

# Remote cardiac rehab is effective alternative to on-site programs

November 10 2020

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(HealthDay)—Remote or virtual cardiac rehabilitation (CR) programs

are effective alternatives to on-site programs, according to two studies presented at the American Heart Association Scientific Sessions 2020, held virtually from Nov. 13 to 17.

Joseph Alan Ricci, M.D., from Central East Cardiovascular Rehabilitation in Toronto, and colleagues examined the impact of the Canadian March 17, 2020, Emergency Management and Civil Protection Act to limit spread of COVID-19, which closed nonessential services and limited group activity, on CR access and completion. The researchers observed an increase in inpatient referrals, while community referrals were reduced with office closure. Attendance was stable; the attendance rate versus the scheduled rate was 85 percent of the comparable period (March 16 to April 24, 2019). Patient acceptance was greater than 90 percent, with only 9 percent declining virtual CR programming.

Atsuko Nakayama, M.D., Ph.D., from the University of Tokyo, and colleagues conducted a prospective study involving patients hospitalized for heart failure with left ventricular ejection fraction

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