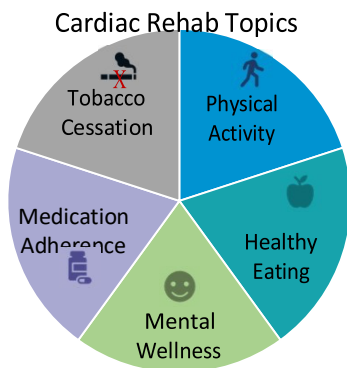


Telehealth Cardiac Rehab Patient Journey

1

What is Cardiac Rehab?



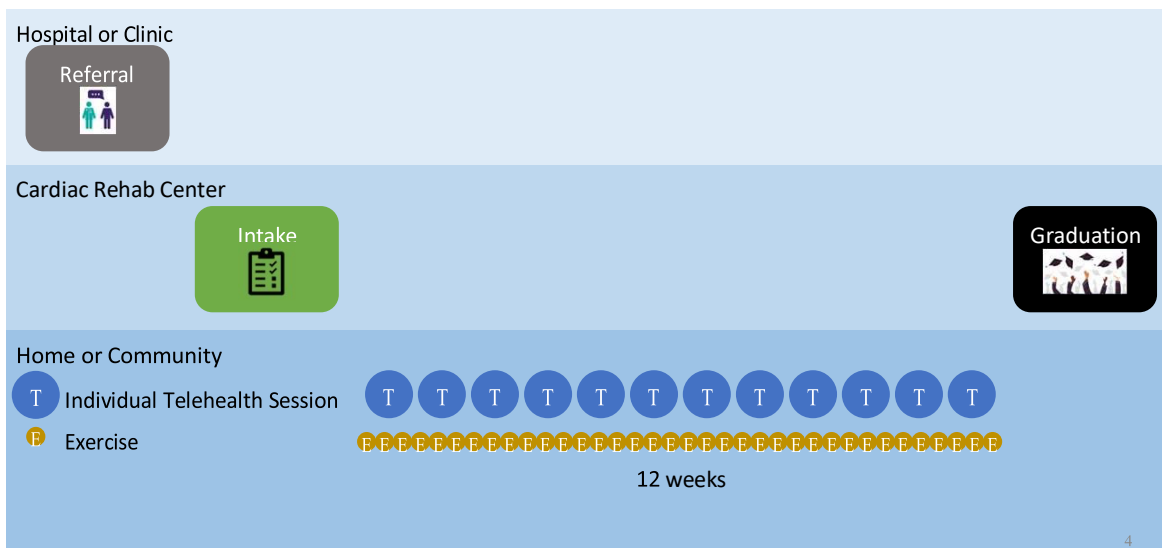
- Exercise training
- Coaching on healthy living
- Education on
 - Heart disease
 - Physical activity
 - Healthy eating
 - Mental health
 - Stress
 - Sleep
 - Taking medicines
 - Substances (if applicable)

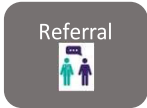
2

Outline

Core Program	Available Elements
<ul style="list-style-type: none"> ○ Referral ○ Intake ○ Individual telehealth sessions (1/week for 12 weeks) ○ Exercise ○ Graduation 	<ul style="list-style-type: none"> • Mobile application • Telehealth sessions with other team members (pharmacist, nutritionist, mental health) • Telehealth group sessions • In-person sessions <ul style="list-style-type: none"> ○ Safety concerns ○ Exercise prescription changes

Patient Journey Map – Core Program





Referral



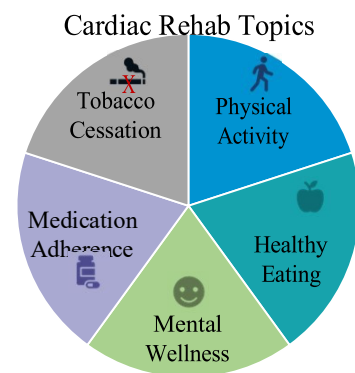
- Patient is referred to cardiac rehab from:
 - Hospital
 - Clinic
- Patient is informed about cardiac rehab
 - Video: <https://www.youtube.com/watch?v=LqjR3Re5zjc>
- Patient works with cardiac rehab center to schedule an intake appointment

5



Intake

- Patient meets with staff in-person at cardiac rehab center
 - Surveys*
 - Interview*
 - Vital signs
 - Six-minute walk test
 - Individual treatment plan on Cardiac Rehab Topics*
 - Assessment
 - Goals
 - Plan
 - Telehealth training (if needed)



*Can be done by telehealth (video or phone)

6

T

Individual Telehealth Session

- Patient meets with staff
 - Patient at home or in community
 - Staff interacts with patient through video (Zoom)*
- Session includes:
 - Check-in
 - Review of exercise and vital logs
 - Review of assessment, goals, and plans
 - Updated monthly or as needed
 - Health education
 - Exercise (if on Zoom)
- Sessions last 30 to 60 minutes

*Can be done by phone



Cardiac Rehab Topics



7

E

Exercise

- Exercise prescription will be individualized
- Mode
- Duration
- Intensity
- Rating of Perceived Exertion, or
- Heart Rate target
- Frequency
- All participants will be encouraged to work up to at least 150 minutes per week of moderate-intensity physical activity with strength training 2 times per week (US Physical Activity Guidelines)

