E-Poster

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Cardiac Rehabilitation in Frail Patients: A Multidisciplinary Approach to Improving Outcomes and Reducing Healthcare Burden

Topic: Complications/Sequelae (ie Spasticity, Immobilization and Frailty)

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BACKGROUND

Frailty is a prevalent condition among older adults with cardiovascular disease (CVD), leading to increased morbidity, disability, and mortality. Its growing public health burden necessitates innovative rehabilitation approaches. Cardiac rehabilitation (CR) has shown promise in improving frailty-related impairments, but optimal strategies remain under investigation. This review synthesizes current evidence on the impact of CR in frail patients, exploring its benefits, key components, and the role of participatory rehabilitation in enhancing outcomes.

METHODS

A literature search was conducted using PubMed, Cochrane Library, and Google Scholar, including systematic reviews, randomized controlled trials (RCTs), and observational studies. Key topics analyzed include frailty assessment, CR program components, clinical outcomes, and innovative participatory rehabilitation models. Public health implications of frailty were also considered.

RESULTS

Cardiac rehabilitation significantly improves frailty status, functional capacity, and survival. A meta-analysis of 34 studies (19,360 participants) found a frailty prevalence of 40–46% at CR admission, with CR leading to significant frailty reduction (standardized mean difference: 0.68). In heart failure patients, CR improved left ventricular ejection fraction (+5.73) and 6-minute walk test distance (+62.66 m), while reducing hospitalizations (odds ratio: 0.32). Participatory rehabilitation models, emphasizing patient-centered goals and social engagement, further enhance adherence and long-term benefits. From a public health perspective, frailty increases healthcare costs and utilization, highlighting the need for widespread CR implementation to reduce system burden.

CONCLUSION

Cardiac rehabilitation is a crucial intervention for frail patients with CVD, improving clinical outcomes and reducing healthcare utilization. Multidisciplinary and participatory rehabilitation approaches enhance engagement and long-term success. Future research should optimize CR protocols and evaluate long-term benefits in frail populations.

Statement of Disclosures

None

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