

# Initial results of the Implementation of Integrated Community Based Cardiac Rehabilitation in Galway City Integrated Care Hub

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## BACKGROUND

Cardiac Rehabilitation (CR) has consistently shown to reduce morbidity, mortality and hospital admission among patients with established cardiovascular disease (CVD) while also increasing their quality of life. The development of the ECC programme has provided the opportunity to offer additional resources for CR in the community. Our objective was to offer high quality, evidence based CR to cardiovascular patients in a venue of their choice with a tailored, menu-based patient-centered approach.

## METHODOLOGY

The integrated care team validated the existing hospital CR programme wait list and offered patients the additional choice of the new community CR service. All inpatients from March 2023 in University Hospital Galway were offered a choice of venue. A suitable community venue was identified with an appropriate exercise facility. CR operating procedure was identified, a CR SOP and appropriate service documentation was developed. The 12 week programme includes an initial multidisciplinary assessment (IA), a supervised exercise and education programme, medical and lifestyle risk factor management and end of programme assessment (EOP).

## RESULTS

From the waiting list validation:

- 41 patients choose the new community CR service.
- 51 opted for the hospital based venue.

To date since the new programme was established 55% of patients referred have chosen the new community CR service

Activity to date	Number
Service users who chose the Galway City hub as their preferred choice for Cardiac rehab to date	132
Attended their initial assessment (IA) clinic	44
Completed and currently enrolled onto the programme	27

