



CARDIAC REHABILITATION

ANNEX

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PhD dissertation
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CARDIAC REHABILITATION
A survey on implementation in Denmark
and presentation of a local model

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Subpopulation
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Zwisler ADO et al. Cardiac rehabilitation services in Denmark – still room for expansion.
Scand J Pub Health. In press.

Not available in this document due to copyright.

Annex C

Zwisler ADO et al (edt.). Cardiac rehabilitation. Rationale, methods and experiences from Bispebjerg Hospital. H:S Bispebjerg Hospital, National Institute of Public Health, 2003.
(http://www.cardiacrehabilitation.dk/Manual_on_local.184.0.html, accessed December 10, 2004).

The following chapters forms part of this PhD dissertation: 1,2,13,14,15.

Link to document: http://www.cardiacrehabilitation.dk/Manual_on_local.184.0.html

Annex D

Zwisler ADO et al. A randomized clinical trial of hospital-based, comprehensive cardiac rehabilitation versus usual care for patients with congestive heart failure, ischemic heart disease or high risk of ischemic heart disease (the DANREHAB Trial) – design, intervention and population. Submitted for publication.

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ANNEX

A

HRQoL-index and chronic diseases

Study population Gender and age groups

Table 1a. SF36 subpopulation from SUSY 2000 characterised according to longstanding chronic illness and gender (Number of patients, (row percentage)).

GENDER	Heart disease	Other chronic disease	None	All
Men	300 (11.1)	938	1437	2675
Women	278 (10.0)	1086	1447	2811
Total	578 (10.6)	2024	2884	5486

Table 1b. SF36 subpopulation from SUSY 2000 characterised according to longstanding chronic illness and age groups (Number of patients, (row percentage)).

AGEGROUPS	Heart disease	Other chronic disease	None	All
45-66 years	294 (7.7)	1409	2243	3946
67-79 years	208 (16.7)	467	507	1182
80+ years	76 (20.4)	148	134	358
Total	578 (10.6)	2024	2884	5486

