TITLE: Cardiac Rehabilitation Programs: Clinical Effectiveness and Guidelines

DATE: 15 December 2008

RESEARCH QUESTIONS:

1. What is the clinical effectiveness of cardiac rehabilitation programs?

2. Are direct-delivery facility-based rehabilitation programs more clinically effective than home-based follow-up in terms of patient compliance and long-term outcomes?

3. Do outcomes differ associated with time to entry into a cardiac rehabilitation program?

4. Which patient populations show the most benefit from cardiac rehabilitation programs?

5. What are the guidelines for the use of cardiac rehabilitation programs?

METHODS:

Questions #1-3, 5:

A limited literature search was conducted on key health technology assessment resources, including PubMed, the Cochrane Library (Issue 4, 2008), University of York Centre for Reviews and Dissemination (CRD) databases, ECRI, EuroScan, international HTA agencies, and a focused Internet search. Results include articles published between 2003 and December 2008 and are limited to English language publications only. Filters were applied to limit the retrieval by systematic reviews, health technology assessments, meta-analyses, and guidelines. Filters were applied to limit the retrieval to randomized controlled trials for the years 2006-2009. Internet links are provided, where available.

Question #4:

A limited literature search was conducted on key health technology assessment resources, including PubMed, the Cochrane Library (Issue 4, 2008), University of York Centre for Reviews and Dissemination (CRD) databases, ECRI, EuroScan, international HTA agencies, and a...
focused Internet search. Results include articles published between 2003 and December 2008 and are limited to English language publications only. Filters were applied to limit the retrieval by systematic reviews, health technology assessments, meta-analyses, guidelines, and randomized controlled trials. Internet links are provided where available.

RESULTS:

HTIS reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials (RCTs) and evidence-based guidelines.

Two health technology assessments, seven systematic reviews, 28 RCTs, and 10 evidence-based guidelines were identified pertaining to cardiac rehabilitation programs. Additional information, including cost-effectiveness studies, has been included in the appendix.

Health technology assessments


Systematic reviews and meta-analyses


**Randomized controlled trials**


17. Salvetti XM, Oliveira JA, Servantes DM, Vincenzo de Paola AA. How much do the benefits cost? Effects of a home-based training programme on cardiovascular fitness,


Guidelines and recommendations


APPENDIX – FURTHER INFORMATION:

Economic analyses and cost information


Long-term follow-up from randomized trials


Cochrane protocols


Additional references
