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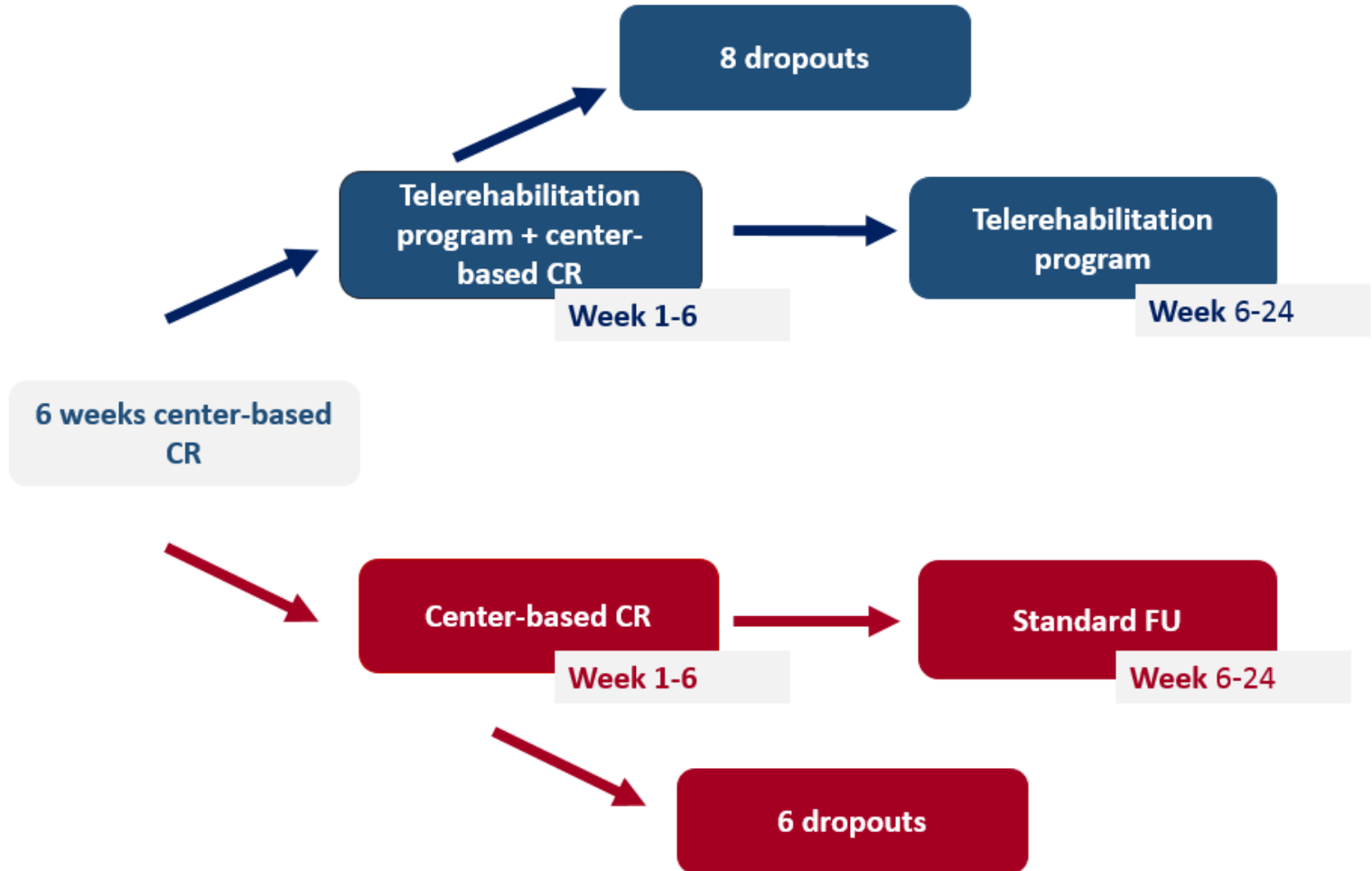
**Cardiac Telerehabilitation  
Reduces Healthcare Costs  
by Decreasing  
Cardiovascular Re-  
Hospitalization Rate**