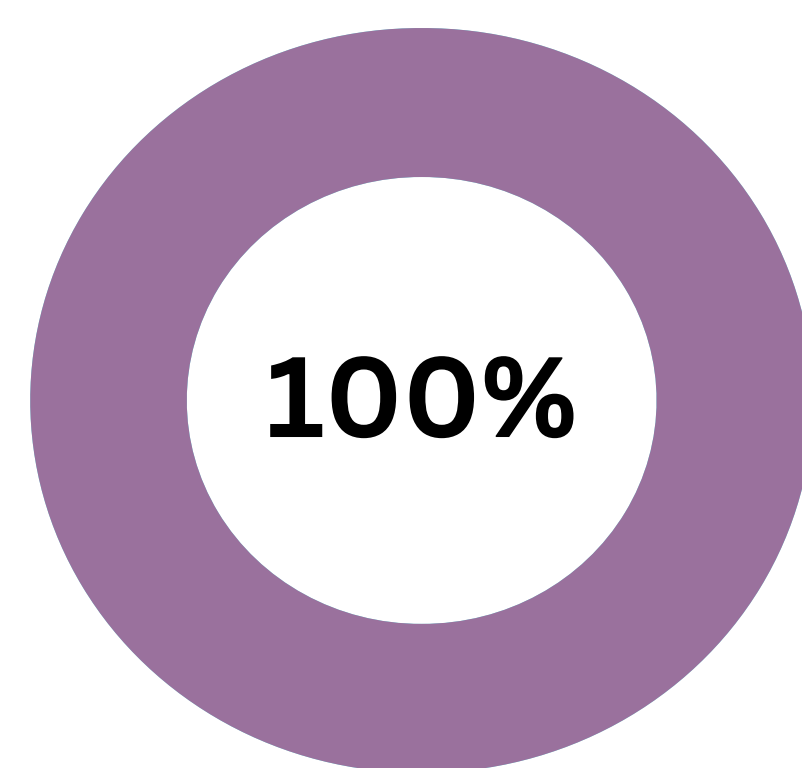
## CLINICAL OUTCOMES



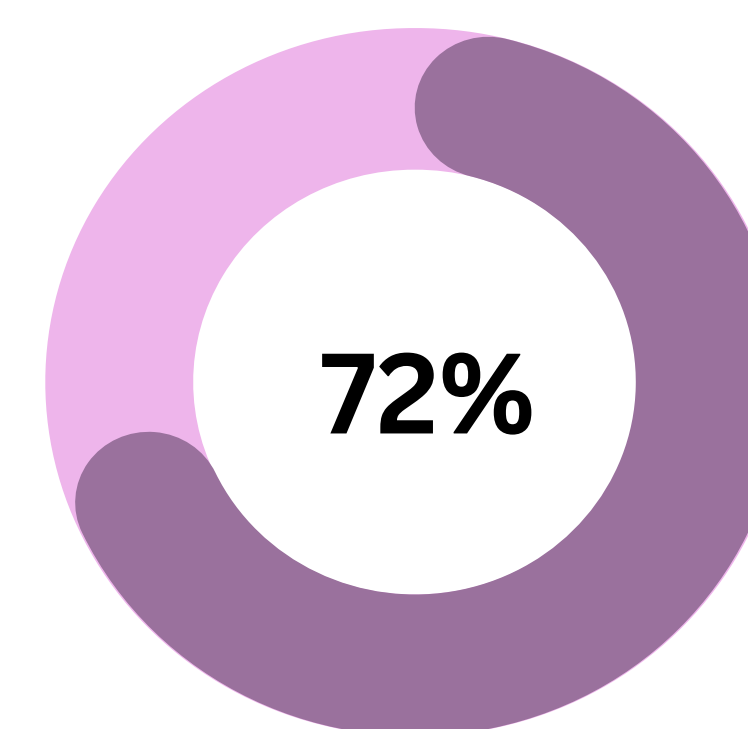
Average of 2.7 increase in predicted met max



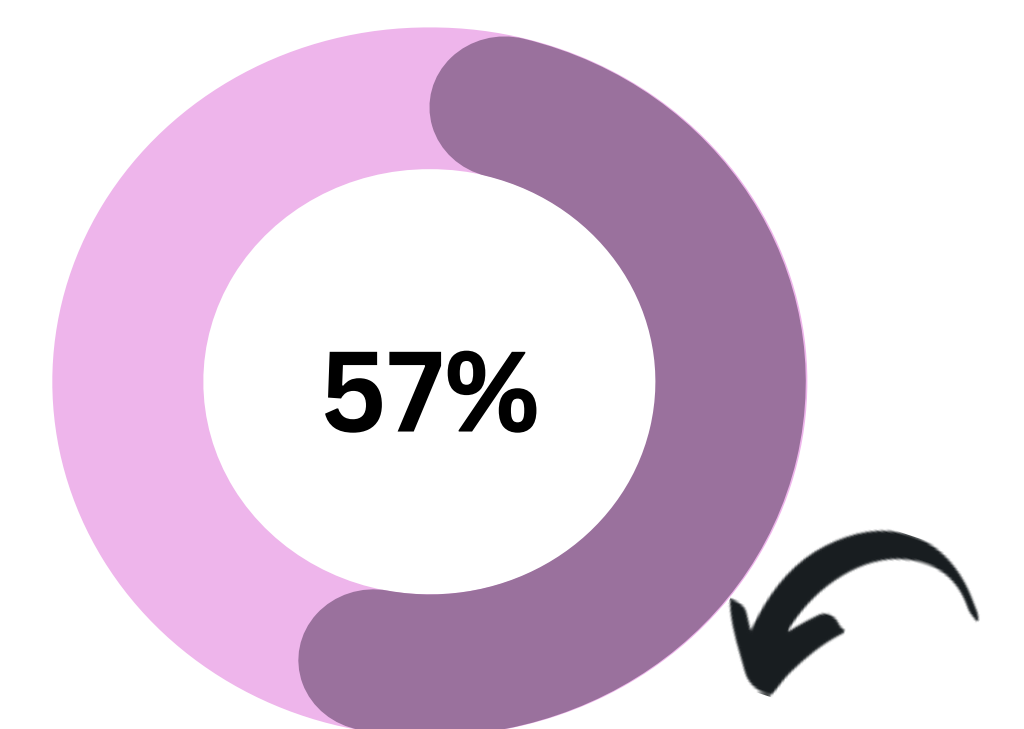
Average of 1.5 units increase in med diet score



