

Special Issue

Cardiac Rehabilitation: Clinical Challenges and New Insights

Message from the Guest Editor

Cardiac Rehabilitation (CR) is a proven interdisciplinary modality based on counseling and physical training aimed to improve exercise capacity, cardiovascular (CV) morbidity and mortality amongst several CVDs. International guidelines recommend CR with Class I Level of recommendation A/B (based on the disease) to support its use. In addition, in recent years, the COVID-19 pandemic made the situation even worse, adding a further barrier to attending or completing CR. To overcome these limitations, further alternative options to in-person CR programs have been suggested, with equivalent benefits, safety and patient satisfaction. Alternative options include virtual CR (all CR components are performed via a virtual and on-demand platform), hybrid CR (a blend of in-person and virtual CR) and home-based CR. Compared to traditional CR programs, hybrid models of CR offer several potential advantages. They facilitate eligible patients who are unable to visit rehabilitation centers for various reasons (eliminating “CR deserts”), decrease medical costs and improve patient satisfaction and adherence to CR.

Guest Editor

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