A Need for Pre-operative Cardiac Rehab Education & Referral
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INTRODUCTION

Background
After the Coronary Artery Bypass Graft (CABG) surgery is completed, a patient must follow a number of rules and lifestyle modifications such as cardiac rehabilitation (cardiac rehab), in order to prevent the recurrence of cardiac events. This is only done by 15-20% of the post-operative individuals in the United States. Currently most all hospitals do not give pre-operative education and referral to cardiac rehab. Current research suggests that pre-operative cardiac rehab education and referral can increase post-operative enrollment by 50-60%.

PICO
Do patients waiting for elective cardiac surgery who receive pre-operative education and referral to cardiac rehabilitation services, enroll and follow cardiac rehabilitation programs post-surgery compared to patients who do not receive pre-operative exposure to cardiac rehabilitation?

Key References

METHODS

Target Population: 15-20 patients waiting to undergo CABG surgery at Southeast Alabama Medical Center.

Intervention: To give written informational pamphlets and oral education on the practices of cardiac rehab before CABG surgery, and to also give an endorsement/referral to Southeast Alabama Medical Center’s (SAMC) cardiac rehab program.

Evaluation: Telephone interview at two weeks post-op to determine if they enrolled in SAMC’s cardiac rehab program or another cardiac rehab program. Outcomes will be compared to current historical existing data gathered nationally and at SAMC.

RESULTS

Current Statistics

- # of CABGs done at SAMC in 2011.........................346
- # of Pre-op cardiac rehab referrals at SAMC in 2011.........0
- # of Post-op cardiac rehab referrals at SAMC in 2011.....346
- # of CABGs enrolled in cardiac rehab at SAMC in 2011....49
- % post op cardiac rehab enrollment at SAMC in 2011.....14%
- % current post op cardiac rehab enrollment in the U.S....17%

CONCLUSIONS

DATA ANALYSIS

*To be added later upon final resulting

Acknowledgements