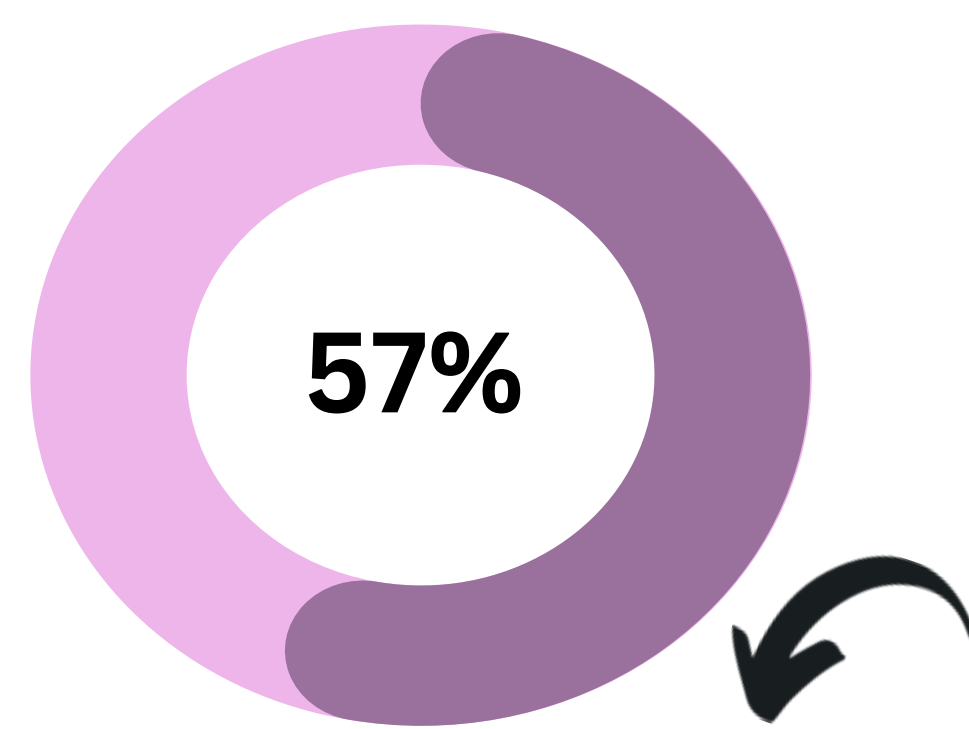
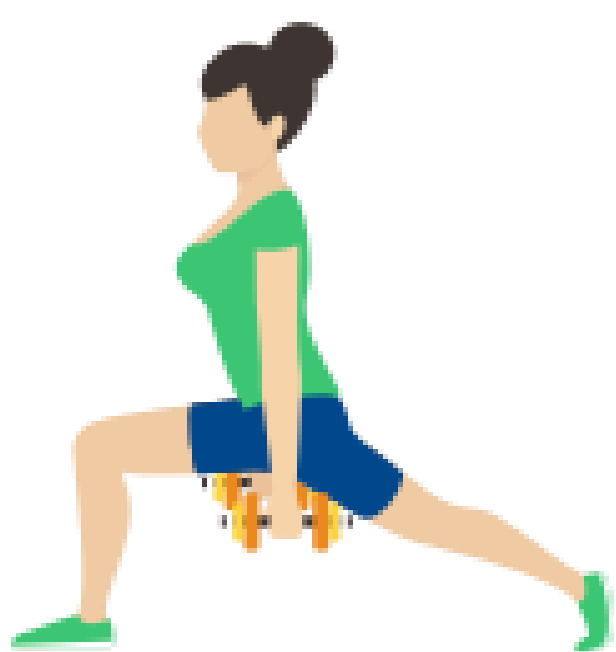
Achieved BP targets of under 130/80mmHg



