



## **Cardiac Rehab New Brunswick (CRNB) R adapation cardiaque du Nouveau-Brunswick (RCNB)**

### **Alternate Cardiac Rehabilitation Programming Models**

Web Based Education

Self-Management  
Concepts

Provides clinical  
decision support &  
case management

Professional linkages  
and support

1. Attend on-site group education sessions using standard cardiac rehabilitation education modules for 6 weeks and prescribed home exercise. After completing a basic program, client evaluation is individualized by a cardiac rehabilitation case manager or other health care professional as appropriate for ongoing risk and behaviour modification with frequency of follow-up determined by need for a minimum of 6 months.
2. Attend web based self management education sessions using standard cardiac rehabilitation education modules for 6 weeks and prescribed home exercise. The client emails home exercise log to a case manager who interacts by email, phone or telehealth application. On-site visits would occur monthly (or as needed) with ongoing risk and behaviour modification weekly or monthly for a minimum of 6 months.
3. Attend case managed only sessions (non-group) and be followed in clinic by the cardiac rehabilitation case manager for ongoing risk and behaviour modification and prescribed home exercise weekly or monthly (or as needed) for a minimum of 6 months.
4. Telehealth group education sessions using standard cardiac rehabilitation education modules for 6 weeks and prescribed home exercise. After completing a basic program, client evaluation is individualized by a cardiac rehabilitation case manager or other health care professional as appropriate for ongoing risk and behaviour modification with frequency of follow-up determined by need for a minimum of 6 months.

Telehealth Linkages

Heart Function Clinic  
Linkages

Community linkages

Chronic Disease  
Management