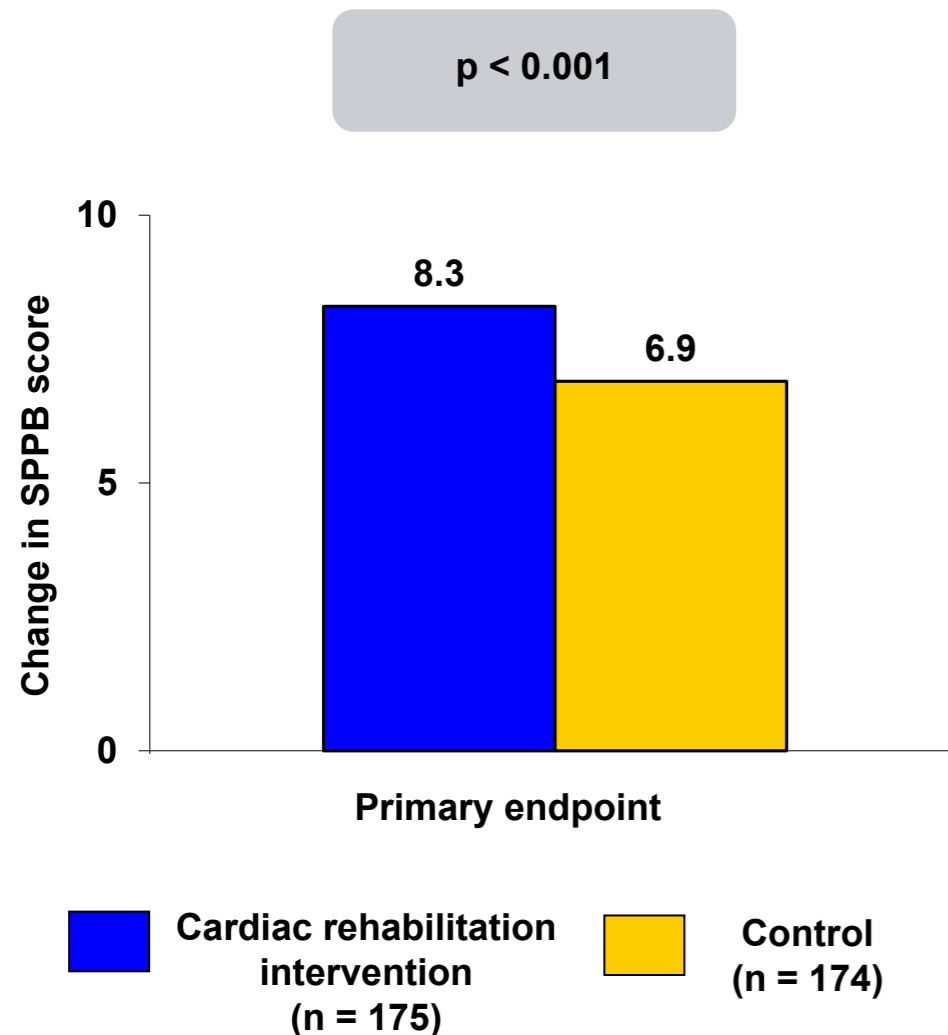


REHAB-HF

#ACC21



Trial Description: Older patients hospitalized with ADHF were randomized in a 1:1 fashion to either a tailored cardiac rehabilitation program or standard measures. Patients were followed for 3 months.



RESULTS

- Primary endpoint, change in SPPB score, for intervention vs. control: 8.3 vs. 6.9 (mean between-group difference, 1.5; p < 0.001)
- 6-minute walk distance: 293 vs. 260 (p = 0.007)
- Kansas City Cardiomyopathy Questionnaire: 69 vs. 62 (p = 0.007)
- All-cause rehospitalization or mortality at 6 months: 1.31 vs 1.38/patient (p = 0.44)

CONCLUSIONS

- A tailored cardiac rehabilitation intervention program improved SPPB at 3 months among older frail patients admitted with ADHF but did not result in a reduction in readmissions or mortality
- Functional improvements are likely clinically meaningful, but reproducibility, adherence, and effect on outcomes are unclear

Kitzman, DW, et al. *N Engl J Med* 2021;May 16:[Epub ahead of print].