

# THE **ATS** ANGLE

FEB. 2021 EDITION

## From the desk of Lynn Erickson, COO - Advanced Therapy Solutions

Welcome to the *ATS Angle*, a publication with helpful resources and stories to support your facility's ongoing success. This month we focus on the importance of Cardiac Rehabilitation to support overall cardiovascular health.



## Cardiac Rehabilitation Week

February 14 – 20, 2021

Especially during Cardiac Rehab week, the American Association of Cardiovascular and Pulmonary Rehabilitation is highlighting how cardiac rehabilitation reduces the potentially devastating effects of heart disease. [Download resources.](#)

## Taking Rehab to Heart

Cardiovascular disease (CVD) is one of the leading causes of death worldwide and is the leading cause of death in the United States.

Cardiac rehabilitation (CR) is a complex, interprofessional intervention customized to individual patients with various cardiovascular diseases. CR programs provide supervised exercise training in conjunction with other secondary prevention interventions; they are designed to speed recovery from acute cardiovascular events. CR also benefits patients with stable coronary heart disease and symptomatic peripheral arterial disease.

Recent scientific studies have shown that people who complete a cardiac rehabilitation program can increase their life expectancy by five years.

Unfortunately, despite the improvement in health outcomes associated with cardiac rehabilitation, only one in four cardiac-rehabilitation-eligible Medicare beneficiaries participate.

In fact, evidence demonstrates that participation in early outpatient CR results in:

- Reduced all-cause mortality
- Reduced cardiac mortality
- Reduced readmission rates to hospital
- Improved quality of life

The primary goal of CR is to enable the patient to achieve optimal physical, psychological, and social functioning through exercise training and lifestyle change.



## Who Benefits from CR?

CR is recommended in all patients with acute coronary syndrome (ACS) within the last 12 months, coronary revascularization, chronic heart failure, symptomatic angina or peripheral artery disease, heart valve surgery, and cardiac transplantation (Class 1A recommendation for secondary prevention by the American Heart Association (AHA) and American College of Cardiology (ACC)).  
(source: [American College of Cardiology](#))



Patients who have been diagnosed with the following CVDs may be good candidates for CR, including those diagnosed with the following:

- Myocardial Infarction
- Coronary Artery Disease
- Heart Failure
- Peripheral Artery Disease
- Angina
- Cardiomyopathy
- Certain Congenital Heart Diseases
- Coronary Artery Bypass Surgery
- Angioplasty and Stents
- Heart or Lung Transplant
- Heart Valve Repair or Replacement
- Pulmonary Hypertension



Also, a January 2021 [pilot study](#) found that exercise-based CR has the potential to improve cardiovascular endurance, health status and quality of life for survivors of stroke.

Cardiac rehabilitation is supported by an Interdisciplinary Team of health care professionals, including cardiologists, nurses, nurse educators, nutrition specialists and physical and occupational therapists.

ATS Physical Therapists and Occupational Therapists are integral members of the Interdisciplinary Team to support patients improve their overall cardiovascular health.

[Contact us](#) to discuss how our team can support your patients stay on the road to recovery.

### Resources:

- [Overview of the prevention of cardiovascular disease events in those with established disease \(secondary prevention\) or at very high risk](#)
- [Patient Resources - Cardiac Rehabilitation, AACVPR](#)
- [Cardiac Rehab Fact Sheet](#)
- [Cardiac Rehabilitation and Implications During the COVID-19 Era](#)

## Leadership Recommendations

- Identify and discuss with the Interdisciplinary Team patients who could benefit from cardiac rehabilitation and meet specific inclusion/exclusion criteria.
- Encourage patients to participate in a CR program that is customized to their specific needs.
- Ensure the care plan incorporates skilled PT and strength training.
- Provide appropriate training to support skills and competencies to support the delivery of a comprehensive CR program.
- Facilitate long-term maintenance of lifestyle changes, monitoring risk factor changes and secondary prevention.

## Services Spotlight: Cardiac Rehabilitation Services

Did you know that ATS provides cardiac rehab services to patients in all care settings, including skilled nursing, assisted/independent living, outpatient and home health? Working with an Interdisciplinary Team, we combine excellent therapeutic programming with state-of-the-art equipment for a perfect rehabilitative combination.

[Contact us to learn more>](#)



## ATS UPDATES



### ATS Employee Spotlight

Carolyn Ghezzi is a PTA at [Generations at Applewood](#) and is the founder of [Ghezzi Therapeutic Riding](#), a non-profit program that focuses on helping children and young adults experience the unique opportunity to learn about the therapeutic benefits of working with horses. [Learn more>](#)

Thank you, Carolyn, for making an impact for those we serve and in the lives of so many!

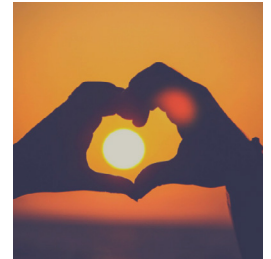
(Photo: Carolyn, sporting some ATS swag, with Spike, who was rescued as a colt and is one of three horses in the therapeutic riding program for children.)

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### Reflections from the ATS Team

“I am focused on staying healthy and continuing to enjoy my work and family.”

“I love working with professionals who want to improve the lives of their patients...”



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**Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect.**

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