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Why it is essential to improve cardiac rehabilitation completion rates in India

The primary benefits of attending a cardiac rehab programme are faster recovery from cardiac procedures, reduced risk of future complications, better weight management, better emotional health and health-related quality of life, and decreased mortality

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Cardiac rehab has been incorporated into the routine care of patients in developed countries, while it is just now gaining inroads in low- and middle- income countries like India. Image used for representational purposes only | Photo Credit: Getty Images

Cardiac rehabilitation, a multidisciplinary approach to recovery and risk-reduction, is an important addition to medications, interventional and surgical procedures in heart patients. A cardiac rehab programme usually includes medical assessments, supervised exercise, nutritional guidance, psychosocial counselling and health education tailored to the clinical, cultural and behavioural needs of the patient.