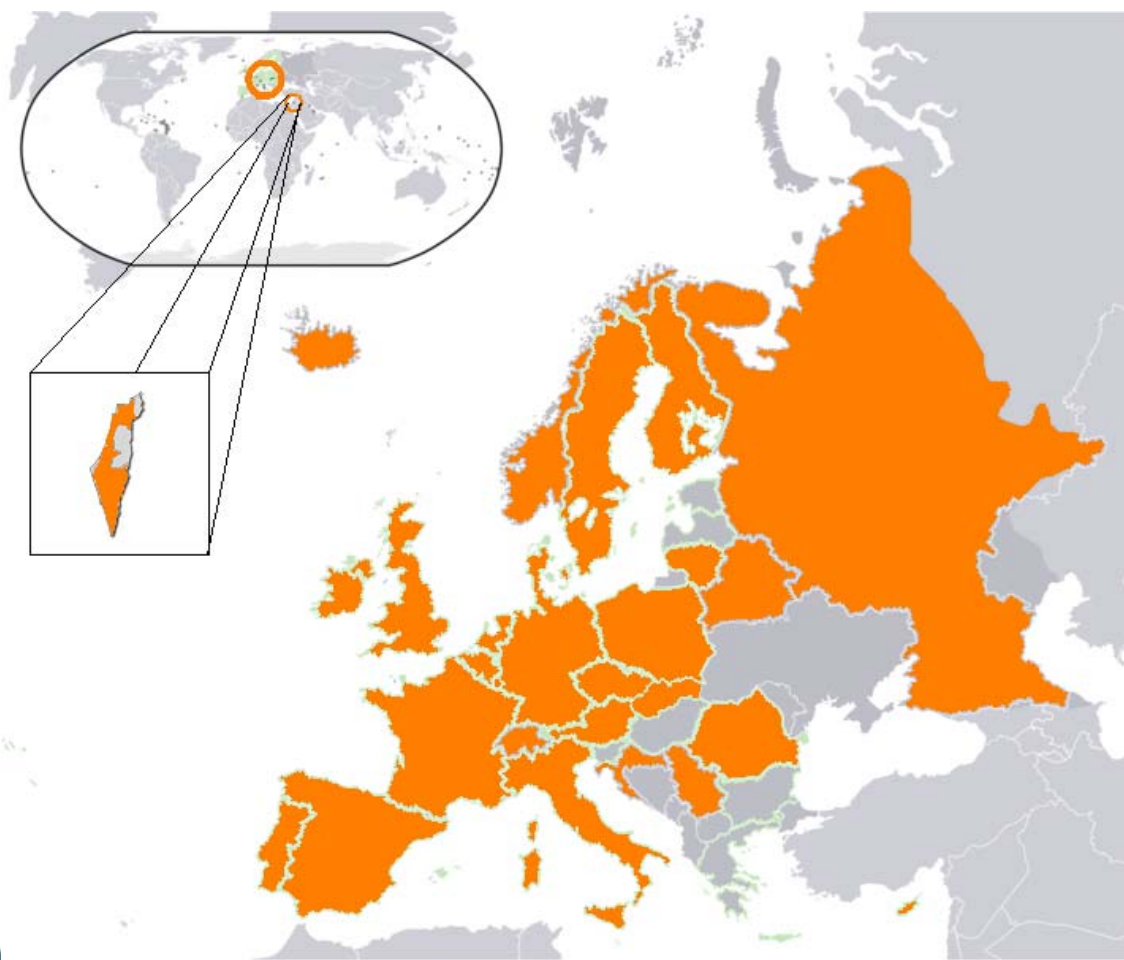- Overall responsibility for the programme
- Education and accreditation

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Methods

- Identification of national coordinators on CR in Europe

- November 2007:
  - questionnaire sent to 21 identified coordinators
  - In the "missing countries" the questionnaire was sent to the National Society of Cardiology

- Results in publication

Countries participating

- Israel

- Austria
- Belgium
- Belarus
- Croatia
- Cyprus
- Czech Republic
- Denmark
- France
- Finland
- Germany
- Iceland
- Ireland
- Italy
- Lithuania
- Luxembourg
- Netherlands
- Norway
- Poland
- Portugal
- Romania
- Russian Fed.
- Serbia
- Slovak Rep.
- Spain
- Sweden
- Switzerland
- United Kingdom

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European national societies members of the ESC – Countries missing

- **Albania**
- **Bosnia & _Herzegovina**
- **Bulgaria**
- **Estonia**
- **Greece**
- **Hungary**
- **Latvia**
- **Macedonia**
- **Moldova**
- **Slovenia**
- **Turkey**
- **Ukraine**

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ECRIS: Preliminary results

➢ A wide spectrum of CR programmes is currently offered

➢ Phase II cardiac rehabilitation is currently offered in all countries participating

➢ With a great variance

  ➢ in programs currently offered and founded

  ➢ in groups of patients admitted

  ➢ in the number of eligible patients admitted (<3% - 90%)

  ➢ in legislations and institutions covering the costs (50% of the countries have national legislation)

