

MEDICARE EXPANDS COVERAGE OF CARDIC REHAB TO CHF PATIENTS

Studies have shown that cardiac rehabilitation for patients with heart failure improve morbidity and mortality from heart failure, particular with improvements in physical function, symptoms, psychology health, recurrent hospitalization and death.

In a recent study published in the *Journal of the American College of Cardiology*, it was concluded that cardiac rehab and counseling is extremely beneficial for heart failure patients. The benefits include:

- Increase in exercise
- Minimize symptoms of heart failure
- Reduce behavioral risk factors (diet, smoking) to improve quality of life
- Decrease cardiac events

In February, 2014 the Centers for Medicare and Medicaid Services (CMS) have expanded coverage of cardiac rehabilitation services to chronic heart failure patients.

Patient Criteria

Stable, chronic heart failure patients who can receive Medicare coverage are defined as patients with left ventricular ejection fraction of 35% or less and New York Heart Association (NYHA) Class II to IV symptoms on optimal heart failure therapy for at least six weeks.

NYHA Classification - The Stages of Heart Failure

Class	Patient Symptoms
Class I (Mild)	No limitation of physical activity. Ordinary physical activity does not cause undue fatigue, palpitation, or dyspnea (shortness of breath).
Class II (Mild)	Slight limitation of physical activity. Comfortable at rest, but ordinary physical activity results in fatigue, palpitation, or dyspnea.
Class III (Moderate)	Marked limitation of physical activity. Comfortable at rest, but less than ordinary activity causes fatigue, palpitation, or dyspnea.
Class IV (Severe)	Unable to carry out any physical activity without discomfort. Symptoms of cardiac insufficiency at rest. If any physical activity is undertaken, discomfort is increased.

Duration of the Program

The number of cardiac rehab sessions is limited up to 36 sessions, with a maximum of 2 1-hour sessions per day for up to 36 weeks.

Legacy Health Cardiac Rehabilitation is conveniently located

Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), Legacy Health provides 4 convenient cardiac rehab facilities for your chronic heart failure patients:

- Legacy Good Samaritan Medical Center 503-413-6723
- Legacy Meridian Park Medical Center 503-692-2548
- Legacy Mount Hood Medical Center 503-674-1590
- Legacy Salmon Creek Medical Center 360-487-3770

www.legacyhealth.org



EMANUEL Medical Center

GOOD SAMARITAN Medical Center

MERIDIAN PARK Medical Center

MOUNT HOOD Medical Center

SALMON CREEK Medical Center

RANDALL CHILDREN'S HOSPITAL Legacy Emanuel

LEGACY MEDICAL GROUP

LEGACY LABORATORY

LEGACY RESEARCH

LEGACY HOSPICE