**Dr. Ines Frederix**  
**No conflict of interest**

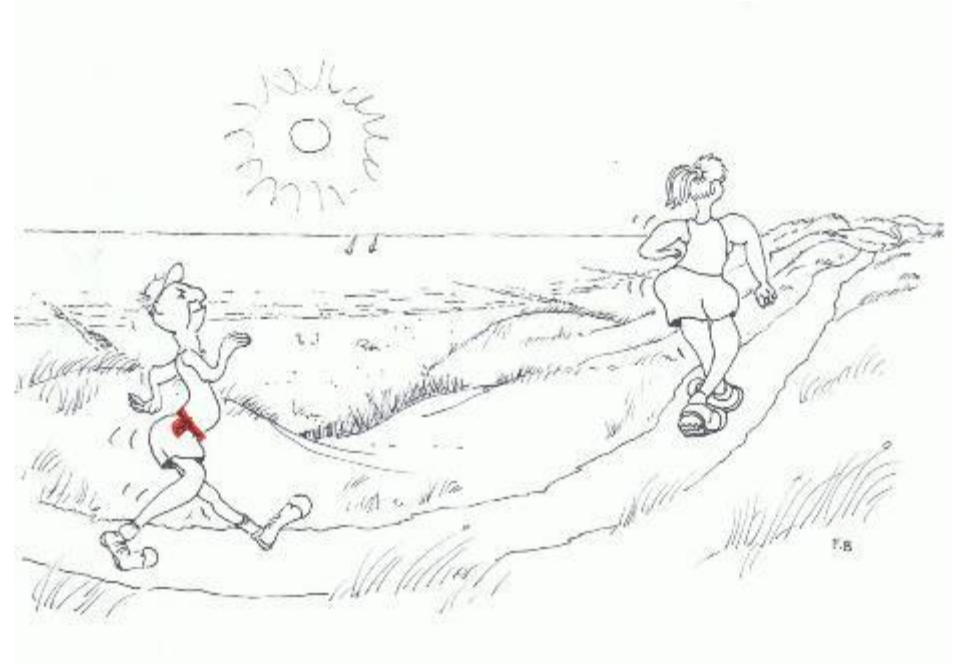
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# Telerehab III: Study design



