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**

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Systematic review link: