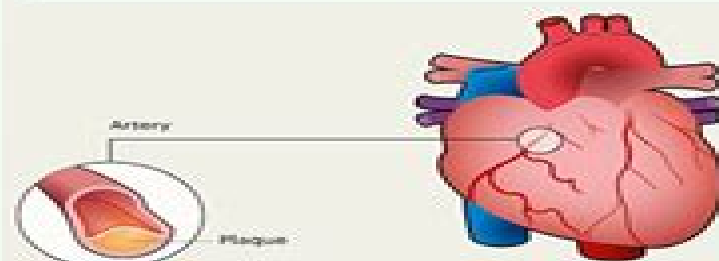


THE CONSEQUENCES OF ISCHAEMIA

The incidence rates of many heart concerns in wealthy countries, such as the United Kingdom, are declining. But tackling these concerns is still a stubborn challenge: ischaemic heart disease is the leading cause of death globally. The pathologies of heart conditions are complex and interwoven, but they often start with ischaemia.

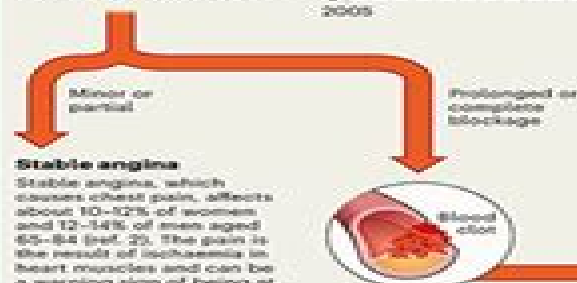
By Benjamin Plackett; infographic by Mohamed Ashour



Ischaemic heart disease (IHD)

The heart's arteries narrow owing to the build-up of fatty deposits called plaques, reducing blood flow to the heart muscle. How symptoms manifest depends on the severity of this ischaemia.

UK incidence of IHD (per 100,000 adults)*



Stable angina

Stable angina, which causes chest pain, affects about 10–12% of women and 12–14% of men aged 65–84 (ref. 2). The pain is the result of ischaemia in heart muscles and can be a warning sign of being at risk of a heart attack. But the condition can be managed with lifestyle changes.



Myocardial infarction

Continued ischaemia causes plaques to rupture into the blood stream. The heart responds by forming a blood clot, which makes the ischaemia worse. Depleted oxygen supplies cause substantial cell death. The severity of the infarction, or heart attack, is mainly based on the extent of cell death.

UK incidence of myocardial infarction (per 100,000 adults)*



9 MILLION

deaths per year globally from ischaemic heart disease*

Atrial fibrillation

This is the most common problem associated with the heart's rhythm, and is characterized by an abnormally fast and irregular heartbeat. This form of arrhythmia is a major preventable cause of heart failure and cardiac arrest. Its growing incidence is driven by an ageing global population.

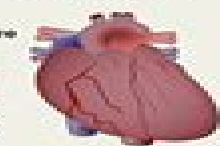
UK incidence of atrial fibrillation (per 100,000 adults)*



Heart failure

The damage caused by a heart attack can lead to the heart becoming swollen, leaving it unable to pump blood efficiently. Incidence of heart failure is falling, but many people have symptoms that could have been picked up before they needed to go to hospital*, suggesting a high number of undiagnosed cases in the community.

UK incidence rates of heart failure (per 100,000 adults)*



Cardiac arrest

If a heart attack causes cardiac arrest, the heart stops pumping blood, causing organs and tissues to die if cardiopulmonary resuscitation is not performed. In the United Kingdom, around 50,000 cardiac arrests happen out of hospital each year. Just 10% of people survive*.



Sources: 1. British Heart Foundation, Heart & Circulation Disease Statistics 2020 Available at <http://go.heart.org/2020>; 2. National Heart, Lung and Blood Institute, Morbidity & Mortality 2012 Chart Book on Cardiovascular, Lung and Blood Diseases (NHLBI, 2012); 3. Bottie, A. et al. Heart **104**, 600–605 (2018); 4. British Heart Foundation; 5. Khan, M. A. B. et al. Current **12**, 493–49 (2020).

