

Overview of Cardiac Rehabilitation in ESC member countries



19% follows national guidelines

67% follows European guidelines

Cardiac Rehabilitation (CR) phase II after Myocardial Infarction (MI)

Uptake rate is <50% for ¾ of the countries

Dropout rate is <25% for more than half of the countries

Average start time <6 weeks for 80%

Average duration of program is up to 24 sessions for 88%



At least **50%** of the national programmes are coordinated by a cardiologist in **60%** of the countries, whereas CR rotation is only mandatory in cardiology training in **20%** of the countries

Percentage of CR programmes mainly provided by public funding

10 countries: 0-25%

5 countries: 25-50%

1 country: 50-75%

26 countries: 75-100%

Major implementation barriers

Patient

- Older age
- Low socio economic status
- Lack of benefit awareness

Healthcare

- Reimbursement issues
- Lack of preventive culture
- Lack of specialized locations

Staff

- Lack of automatic referral
- No financial incentives
- Lack of multidisciplinary teams



43% have implementation guidance documents

Percentage of programs that rely on inpatient and residential services after MI