8

E

Exercise Options

At home

- Equipment (optional)
 - Treadmill, bike, peddler
 - Resistance bands
 - Household objects (water bottles, cans)
- Videos (optional)
 - HasFit
 - YouTube

In the community

- Walking
 - Sidewalks, schools, parks
 - Mall or other public indoor place
- Gym
- Community center

<https://cardiacrehab.ucsf.edu/fit-health>

9

Graduation



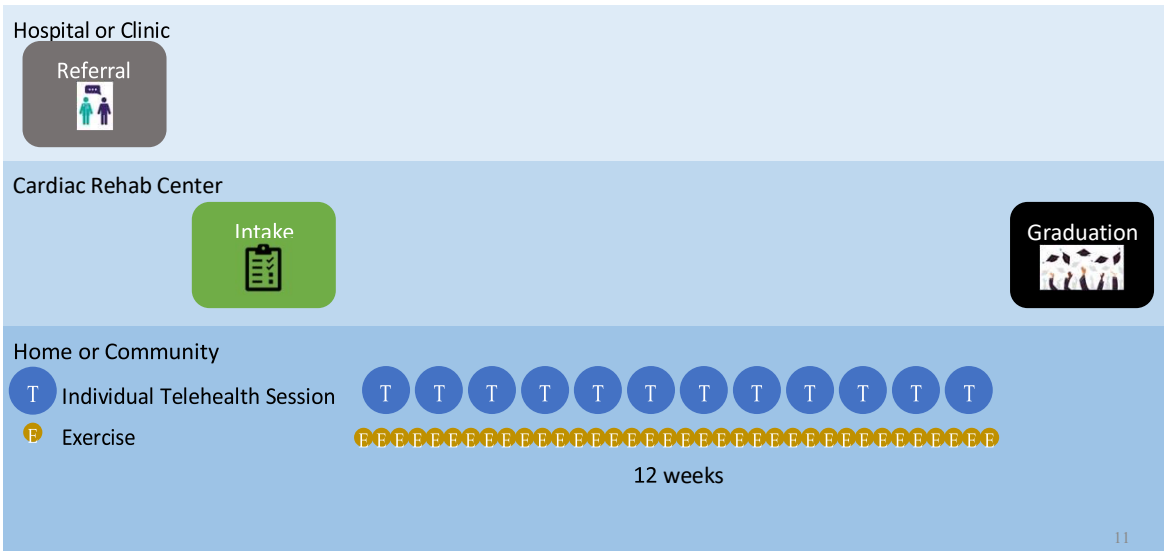
Graduation

- Patient meets with staff in-person at cardiac rehab center
- Surveys*
- Vital signs
- Six-minute walk test
- Celebration*
- Results report*
- Maintenance plan*

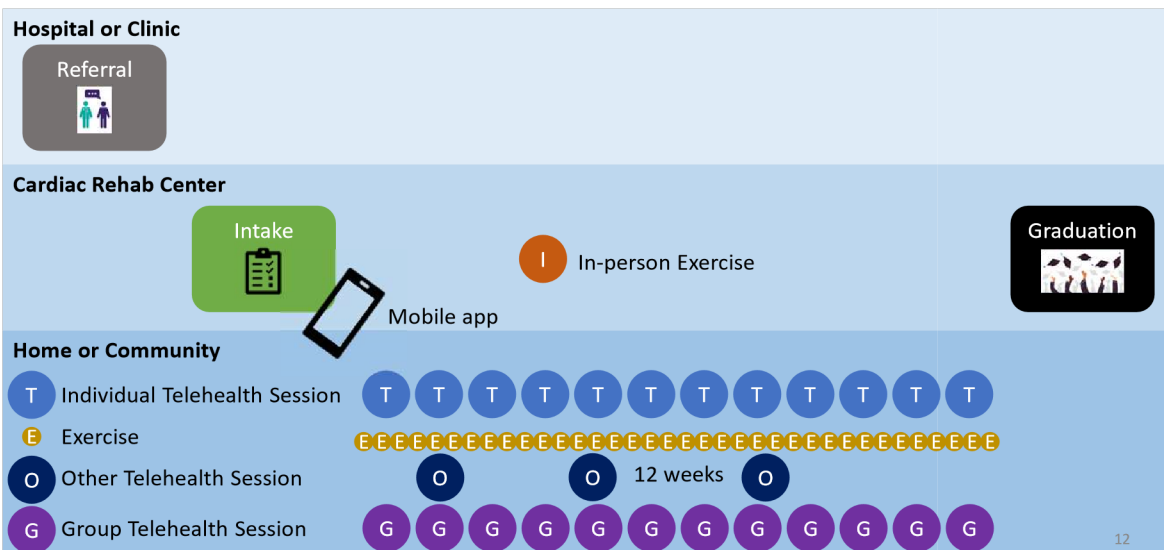
*Can be done by telehealth (video or phone)

10

Patient Journey Map – Core Program



Patient Journey Map – Available Elements



G

Group Telehealth Sessions

- Patients may have video or phone sessions with staff and other patients for:
 - Exercise
 - Health education
 - Mental wellness
 - Social support

15

I

In-person Exercise

- CR staff may recommend that a patient attend up to 12 in-person exercise sessions at the CR center for:
 - Safety
 - Re-evaluation and adjustment of exercise prescription
 - These sessions will be just like in-person CR sessions
 - 1 hour
 - Warm up, exercise, cool down
 - Vital sign measurement
 - May include health education and counseling

16