Rehabilitation In Ischemic Heart Disease

P. Mathes, M. J. Halhuber



Rehabilitation In Ischemic Heart Disease:

Rehabilitation in Ischemic Heart Disease William P. Blocker, D. Cardus, 1983 **Prevention and Rehabilitation in Ischemic Heart Disease** Charles Long, 1980 **Needs and Opportunities for Rehabilitating the Coronary Heart Disease Patient** National Heart and Lung Institute. Task Force on Cardiovascular Rehabilitation, 1974 **Cardiac Rehabilitation** Nanette Wenger, 1999-06-29 This detailed reference provides practical strategies and a scientific foundation for designing and implementing cardiac rehabilitation services to relieve the symptoms of cardiovascular disease patients through exercise training and risk reduction and secondary prevention improve quality of life and decrease mortality Emphasizes multidisciplinary care that includes exercise training behavioral interventions and education and counseling regarding lifestyle changes and other aspects of secondary prevention Written by world renowned physicians nurses exercise physiologists psychologists dietitians educators and counselors in the field Cardiac Rehabilitation presents evidence based medicine as the cornerstone of clinical cardiology practice discusses interventions that limit the physiological and psychological effects of cardiac illness offers guidelines that enable elderly patients to maintain self sufficiency and functional independence describes means of social and workplace reintegration evaluates policies for maintaining high quality care efficacy and safety in an atmosphere of diminishing resources explains the role of managed care in moving rehabilitative care into the home workplace and other nontraditional sites assesses new interactive technologies that aid in tracking patient data gives pragmatic recommendations for the delivery of cardiac rehabilitative care in the next millenium and more Advocating integrated high quality consistent cardiac rehabilitation services for the well being of patients recovering from a variety of cardiovascular problems and procedures Cardiac Rehabilitation is ideally suited for cardiologists cardiovascular surgeons primary care physicians cardiac rehabilitation professionals cardiac care nurses dietitians physical and occupational therapists exercise physiologists psychologists behavioral counselors hospital managers health plan designers and upper level undergraduate graduate and medical school students in these disciplines *Rehabilitation of the Coronary Patient* Nanette Kass Wenger, Herman K. Hellerstein, 1984 Psychological Approach to the Rehabilitation of Coronary Patients U. Stocksmeier, 2012-12-06 The increasing frequency of coronary diseases the still insufficient results of prevention have brought physicians to try to reduce as much as possible the consequences of ischaemic heart disease Coronary units and new treatments have somewhat reduced the dramatic complications of the acute phase but after the latter evil effects of the disease remain at the physiological psychological and social level It is the aim of rehabilitation to analyze these problems to reduce them or to solve them whenever possible When this conception of complete coronary care took the lead the conditioning effects of heart disease and of immobilization on physical conditions were emphasized physical training programmes were prepared and their main lines and physiological effects are now fairly well known But it was soon obvious that the psychological problems raised by the patient and his environment are equally important Their

approach is however much more difficult and their treatment particularly complex So the Council on Rehabilitation of the International Society of Cardiology is really grateful to Professor Dr HALHUBER and Dr Dr STOCKSMEIER for giving the opportunity to specialists to discuss together this particular aspect of coronary disease The discussions have been devoted to the methods of approaching the patient as well as to the therapeutic aspects and the role of psychologists in the rehabilitation programmes some papers have been devoted also to the possible role of the personality as a risk factor in the development of the disease

Cardiac Rehabilitation William Kraus, Steven Keteyian, 2007-06-15 The era of cardiac rehabilitation in the United States dates back at least thirty years when Herman Hellerstein at Case Western Reserve Andy Wallace at Duke and Ken Cooper in Dallas envisioned that a comprehensive lifestyle approach to the rehabilitation and prevention of patients having had a cardiac event would potentially yield great benefits for the individual patient and the health care system Until that time the thought of vigorous exercise in the cardiac patient soon after an event was close to anathema One of us WEK was introduced to Herman Hellerstein in Cleveland in the late 1960 s when his father sought medical opinion from him for a cardiac condition WEK was introduced to Andy Wallace in 1979 by which time the latter had started a multidisciplinary geographically regional cardiac rehabilitation program at Duke based upon consultations with Hellerstein and Cooper By then cardiac rehabilitation was progressing beyond the vision of exercise only and since then the concept of cardiac rehabilitation has grown into the comprehensive multidisciplinary program that we know today and that we attempt to describe in this volume The practice of cardiac rehabilitation has grown and metamorphosed in the last thirty years in parallel with the growth and metamorphosis of the practice of cardiovascular medicine During the formative stages of cardiac rehabilitation the use of coronary care units was in its infancy The coronary artery bypass operation was less than ten years old The LIMA bypass had not been invented

Coronary Heart Disease, Exercise Testing, and Cardiac Rehabilitation William E. James, Ezra A. Amsterdam, 1977

Guidelines for Cardiac Rehabilitation Programs American Association of Cardiovascular & Pulmonary Rehabilitation, 1991 Provides direction for practising cardiac rehabilitation and for administering a cardiac rehab programme

