# Cardiac Rehab at Home

*During this pandemic, many of us are frustrated by not getting to the gym. But what if your life depends on getting some exercise? For patients who have had a heart attack, cardiac rehabilitation decreases cardiac mortality by 57%. The team at the Durham Veterans Affairs Healthcare System wanted to decrease travel to central locations for rehabilitation, so they adopted the Office of Rural Health Home-based Cardiac Rehabilitation Program. Adrienne Wagenblast, RN is the Program Director, and her work is saving Veteran Lives. More results from home-based Cardiac Rehab: 41% more steps per week, 19% increase in patient’s confidence to impact their own health, and a 21% reduction in feelings of depression and hopelessness. #Yearofthe nurse #VAnursessavelives*

<https://www.ruralhealth.va.gov/docs/promise/ORH_RuralPromisingPractice_RemoteCardiacCare__Overview_FINAL-508.pdf>

