

Rehabilitation medicine as a practical approach in the treatment of cardiovascular diseases

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ABSTRACT

Introduction: Cardiac rehabilitation (CR) represents a cardiology subspecialty that is devoted to the care of cardiac patients, early and long term after an acute event. CR, as a multidisciplinary care pathway, aims at improving both quality of life and prognosis through risk and prognostic stratification, clinical stabilization and optimization of therapy, management of comorbidities, treatment of disability, and the provision of sustained long-term preventive and rehabilitative services. The mission of CR has changed over time. From being centered on the acute phase, health care of cardiac patients is increasingly involving the long-term chronic phase. **Methods:** A review of barriers, how to overcome them and outcomes. Cardiac rehabilitation remains underutilized around the world, particularly in certain categories of patients, social categories, etc. (women, elderly, ...), despite proven benefits in reducing morbidity and mortality, multiple Class I, Level of Evidence: A guideline recommendation, and performance measures supporting its use. **Conclusions and implications:** Cardiac rehabilitation programs are cost-effective for healthcare systems due to their ability to reduce hospital readmissions, improve patient outcomes, and potentially lower long-term healthcare costs. They achieve this by addressing various factors that contribute to cardiovascular disease and its complications, leading to improved quality of life and reduced burden on healthcare resources.