Cardiovascular Prevention and Rehabilitation Joep Perk, Peter Mathes, Helmut Gohlke, Irene Hellemans, Catherine Monpère, Hannah McGee, Philippe Sellier, Hugo Saner, 2007-09-18 In the network of cardiologists within the European Society of Cardiology Working Group on Cardiac Rehabilitation and Exercise Physiology there is a strong view that the time indeed is right to publish definitively on the methods involved in cardiovascular prevention and rehabilitation We are facing a transition from conventional cardiac rehabilitation to a phase of combined preventive and rehabilitative efforts as witnessed in the recent Joint Task Force Guidelines on Preventive Cardiology For this revision of our clinical routines we lack a practical textbook based upon the conditions and resources of European health care This textbook is designed to fill that gap

Cardiovascular Rehabilitation Lysle H. Peterson, 1983

Abstract A reference text prepared by medical authorities in their respective fields for physicians caring for cardiovascular

disease CVD patients focuses on a wide variety of practical aspects concerning cardiovascular diseases and the use of therapeutic nutritional and exercise modalities. The material was gleaned from experiences with over 700 referred patients, 2000 exercise stress tests, over 30 000 hours of exercise therapy and from existing medical psychological and nutritional management approaches. The 15 chapters of the text include exercise principles in CVD rehabilitation, patient responses to exercise testing and therapy, psychological aspects and disorders of CVD and their treatment, nutritional management in CVD rehabilitation, surgical treatment, risk evaluation, health care costs, blood pressure and pulse responses to exercise, data summaries from a 274 patient study and the rationale of dietary management in a comprehensive CVD program. A detailed summary of the text is appended. Numerous tabular data and illustrations are presented throughout the text. **Cardiac Rehabilitation** Julian Bath, Gail Bohin, Christine Jones, Eve Scarle, 2009-09-17. This easy to use manual provides a practical framework for a multi disciplinary team to deliver a successful cardiac rehabilitation programme. Despite evidence that cardiac rehabilitation programmes reduce risk, there is no standard for hospital based multidisciplinary programmes which are thus complex and costly to design and implement. Based on the cardiac rehabilitation work that has been carried out at in Gloucestershire over the past fifteen years, developing and constantly evaluating the evidence base for the programme. Includes client handouts such as food and exercise diaries. **Controversies in Cardiac Rehabilitation** P. Mathes, M. J. Halhuber, 2012-12-06. This book contains the proceedings of a conference organized by the Klinik Hohenried at the Evangelische Akademie in Tutzing under the patronage of the International Society of Cardiology Council on Rehabilitation from Febr 12 14 1981. The purpose of the meeting on Current Problems in Cardiac Rehabilitation was to come closer to answering the questions posed in the following pages and to make some opinions about cardiac rehabilitation less controversial. To comment briefly on the interesting question of why opinions in the field of cardiac rehabilitation seem more controversial than in other fields of cardiology, we would like to propose the following explanation: 1. Lack of personal experience and lack of special training in cardiac rehabilitation are a major source of misunderstandings and differences of vocabulary between cardiologists engaged in clinical practice and in rehabilitation. 2. Emotional problems in accepting a new kind of partnership between coronary patients and their physicians and a nihilistic attitude towards therapy of behaviour play an important role in the scepticism of cardiologists. 3. Fear of an expensive overmedication. Illich is another argument concerning rehabilitation. Alternatives in Cardiac Care, Prevention and Rehabilitation Conference, October 9-10 1979, American Heart Association, National Center Robert M. Levenson, Matthew Maxon, Bennie L. Altom, 1980. The Road to a Healthy Heart Howard Fugate, 1980. Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs AACVPR, 2013-08-02. Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs Fifth Edition. With Web Resource covers the entire scope of practice for cardiac rehabilitation and secondary prevention CR/SP programs. This text was developed by the American Association of Cardiovascular and Pulmonary Rehabilitation AACVPR and parallels federal

guidelines for cardiac rehabilitation programs It contains information on promoting positive lifestyle behavior patterns reducing risk factors for disease progression and lessening the impact of cardiovascular disease on quality of life morbidity and mortality The text has been updated and restructured providing the most current models for designing and updating rehabilitation programs for patients and preventing second episodes In addition to chapter revisions there is new content on behavior modification risk factors and special populations The chapter covering program administration has been completely rewritten to include new regulations and reimbursement standards as well as additional suggestions for new models for CR SP The most recent Core Competencies for Cardiac Rehabilitation and Secondary Prevention Professionals and the Core Components of Cardiac Rehabilitation Secondary Prevention Programs have also been included in their entirety More than 50 leaders in the field of CR SP cardiovascular risk reduction reimbursement and public policy have contributed the latest tools and information enabling cardiac rehabilitation professionals to successfully start new programs or update and enhance existing ones Key features of the fifth edition include the following A new web resource incorporates 24 questionnaires charts consent forms protocols records checklists and logs from the text that can be used when creating or assessing programs Highlighted guidelines in each chapter cover current issues and provide hints and methods for implementing treatment programs and helping patients stay on track Chapter objectives and summaries help readers quickly assess the topics covered and identify the most important points There is strong evidence that participation in outpatient cardiac rehabilitation and secondary prevention programs decreases mortality and recurrent morbidity after a cardiac event Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs Fifth Edition offers procedures for providing patients with low cost high quality programming moving them toward personal responsibility for disease management and secondary prevention over a lifetime This is the definitive resource for developing inpatient and outpatient cardiac rehabilitation programs

