



Need Help Increasing Cardiac Rehab Referrals?

PROVEN STRATEGIES FROM CARDIAC FACILITY LEADERS

ESTABLISH A SYSTEM-WIDE APPROACH TO IMPROVING CARDIAC REHAB PARTICIPATION

1. Identify a physician champion
 - Meet regularly with your team to share data and present issues
 - Ask for support with strategies to increase referrals
 - Request prioritization of IT enhancements
2. Involve your hospital's director of quality and quality council
3. Educate your hospital's discharge and care coordination teams
4. Communicate with your hospital's Patient and Family Advisory Committee (PFAC)

DEVELOP AND COMMUNICATE A STANDARDIZED PROCESS FOR CARDIAC REHAB REFERRALS

1. Review, revise and standardize existing processes for handling referrals
2. Incorporate cardiac rehab referral and patient education into existing discharge checklists, discharge forms and protocols
3. Incorporate cardiac rehab into order sets for appropriate cardiac patients
4. Implement an automatic cardiac rehab referral system
 - Consider utilizing curriculum and resources from the TAKEheart Initiative

(TAKEHeart is a national evidence-based initiative from the Agency for Healthcare Quality that offers actionable guidance for hospitals and cardiac rehab facilities that aim to increase referrals)

USE DATA TO DRIVE IMPROVEMENT

1. Analyze data to identify trends
2. Establish goals and celebrate progress
3. Regularly provide data on cardiac rehab referrals to:
 - Physician champion
 - Readmission meetings
 - Hospital Quality Council

EDUCATE PATIENTS, PHYSICIANS AND THE PUBLIC

1. Utilize resources from Alliant Health Solutions, the Agency for Healthcare Research and Quality (AHRQ) and Million Hearts

(Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes within five years. It focuses on implementing a small set of evidence-based priorities and targets to improve cardiovascular health. Register for ongoing webinars, review their action plan and access their resources.)

2. Consider reaching out to local cardiology practices
 - Provide an in-service for all staff
 - Clarify the importance of cardiac rehab and address objections
3. Share patient education via patient portal messaging, social media, hospital and clinician waiting rooms, hospital website and newsletters, inter-agency community meetings, and to care coordinators, discharge planners and social workers
4. Collaborate with local community health workers and community leaders
5. Share patient information at health fairs
6. Network and learn from your peers

ADDRESS PATIENT BARRIERS TO CARDIAC REHAB

1. Utilize a [resource](#) and update your list of local resources for transportation and other barriers to patient participation
2. Meet with your hospital's patient financial staff to understand payment programs, scholarships and other resources available
3. Document patient barriers to identify resource needs
4. Share patient materials in alternative languages based on the cultural needs of your patient population

RESOURCES

Alliant Health Solutions Patient Resources

<https://quality.allianthealth.org/topic/chronic-disease-self-conditions/>

- Do It For Yourself – Do It for Your Heart!
- What's Holding You Back from Going to Cardiac Rehab?
- It's Never Too Late to Quit Smoking
- It's Never Too Late to Quit Smoking (Spanish)

Alliant Health Solutions Clinician and Staff Resources

<https://quality.allianthealth.org/topic/chronic-disease-self-conditions/>

- AHS Cardiac Rehabilitation Guide
- Quick Guide for Clinical Teams: Addressing Patient Barriers to Cardiac Rehabilitation Services & Coding for Social Determinants of Health (SDoH Z Codes)
- Connect Patients Eligible for Cardiac Rehabilitation or Intensive Cardiac Rehab (ICR) to Life-Saving Services
- Introduction to the AHRQ TAKEheart Initiative to Improve Participation in Cardiac Rehabilitation Services
- Effective Care Coordination for Cardiac Rehabilitation-Eligible Patients

Alliant QIO YouTube

<https://www.youtube.com/@alliantqio2019/videos>

- Why Wait? Give Cardiac Rehab a Try!
- Cardiac Rehab Joy Testimony

Million Hearts®

<https://millionhearts.hhs.gov/>

Million Hearts® Cardiac Rehabilitation Change Package

<https://millionhearts.hhs.gov/tools-protocols/action-guides/cardiac-change-package/index.html>

TAKEheart Initiative

<https://www.ahrq.gov/takeheart/about/index.html>