HRQoL-index and chronic disease SF-36 Gender and agegroups

Figure 1a. Total

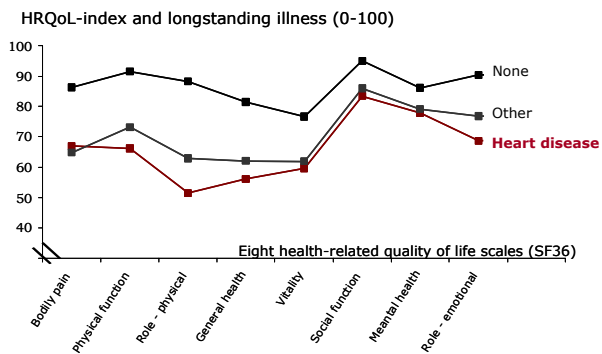


Figure 1d. 45-66 years

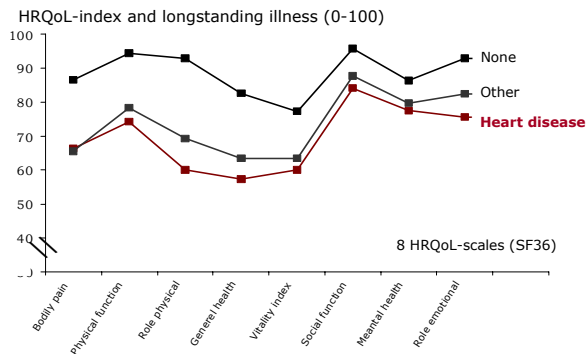


Figure 1b. Men

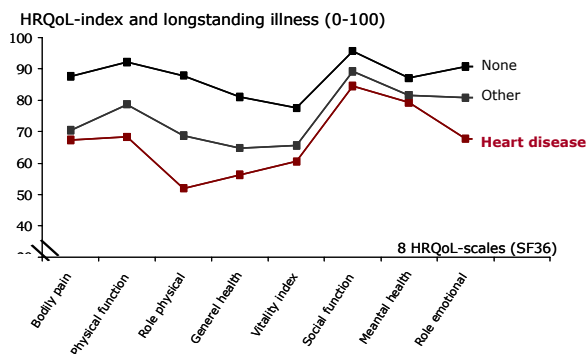


Figure 1e. 67-79 years

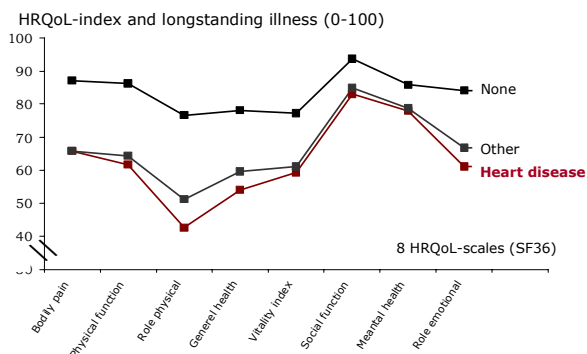


Figure 1c. Women

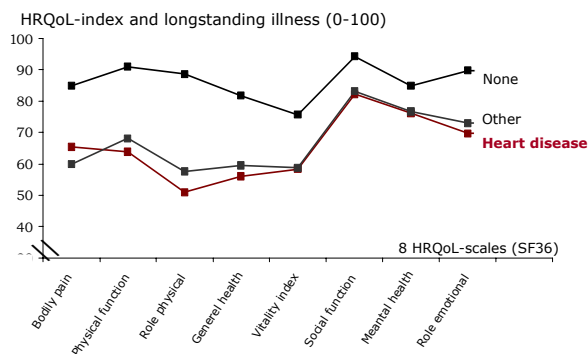
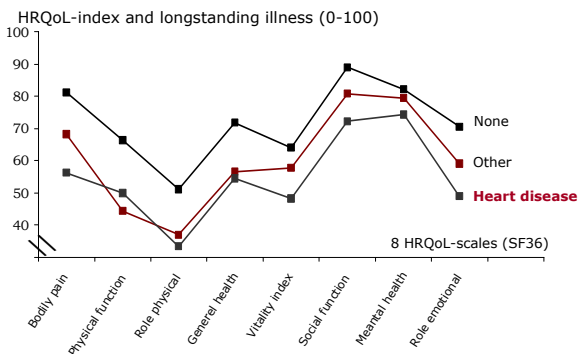


Figure 1f. 80 + years



Cardiac rehabilitation
Activities, meetings and reports in Denmark
1997 – 2004

Year	Month	Date	Type	Activity/report/meeting	By	no. of persons
1997	May		Official report	Danish Heart Foundation and Danish Society of Cardiology. [Cardiac rehabilitation. Guidelines]. Copenhagen, Danish Heart Foundation, 1997.	Danish Society of Cardiology Danish Heart foundation	-
1997	October		Report	Olsen AD et all. [Cardiac rehabilitation and prevention of heart disease at Bispebjerg Hospital]. Copenhagen, H:S Bispebjerg Hospital, 1997.	Department of Cardiology H:S Bispebjerg hospital	-
1998	May		Course	Cardiac Rehabilitation. Two day course aimed at medical doctors.	Danish Medical Association	40
1999	May		Official report	Government of Denmark. [Government Programme on Public Health and Health Promotion 1999-2008]. Copenhagen, Ministry of Health, 1999	Ministry of Health	-
1999	October		Other activity	Cardiac Rehabilitation Unit, H:S Bispebjerg Hospital founded, financed by external and internal sources.	H:S Bispebjerg Hospital	-
2000	March		Meeting	Working group on Cardiac Rehabilitation, Network of Health Promoting Hospitals founded.	Network of Health promoting hospitals	-
2001	May	16 th	Meeting	Cardiac rehabilitation in Denmark – a interprofessional responsibility. National meeting.	Network of Health promoting Hospitals H:S Bispebjerg hospital Danish Heart Foundation	240
2001	Fall		Law	The Hospital System Act of 2001 strengthened the obligation of hospitals to prepare rehabilitation plans.		
2002	May		Report	[Challenges and potentials – the municipal economy towards 2010]. Copenhagen, Ministry of Finance, 2002. Cardiac rehabilitation was pointed out as an example of cost-effective intervention.	Ministry of Finance National association of municipals County Council	
2002	August		Course	Master on rehabilitation established	University of Odense, Denmark	
2002	September		Report	Government of Denmark. [Health throughout life – the targets and strategies for public health policy of the Government of Denmark, 2002-2010]. Copenhagen, Ministry of Interior and Health, 2002.	Ministry of Interior and Health	
2002	November	28 th	Meeting	Cardiac Rehabilitation. Official meeting no. 213. International keynote speakers: J. Jolliffe and R. Hambrecht.	Danish Society of Cardiology	50

