

Give your heart some love!

Heart failure programs help you stay well at home. Hospital and community based health programs with exercise, education and support.



Heart failure or cardiac rehab' specialist programs are an important part of your heart failure journey. They are run by qualified health professionals and are available in your local area.

Options for everyone



hospital programs with exercise, education and support¹



home-based services



mobile phone and internet-based services



telephone-based services



culturally appropriate¹



tailored to your specific needs¹

Program benefits

- Helps you to set your own goals
- Keeps you out of hospital¹
- Helps you manage well at home
- Improves your quality of life
- Helps you be as healthy as possible
- Works with your GP to provide the best care available



Did you know

1 in 4 people with heart failure are readmitted to hospital within 30 days of going home³.

This may be because they did not have the right support to keep them at home. Heart failure and cardiac rehab' programs provide this support. For heart health information and support call the Heart Foundation Helpline on **13 11 12** or visit **heartfoundation.org.au**

Referral is essential

You should be referred to a heart failure or cardiac rehab' program as soon as you find out you have a heart condition, or you leave hospital after heart surgery or a heart attack.²

You can ask your GP for a referral or contact the program yourself. It's a good idea to have a regular GP to help with your long term care.

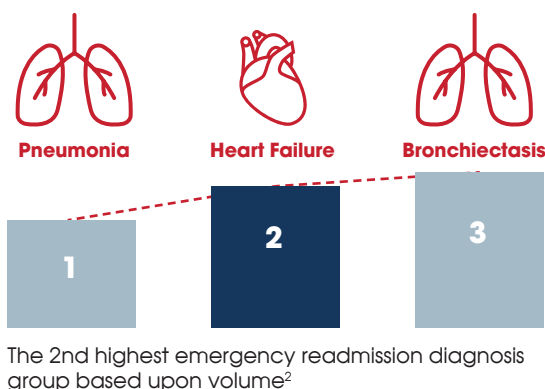
1. Clark RA, Conway A, Poulsen V, et al. Alternative models of cardiac rehabilitation: a systematic review. Eur J Prev Cardiol 2013; 0 (00), 1 - 40. <http://dx.doi.org/10.1177/2047487313501093>. 2. Woodruffe S, et al. Australian Cardiovascular Health and Rehabilitation Association (ACRA) Core Components of Cardiovascular Disease Secondary Prevention and Cardiac Rehabilitation 2014. Heart, Lung and Circulation (2015), <http://dx.doi.org/10.1016/j.hlc.2014.12.008>. 3. Average 30 day all-cause unplanned heart failure readmission rate 2007-8 to 2013-14. HF determined using DRG F62A, F62B of index episode, not risk adjusted. Department of Health and Human Services, Feb 2015. This infographic was developed by the NSW Cardiac Rehabilitation Working Group December 2019

Heart failure programs are important for health services



 **1 in 4 patients** with chronic heart failure will be readmitted to hospital within 30 days of being discharged¹

 **Heart failure programs** work with GPs to provide evidence based, best practice care



1 of the top 3 index admission DRGs associated with the greatest bed-day usage for unplanned readmissions³

On average, 1 person was admitted to hospital for heart failure every 8 minutes in 2018⁴



A simple heart failure admission costs \$5,600 on average⁵
A complex heart failure admission costs \$11,700 on average⁵

Heart failure programs reduce cost⁶



Heart failure affects 1 million Australians⁷ and is a leading cause of admission and readmission to hospital costing up to \$642 million p.a.⁸ Heart failure programs teach patient self-management and keep people out of hospital.

Fewer admissions and readmissions to hospital saves on average between \$5,600 and \$11,800 per admission. Programs stabilise, slow or reverse the progression of heart failure through medication optimisation and teaching of self-management strategies.^{9,10}

1. Average 30 day all-cause unplanned heart failure readmission rate 2007-8 to 2013-14. HF determined using DRG F62A, F62B of index episode, not risk adjusted. Department of Health and Human Services, Feb 2015. 2. Telstra Health, Quality Investigator tool. Congestive heart failure, non-hypertensive 30 day readmission analysis. Data source: VAED July 2012 to June 2015. Report generated Jan 2016. 3. National Heart Foundation of Australia: Key heart stats 2016. 4. Australian Institute of Health and Welfare (AIHW) 2019, National Hospital Morbidity Database 2017-2018. 5. National Health Performance Authority 2015, Hospital Performance: Costs of acute admitted patients in public hospitals in 2011-12. 6. National Heart Foundation of Australia and the CSANZ Guidelines for the prevention, detection and management of heart failure in Australia 2018. 7. Chan Y, Gerber T, Tuttle C, et al. Rediscovering heart failure: the contemporary burden and profile of heart failure in Australia. Melbourne: Mary MacKillop Institute for Health Research, 2015. 8. AIHW 2017 Health Expenditure Database. 9. Woodruffe S, et al. Australian Cardiovascular Health and Rehabilitation Association (ACRA) Core Components of Cardiovascular Disease Secondary Prevention and Cardiac Rehabilitation 2014. Heart, Lung and Circulation (2015), <http://dx.doi.org/10.1016/j.hlc.2014.12.008>. 10. Clark RA, Conway A, Poulsen V, et al. Alternative models of cardiac rehabilitation: a systematic review. Eur J Prev Cardiol 2013; 0 (00), 1 - 40, <http://dx.doi.org/10.1177/2047487313501093>

