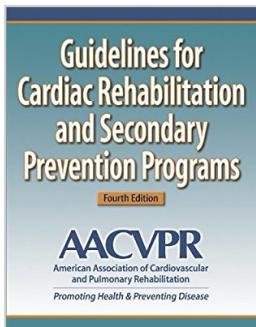
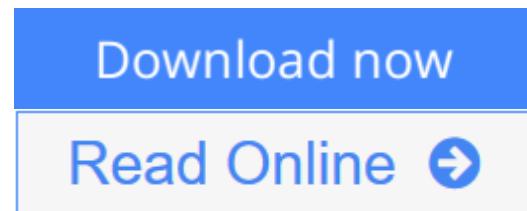


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Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs-4th Edition

By AACVPR



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Keeping pace with rapid changes in the field, the fourth edition of *Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs* has been completely revised, including a new chapter on nutrition and plant-based diets as a treatment option in cardiac rehabilitation. This definitive book provides the most current models for designing and updating rehabilitation programs for patients and preventing a second episode. You'll find the latest information on changes in lifestyle behaviors and reduction of risk factors for disease progression and necessary information for softening the impact of cardiovascular disease on quality of life, morbidity, and mortality.

Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs, Fourth Edition, addresses the cost effectiveness of interventions that educate and motivate patients to assume personal responsibility for long-term disease prevention. It presents a model for managing the disease through education, risk factor intervention, exercise, and symptom recognition, plus a management model that covers related chronic diseases including diabetes, asthma, osteoporosis, and cancer.

Special features of the text include the following:

- Chapter objectives to help readers quickly assess the topics covered and identify the most important points
- Boxed guidelines in each chapter covering current issues and providing hints and methods to implement treatment programs and help patients stay on track
- 24 appendixes with questionnaires, charts, consent forms, protocols, records, checklists, and logs you can use when creating or assessing programs

Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs, Fourth Edition, was developed by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and parallels federal guidelines for cardiac rehabilitation programs. This book is the definitive resource for

developing inpatient and outpatient cardiac rehabilitation programs.

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The **American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)** is the worldwide leader in promoting the value and practice of cardiovascular and pulmonary rehabilitation. AACVPR's mission is improving the quality of life for patients and their families by reducing morbidity, mortality, and disability from cardiovascular and pulmonary diseases through education, prevention, rehabilitation, research, and aggressive disease management.

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