Year	Month	Date	Type	Activity/report/meeting	By	no. of persons
2003	March	28 th	Meeting	The DANREHAB trial. Presentation and reception. Invited guests: Patients and spouses	Cardiac Rehab. Unit, H:S Bispebjerg Hospital	200
2003	March	28 th	Meeting	The DANREHAB trial. Presentation and reception. Invited guests: Sponsors, colleges and collaborators.	Cardiac Rehab. Unit, H:S Bispebjerg Hospital	130
2003	May	26 th	Meeting	Workshop on the challenge of Chronic Disease - can we do better? Invited: Experts and Health planners. IHD and cardiac rehabilitation was pointed out as an important target group.	Clinical Unit of Health Promotion and Disease prevention.	50
2003	September		Report	National expert group on cardiac diseases [Future needs for revascularisations of Ischemic Heart Disease], Copenhagen, National Board of Health, 2003. The need of cardiac rehabilitation was emphasized for the first time by this expert comitte.	National Board of health	
2003	December	12 th	Meeting	Comprehensive Cardiac Rehabilitation – presentation of a local model. Central actors invited.	Cardiac Rehab. Unit, H:S Bispebjerg Hospital National Institute of Public Health	40
2003	December	15 th	Web-site	www.hjerterehabilitering.dk launched. Financed and promoted by the Ministry of Health. International keynote speaker: R. Taylor.	Cardiac Rehab. Unit, H:S Bispebjerg Hospital National Institute of Public Health	-
2003	December	15 th	Report	Zwisler ADO et all. [Cardiac Rehabilitation. Rationale, methods and experiences from Bispebjerg Hospital]. Copenhagen, H:S Bispebjerg Hospital, NIPH, 2003	Cardiac Rehab. Unit, H:S Bispebjerg Hospital National Institute of Public Health	-
2004	Spring		Network	Network of Cardiac rehabilitation nurses		
2004	May	17 th	Report	Network of Health promoting Hospitals, Danish Society of Cardiology, Danish Heart foundation [Cardiac rehabilitation at hospitals], Copenhagen, Network of Health promoting Hospitals, 2003.	Network of Health promoting Hospitals Danish Society of Cardiology Danish Heart foundation	-
2004	May	17 th	Meeting	Cardiac Rehabilitation at hospitals. Presentation of the report on practical guidelines of Cardiac rehabilitation.	Network of Health promoting Hospitals Danish Society of Cardiology Danish Heart foundation	130
2004	August		Course	Exercise training in heart disease. Three-day course aimed at physiotherapists.	Danish associations of Physiotherapists Network of Health promoting Hospitals Danish Society of Cardiology Danish Heart foundation Danish H:S Bispebjerg Hospital	25
2004	October		Planned meeting	National Conference on Cardiac rehabilitation.	National Board of Health	250

CARDIAC REHABILITATION

a survey on implementation in Denmark
and presentation of a local model

Current guidelines recommend cardiac rehabilitation as part of the comprehensive cardiac care aimed at stabilizing ischaemic heart disease, improving physical capacity, limiting physical and mental disability and improving the overall quality of life. The long-term goals of cardiac rehabilitation are to reduce patients' long-term risk of heart disease and to reduce morbidity and mortality. According to the guidelines, these goals can be realized through comprehensive cardiac rehabilitation programmes.

Denmark's clinical guidelines on cardiac rehabilitation were published in 1997. The role of cardiac rehabilitation has subsequently been emphasized in Denmark among professionals, politicians and administrators. This PhD dissertation:

- describes the implementation of comprehensive cardiac rehabilitation at hospitals in Denmark by 1999;
- presents a local model of comprehensive cardiac rehabilitation; and
- outlines the trial design and characteristics of the study population of a randomized clinical trial on comprehensive cardiac rehabilitation in Denmark.

The main results from the randomized clinical trial will be prepared for publication during autumn 2004.