

Physiotherapy and Cardiovascular Disease and Congestive Heart Failure

Cardiovascular Disease (CVD):
A circulatory system disease, including the heart and blood vessels.

Congestive Heart Failure (CHF):
A chronic, progressive condition characterized by abnormal heart function.



FACTS



A team approach, including physiotherapy, to care for a CVD patient is cost effective and leads to better prognosis.



The leading cause of hospitalization in Canada is heart disease and stroke.



Cardiac rehabilitation (CR), including physiotherapy, reduces mortality by 20-32%.



In 2007, 5.0% of Ontarians reported having CVD.



Canadian and international clinical guidelines identify therapy as a key element of CR.



It is estimated that 1/2 of people with CHF die within 5 years of diagnosis.

How can physiotherapists help?



Physiotherapists are the only clinicians who possess the core education and training to provide assessment and exercise intervention for this patient population in the following key locations for CR programming:

- Acute care
- Rehabilitation
- Out-patient
- Complex, continuing care
- Home care settings



CR programs have been found to be cost effective treatment options when compared to traditional care.



ONTARIO
PHYSIOTHERAPY
ASSOCIATION