

## **Cardiopulmonary Rehabilitation (CR) Inclusion/Exclusion Criteria**

To be eligible for CR, scheme participants must meet one of the following:

- 6/12 elapsed since acute cardiac event, or
- > 6/12 since discharge from Phase III, or
- CHD history but no recent acute event
- **IMPORTANT NOTE – If <6/12 since acute event without clinical assessment or participation in Phase III, redirect patient via Phase III**

Scheme participants must also be:

- a minimum 16 years of age \*
- inactive (regularly less than 30 minutes of physical activity a week) \*
- ready and willing to commit to a programme of physical activity
- compliant with their medication

<b>Eligible Population Groups</b>	<b>Specifics</b>
Coronary heart disease (CHD)	Individuals with new onset or worsening exertional angina
	Acute coronary syndromes (ACS)
Before and after revascularisation	Percutaneous coronary intervention (PCI) or coronary artery bypass surgery (CABG)
Other cardiac surgery	
Following any step wise alteration in CHD condition	
Other atherosclerotic disease	Peripheral arterial disease (PAD)
Stable heart failure (HF) and cardiomyopathy	
Congenital heart disease	
Following arrhythmias and implantable device interventions	Implantable cardioverter defibrillator (ICD), permanent pacemaker (PPM), cardiac resynchronisation therapy (CRT)
Other specialised interventions	Cardiac transplantation and ventricular assist devices (VADs)
Those at high multi-factorial risk of CVD	
Metabolic syndrome (hypertension/diabetes/obesity)	

In keeping with National guidelines and frameworks, it is recommended the groups above would benefit from receiving CR and should be targeted. (ACPICR Standards for Physical Activity and Exercise in the Cardiovascular Population 2015)

\*local discretion advised

### **\*Exclusion Criteria/Absolute Contraindications**

- BMI <18.5kg/m<sup>2</sup> or >40kg/m<sup>2</sup>
- Symptomatic severe aortic stenosis
- Acute pulmonary embolus or pulmonary infarction
- Acute myocarditis or pericarditis
- Suspected or known dissecting aneurysm
- Active retinal haemorrhage
- Resting Systolic Blood Pressure ≥ 180mmHg / Diastolic Blood Pressure ≥ 100mmHg
- Uncontrolled / unstable angina
- Acute uncontrolled psychiatric illness
- Unstable or acute heart failure
- New or uncontrolled arrhythmias
- Other rapidly progressing terminal illness
- Significant drop in BP during exercise
- Uncontrolled resting tachycardia ≥ 100 bpm.
- Febrile illness
- Experience's pain, dizziness or excessive breathlessness during exertion
- Unstable/uncontrolled diabetes
- Unstable/uncontrolled cardiac disease
- Severe rheumatoid and osteoarthritis
- Any other unstable, uncontrolled condition

\*Absolute contraindications taken from BACR (2006) Phase IV Exercise Instructor Training Manual & ACSM (2006) Guidelines for Exercise Testing and Prescription. List is not exhaustive.