# Telerehab III: Cardiac Telerehabilitation



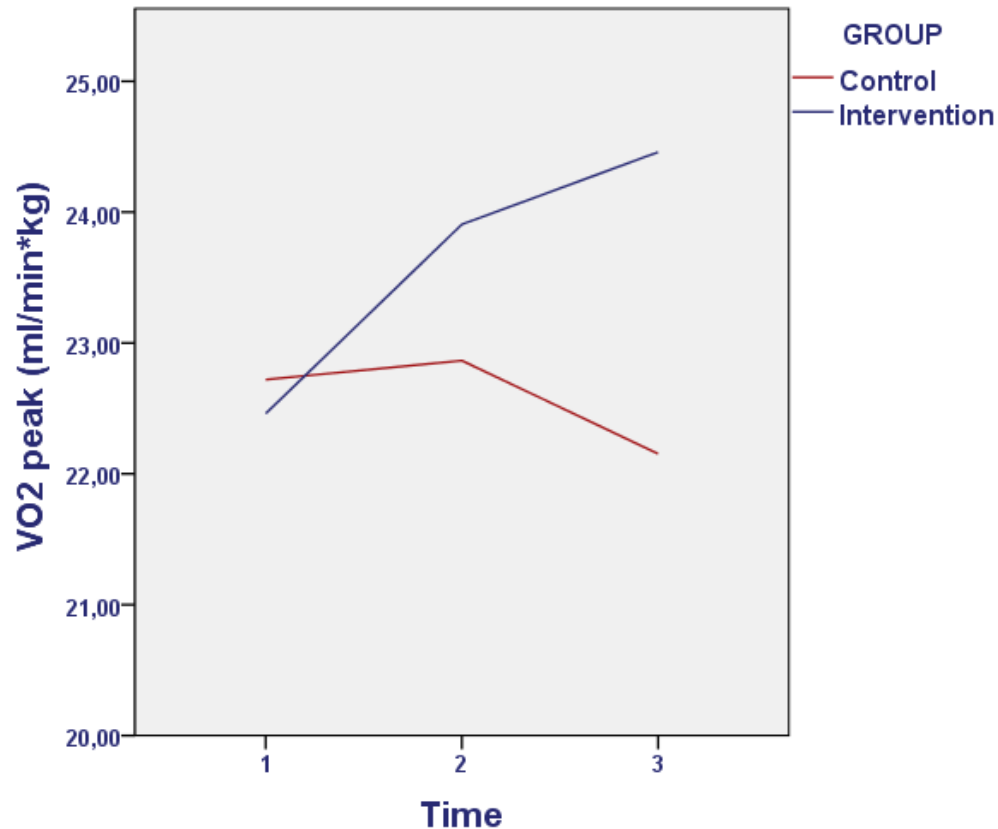
# Telerehab III: Demographics

**No between-group differences**

	Intervention group	Control group	P-value
<i>Age (years)</i>	61 ± 9	61 ± 8	NS
<i>Gender</i>			
Female	14,4% (10)	21,4% (15)	NS
Male	85,5% (59)	78,6% (55)	NS
<b>Clinical characteristics</b>			
<i>Type of cardiac pathology</i>			
CAD	94,2% (65)	92,9% (65)	NS
HFrEF	2,9% (2)	5,7% (4)	NS
HFpEF	2,9% (2)	1,4% (1)	NS
<i>Diabetes mellitus</i>	24,6% (17)	27,1% (19)	NS
<i>Hyperlipidemia</i>	76,8% (53)	78,6% (55)	NS
<i>Arterial hyertesion</i>	60,0% (40)	62,9% (44)	NS
<i>Family history</i>	49,3% (34)	51,4% (36)	NS
<i>Smoking</i>			
Current smoker	26,1% (18)	25,7% (18)	NS
Prior smoker	31,9% (22)	32,9% (23)	NS
Non-smoker	42,0% (29)	41,4% (29)	NS
<i>BMI</i>	28,2 ± 5,1	27,8 ± 3,9	NS
<i>Peripheral artery disease</i>	11,6% (8)	15,7% (11)	NS
<b>Medication</b>			
<i>On Beta blocker</i>	76,8% (53)	81,4% (57)	NS
<i>On ACE-inhibitor</i>	63,8% (44)	68,6% (48)	NS
<i>On Statin</i>	95,7% (66)	91,4% (64)	NS
<i>On anti-platelet therapy</i>			
DAPT	53,6% (37)	57,1% (40)	NS
<i>Anti-platelet monotherap</i>	42,0% (29)	38,6% (27)	NS
<i>No anti-platelet therapy</i>	4,3% (3)	4,3% (3)	NS



# Telerehab III: Primary endpoint



## Intervention group:

- Significant increase in VO<sub>2</sub> peak from baseline ( $p < 0,001$ )

## Control group:

- No change from baseline ( $p = 0,089$ )



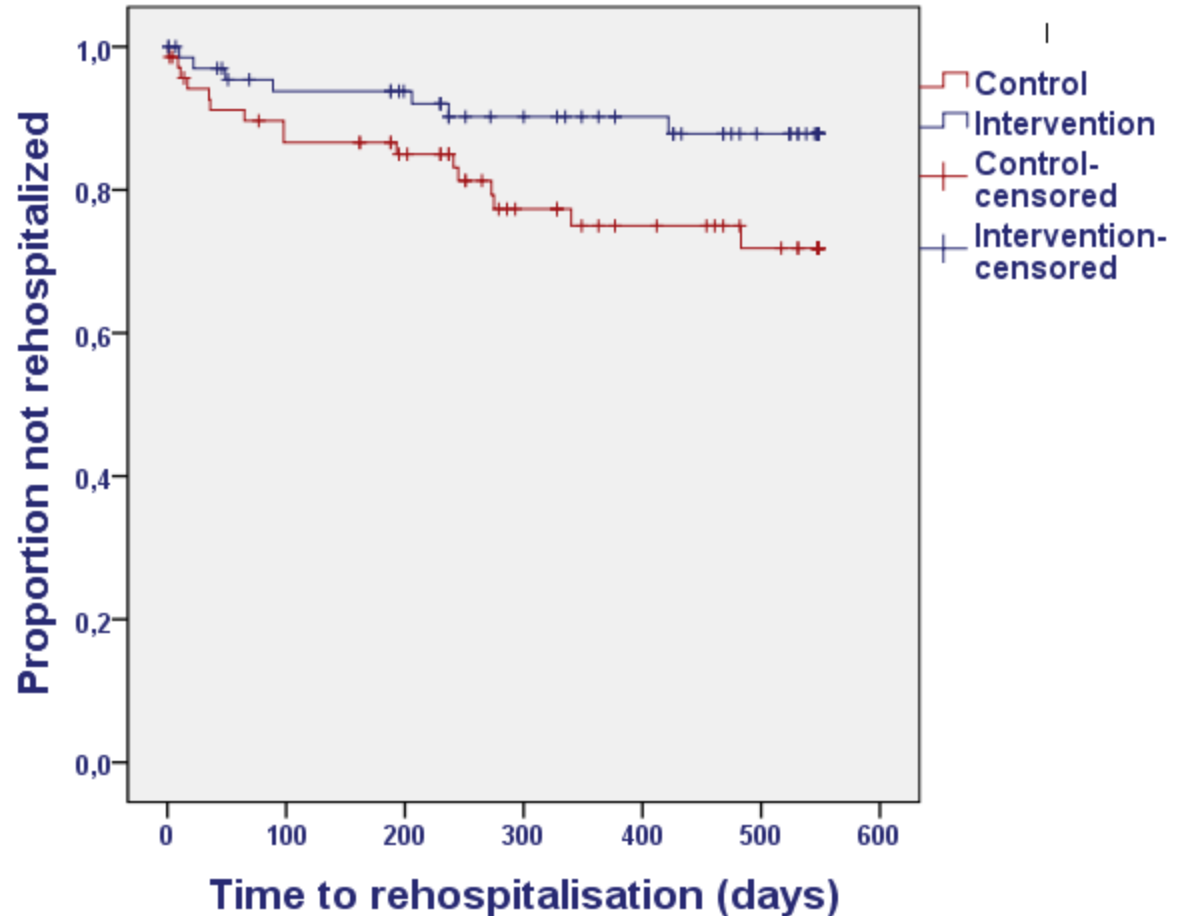
# Telerehab III: Cardiovascular rehospitalisation rate