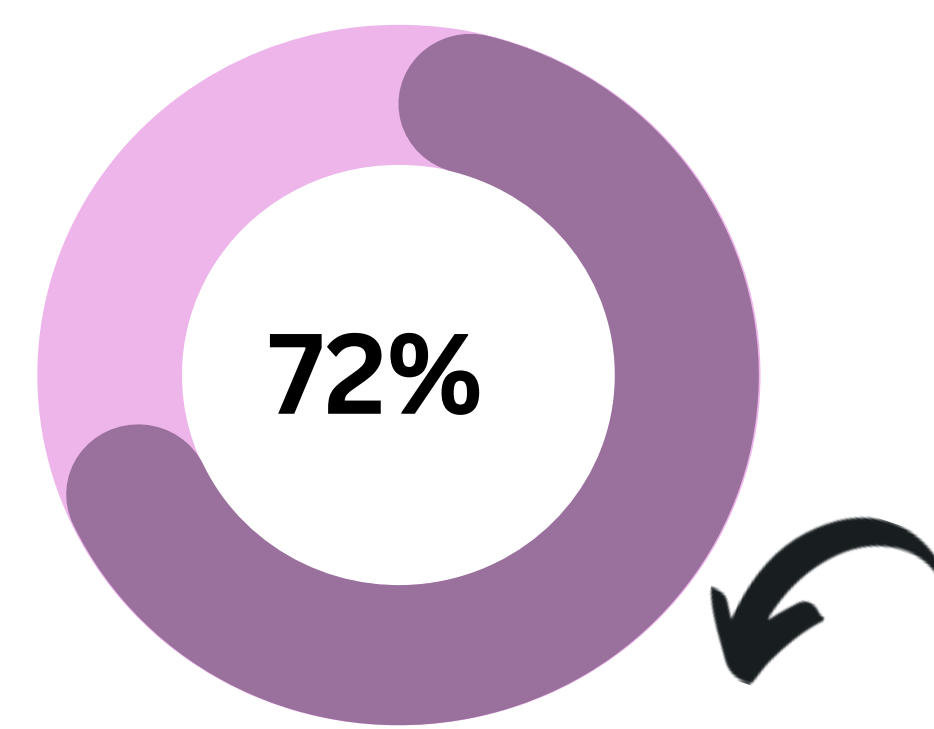
Achieved LDL targets



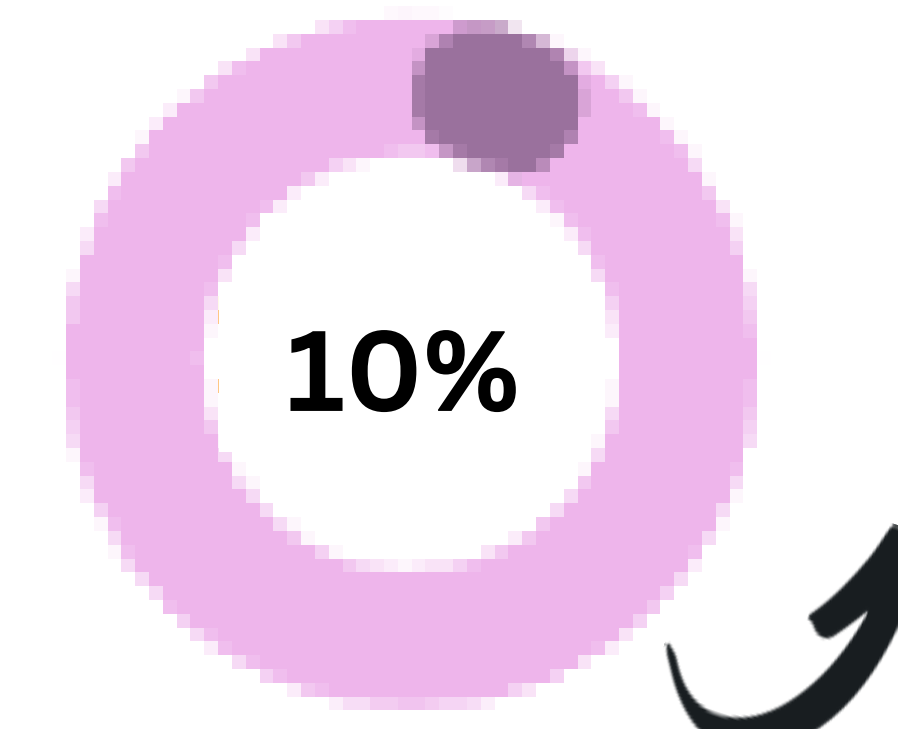
Achieved a reduction in HbA1c



Average reduction in anxiety scores



Average reduction in depression scores



Average Increase in patients self-rated QOL scores



## SERVICE USER EXPERIENCE

100%	Happy with the overall quality of care received
100%	Now feel that they have sufficient understanding to manage their lifestyle/medication
100%	Would recommend the cardiac rehab programme to others

“It’s a phenomenal programme for support”  
“There’s a good structure in the way it’s run”  
“Timing and format are excellent”  
“Feel more confident about my health”  
“Really, really would recommend this course!!”

## CONCLUSION

Our early experience of the implementation of a community based CR service demonstrated high acceptability and uptake. The preliminary results, clinical outcomes and patient user experience are very encouraging. Further analysis on a larger scale is warranted to determine true efficacy. Through validation of the existing waiting list it’s clear there is a pressing requirement to offer patients more choice in how, when and where their Cardiac Rehabilitation is delivered.