

Background

Cardiovascular disease is the cause of 26.5% of all deaths in Ireland. For people with established cardiovascular disease, attending cardiac rehab (CR) has consistently demonstrated reduced morbidity, hospitalisations and mortality while also increasing quality of life. The HSE model of care for Integrated CR was published in 2023, and the cardiology service in Kerry aims to meet these guidelines, benefitting from the newly established Chronic Disease Hub (CDH).

Methodology

The cardiology teams from University Hospital Kerry (UHK) and Kerry CDH worked together to identify suitable patients for the community-based CDH programme. It was decided low and moderate risk patients would be most appropriate for this programme, which was 8 weeks long and included exercise, education and risk factor management. Discharge letters updating the patient's status were then sent to all referring cardiologists and to each patient's GP.

Outputs

From January to June 2024;
70 patients were offered a place
41 declined
27 completed
2 did not complete



Results

Clinical outcomes

Average of 1.2 units increase in predicted **MET Max**

72% average improvement in **strength** via 5xSTS Test



56% of patients improved HADS **Anxiety** score

44% of patients improved HADS **Depression** score



7.1% increase in **Quality of Life** score

Average of 1.4 units increase in **Med Diet** score



68% of patients reduced **waist circumference**

Service User Experience

100% of patients said they were happy with the overall care received

100% said the programme made it easier to return to normal activities

100% of patients said the team taught me new and useful information



Conclusion

Integrated care across the cardiology service leads to greater access to cardiac rehab for the people of Kerry and it makes clear improvements to their lives.