

Ambulatory Cardiac Rehabilitation for Heart Failure Patients



Ambulatory cardiac rehabilitation (CR) is not clearly described in this article. It is of value but is potentially problematic when there is no direct supervision by health care professional staff. Such supervision is important for patient safety as well as for assessing response to the CR exercise. Patients with heart failure can definitely benefit from CR exercise. Such is best if done in a CR exercise program where there is "supervision" by health professionals. This is needed to advise individuals on the proper type of exercise and activity as well as assuring safety for the participants. There is no need to reevaluate ventricular function in all subjects during or after a CR program. Other endpoints are quite important, such as quality of life, employment benefit, and functions of daily living. It should be emphasized that subjects with poor left

ventricular function may do very well after their cardiac event and such should be considered in all subjects. An exercise test done both initially and in follow up can be of great value in such an ambulatory CR program. The health care professional staffs play a vital role in establishing the status of subjects after CR exercise with regard to work status and activities of daily living. Such may be achieved by proper input, guidance, and advice from the health care professional staff.

Gerald F. Fletcher, MD*

Cardiovascular Disease, Mayo Clinic, Florida

* Corresponding author: Tel: (904) 953 7278; fax: 904 953 2911.

(fletcher.gerald@mayo.edu).