


CARDIAC REHABILITATION PHASE IV



## Potential Risks in an Outpatient Cardiac Rehabilitation

Page 304

© WRIGHT Foundation 2019

---

---

---

---

---


---

---

---

1

CARDIAC REHABILITATION PHASE IV



## Risk stratification

LOW RISK
Uncomplicated MI, CABG, angioplasty or atherectomy
Functional capacity equal to or greater than 6 METS; 3 or more weeks after clinical event*
No resting or exercise induced myocardial ischemia manifested as angina and/or ST segment displacement
No resting or exercise induced complex arrhythmias
No significant ventricular dysfunction (EF equal to or greater than 50%)

\* Note: in the UK the patient is classified low risk, if a minimum of 5 METS is achieved

© WRIGHT Foundation 2019

Source: American Association of Cardiovascular and Pulmonary Rehabilitation P306

---

---

---

---

---


---

---

---

2

CARDIAC REHABILITATION PHASE IV



## Risk stratification

Moderate Risk
Functional capacity less than 5-6 METS 3 or more weeks after clinical event
Mild to moderately depressed left ventricular function (Ejection Fraction 31 to 49%)
Failure to comply with exercise prescription
Exercise induced ST segment depression of 1-2 mm or reversible ischemic defects (echocardiography or nuclear radiography)

© WRIGHT Foundation 2019

Source: American Association of Cardiovascular and Pulmonary Rehabilitation P306

---

---

---

---

---


---

---

---

3

CARDIAC REHABILITATION PHASE IV



## Risk stratification

HIGH RISK
Severely depressed Left Ventricular function (EF <30%)
Complex ventricular arrhythmias at rest or appearing or increasing with exercise
Decrease in systolic blood pressure of 15mmHg during exercise or failure to rise consistent with exercise workloads
MI complicated by CHF cardiogenic shock and/ or complex ventricular arrhythmias
Patients with severe CAD and marked (>2mm) exercise induced ST segment depression
Survivor of cardiac arrest

© WRIGHT Foundation 2019

Source: American Association of Cardiovascular and Pulmonary Rehabilitation P307

---

---

---

---

---


---

---

---

4

CARDIAC REHABILITATION PHASE IV



## Any questions?

© WRIGHT Foundation 2019

---

---

---

---

---

---

---

---

5