The Effectiveness of Exercise-Based Cardiac Rehabilitation Program for Secondary Prevention of Coronary Heart Disease Yuk-Yan Pauline Leong, 2017-01-26 This dissertation The Effectiveness of Exercise based Cardiac Rehabilitation Program for Secondary Prevention of Coronary Heart Disease a Systematic Review by Yuk yan Pauline Leong was obtained from The University of Hong Kong Pokfulam Hong Kong and is being sold pursuant to Creative Commons Attribution 3 0 Hong Kong License The content of this dissertation has not been altered in any way We have altered the formatting in order to facilitate the ease of printing and reading of the dissertation All rights not granted by the above license are retained by the author Abstract Objective To examine the effect of exercise based cardiac rehabilitation program for secondary prevention of coronary heart disease on cardiac related mortality recurrent cardiovascular event and quality of life Methods All studies published between 1990 and 2013 in PubMed and from 1980 to 2013 in EMBASE which evaluated the effectiveness of exercise based cardiac rehabilitation program for coronary heart disease Using the specific keywords Cardiac rehabilitation Coronary heart disease OR Ischemic heart disease MeSH Exercise OR Physical activities

AND Quality of life OR Mortality AND Cardiovascular events were searched A total of 7 randomized controlled trials out of 5051 articles from PubMed and 117 articles from EMBASE were included in this systematic review The primary outcome measures used in the included seven studies were HRQOL restenosis cardiac event cardiac related mortality Similar demographic and clinical characteristics of the subjects between the intervention and the control groups were recorded The studies were from five countries The average age of the subjects in the seven studies was 61 years the average half of them have history of myocardial infarction Though there were discrepancies among the results generated in the included studies the potential benefits of exercise based cardiac rehabilitation could be seen Results Compared with the non exercise based cardiac rehabilitation patients allocated to the exercise based cardiac rehabilitation program had greater improvement in HRQOL and reduction of cardiac events The result of reducing restenosis was inconsistent The cardiac related mortality is not significant difference between exercise based and non exercise based cardiac rehabilitation DOI 10 5353 th_b5098668

Subjects Coronary heart disease Prevention Coronary heart disease Exercise therapy Coronary heart disease Patients Rehabilitation

Cardiac Rehabilitation Manual Josef Niebauer, 2011-04-02 Cardiac rehabilitation is of key importance to ameliorate long term morbidity and mortality resulting from cardiac intervention However much of the current literature is dense unwelcoming and academic in style and format For those physicians understanding the scope of cardiac rehabilitation there is a need to distill the guidelines and various management options available to them into a concise practical manual Up until now all references have looked at the general options but there is definite need to investigate the practicalities of individual patient groups This book fulfills the need for practical guidance among all professionals involved in the management of these patients from residents and fellows of cardiology and internal medicine surgical teams physiotherapy professionals critical care physicians and family medicine practitioners

Psychotherapy for Ischemic Heart Disease Adriana Roncella, Christian Pristipino, 2016-08-01 This book discusses the benefits of application of different psychotherapy techniques in addition to optimal medical approaches in patients with ischemic heart disease It explains the theoretical basis for use of these techniques discusses the scientific evidence for their efficacy and identifies important practical issues Detailed attention is devoted to both well established and recently developed approaches of proven value as well as to future applications In addition practical insights are provided into the most effective ways of integrating psychotherapy with medical activities in hospitals outpatient clinics and rehabilitation centers The authors are world experts in the fields of psychotherapy pharmacology and cardiology who collectively provide a sound foundation for an interdisciplinary approach to patients with ischemic heart disease Psychotherapy for Ischemic Heart Disease is both a textbook and a practical manual aimed particularly at cardiologists psychologists psychotherapists and psychiatrists but also internal medicine specialists cardiac surgeons general practitioners rehabilitation doctors students nurses and patients

Cardiopulmonary Rehabilitation Frances J. Brannon, 1993 This text provides a comprehensive how to approach to cardiopulmonary

rehabilitation plus gives students the information they will need to develop the decision making skills necessary to provide comprehensive and quality rehabilitation programs for cardiac and pulmonary clients A volume in the Contemporary Perspectives in Rehabilitation Series Edited by Steven L Wolf PhD PT FAPTA

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