Time to  
rehospitalisation:

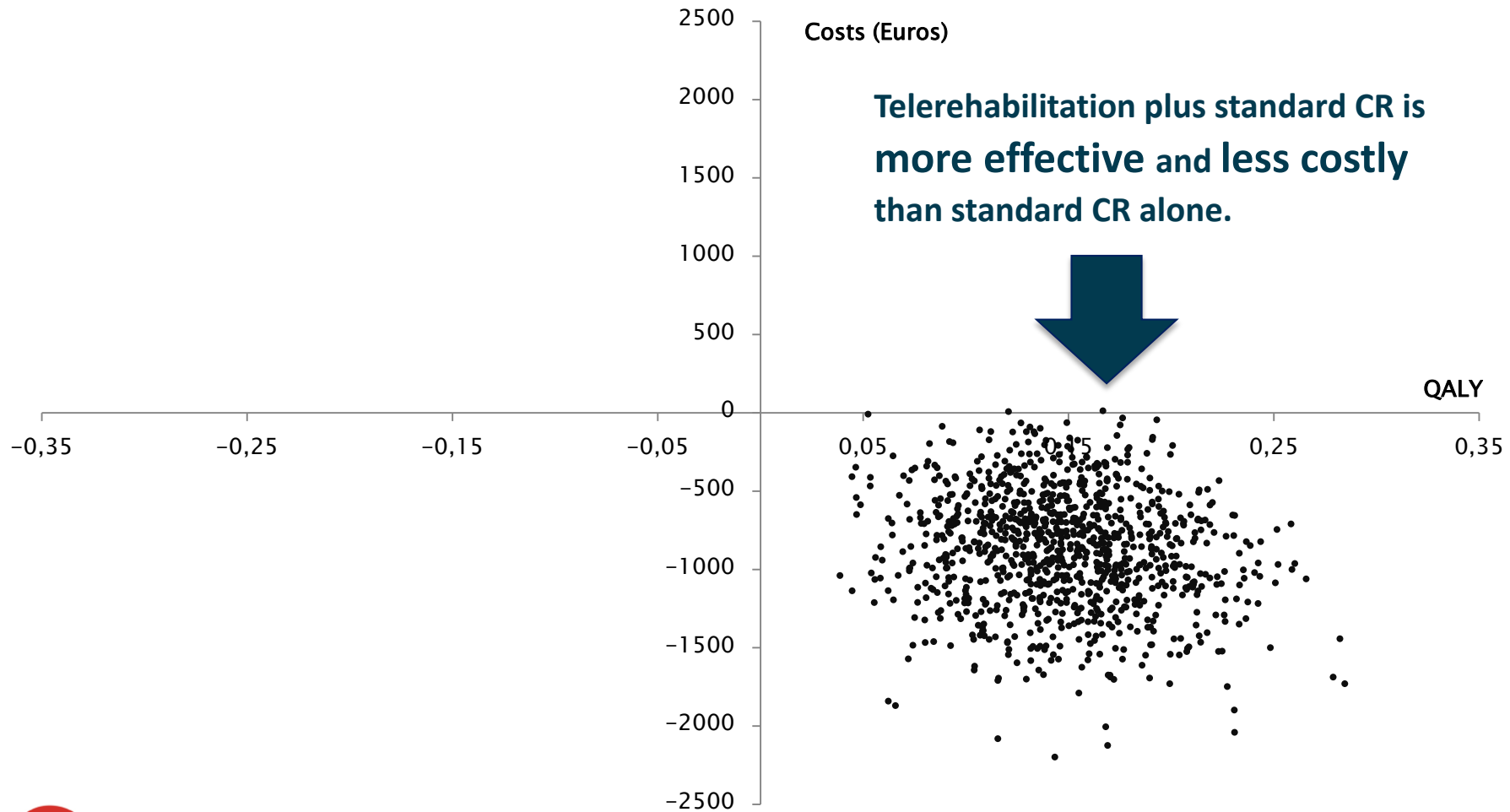
➤  $I_{502} > C_{445}$  ( $p = 0,045$ ,  $HR 0,415$ )