European Electronic Entry and Database

for

Cardiac Rehabilitation Outcomes Measurement
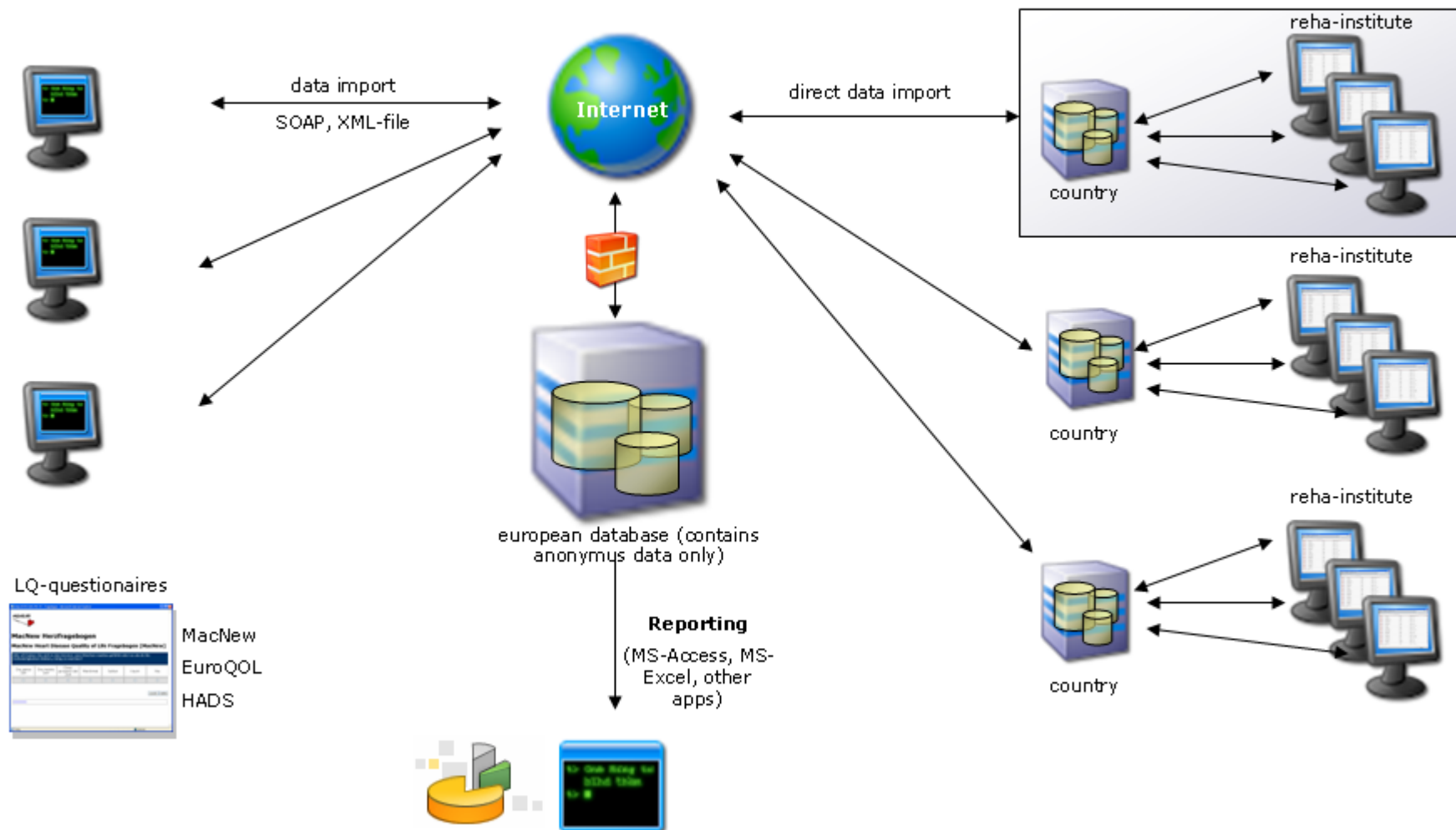
and

Quality Assurance

Dr Werner Benzer

European Association for Cardiovascular Prevention and Rehabilitation

CR1	ID Details				
1	Patient ID	n			
2	Institution ID	n			

CR2	Clinical Details		e.g.		
3	Main ICD 10 Dg	Date	25,9	CAD	
4	Initiating event for CR	Date	21.0	STEMI	
5	MEL - DRG - etc.	Date	6520	DES	
6	Relevant comorbidity ICD 10	Date	170	Cancer	

CR3	Demographic Details				
7	Age	n			
8	Gender	male/female			
9	Marital status	single	married	separated	widowed
10	Employment status	employed	unemployed	retired	
11	Age left education (years)	n			
12	Height	n			

CR4	Pre-cardiac rehab measurements				
	History of risk factors				
13	Hypertension	yes/no			
14	Hyperlipidaemia	yes/no			
15	Diabetes	yes/no			
16	Renal failure	yes/no			
17	Cigarette smoking	yes/no	if yes	pack/years	
18	Depression	yes/no	if yes	treated	untreated
19	Physical inactivity	yes/no	if no	1 times/week	
				2 times/week	
	Current risk factors				
20	Current smoker	yes/no	if yes	cig/day	n
21	Weight	n			
22	BMI	n			
24	Waist circumference	n			
25	BP sys	n			
26	BP dias	n			
27	SR	yes/no			

80	Trigl	n			
81	HADS- score	Anxiety	n	Depression	n
82	MacNew- score	Global	n	Physical	n
		Emotional	n	Social	n
	Current medication				
83	ASS	yes/no			
84	Ticlopidin/Clopidogrel/Prasugrel	yes/no			
85	Coumarin	yes/no			
86	BB	yes/no			
87	ACE-I	yes/no			
88	AIIB	yes/no			
89	Statin	yes/no			
90	Non-statin lipid lowering	yes/no			
91	Combination of statin and non-statin	yes/no			
92	Insuline	yes/no			
93	Oral diabetes control	yes/no			
	Demographic status				
94	Marital status	single	married	separated	widowed
95	Employment status	employed	unemployed	retired	

Potential Flagship

Research and Education / Acceditation System	Outcomes Measurement and Quality Assurance
ECRIS European CR Survey	CR Web-based Database