

## Guidelines for cardiac rehabilitation and secondary prevention programs

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### Abstrak

This Fifth Edition 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. There is strong evidence that participation in outpatient cardiac rehabilitation and secondary prevention programs decreases mortality and recurrent morbidity after a cardiac event. These guidelines 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.