Days lost due to  
rehospitalisations:

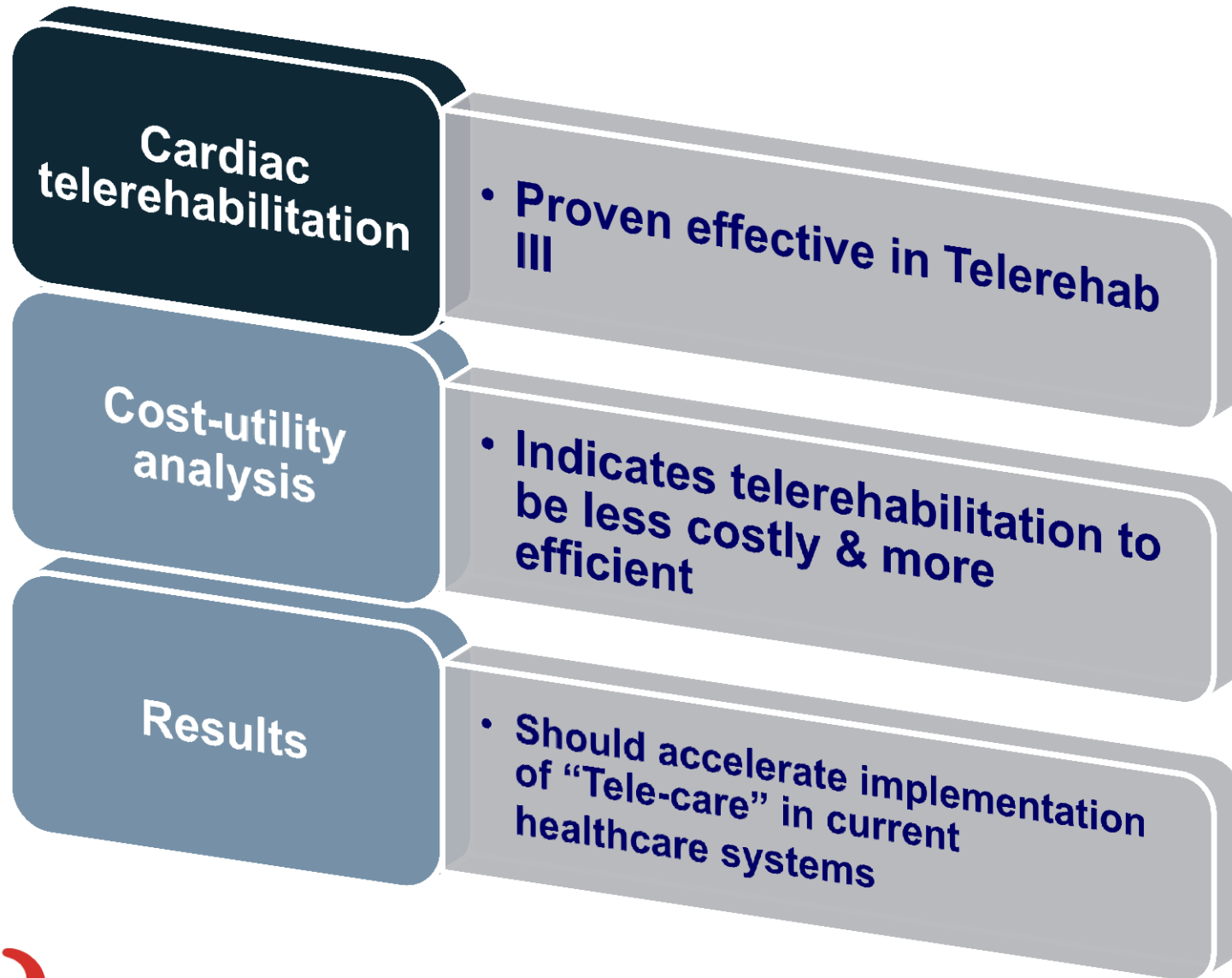
➤  $I_{0,33} < C_{0,79}$  ( $p = 0,037$ )



# Telerehab III: Cost-effectiveness



# Telerehab III: Conclusion







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**Thank you for your attention**

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