

Exercise-based cardiac rehabilitation beneficial in cardiac failure

Clinical Question	How effective is exercise-based cardiac rehabilitation (EBCR) on mortality, hospital admission, and health-related quality of life of people with heart failure (HF)?
Bottom Line	There were important benefits of EBCR that included a probable reduction in the risk of overall hospital admissions in the short term, as well as the potential for reduction in HF admissions (low- to moderate-quality evidence). These benefits appeared to be consistent across EBCR programme characteristics (including centre and home CR settings). The effect of EBCR on health-related quality of life was uncertain due to very low-quality evidence. EBCR seemed to make little or no difference in all-cause mortality in trials with follow-up less than 12 months.
Caveat	All studies included a no formal exercise training intervention comparator. However, a wide range of comparators were seen across studies that included active intervention (i.e. education, psychological intervention) or usual medical care alone.
Context	Chronic HF is a growing global health challenge. People with HF experience substantial burdens that includes low exercise tolerance, poor health-related quality of life, increased risk of mortality and hospital admission, and high healthcare costs.
Cochrane Systematic Review	Long L et al. Exercise-based cardiac rehabilitation for adults with heart failure. Cochrane Reviews, 2019, Issue 1. Art. No.: CD003331.DOI:10.1002/14651858.CD003331.pub5. This review contains 44 studies involving 5,783 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD003331.pub5/full>