CARDIAC REHABILITATION FOR HEART FAILURE PATIENTS

Effective August 2014, Medicare will expand insurance coverage for cardiac rehabilitation (CR) to include patients with stable, chronic heart failure who meet defined eligibility criteria. Other insurers may cover cardiac rehabilitation. Please check with each patient’s insurer to clarify coverage.

Benefits of Cardiac Rehabilitation
Compensated heart failure patients undergoing exercise training can experience improvements in exercise, activity, and physical functioning, as well as quality of life. They have less dyspnea and fatigue as well as fewer heart failure related admissions.

Our comprehensive program provides heart failure patients:
- Single lead ECG and hemodynamic assessment monitoring (as clinically indicated) with exercise and activity prescriptions for use in a supervised or independent setting
- Secondary prevention teaching with lifestyle and self-care counseling
- Nutrition counseling with a dietitian
- Referral to a health psychologist, if needed
- Monthly assessment of treatment plan and regular communication with referring providers

Preventive Cardiology Enrollment Criteria for Stable, Chronic Heart Failure Patients
- Ventricular ejection fraction of 35 percent or less (measured within past 12 months)
- New York Heart Association (NYHA) Class II to III symptoms despite being on optimal medical therapy for at least 6 weeks
- Clinical stability, defined as not having had a recent (<6 weeks) or planned (<6 months) major cardiovascular hospitalizations or procedure

Medical documentation for stable, chronic heart failure status, ejection fraction and NYHA classification for symptoms must be documented by a physician. Clinic staff will assist in reviewing and determining that eligibility and documentation is complete prior to enrolling a patient.

TO ORDER CARDIAC REHABILITATION:
- Call (608) 263-7420
- Place a Health Link Order: Consult to Preventive Cardiology Ancillary Services. In the scheduling instructions type: Referral for Heart Failure Cardiac Rehabilitation.

A written/electronic referral must be made by a physician involved with the patient’s care, typically a cardiologist. Direct referrals from primary care physicians may be accepted with the Preventive Cardiology medical director’s approval.