



INTRODUCTION

- Cardiovascular rehabilitation (CR) is a multicomponent intervention delivered to individuals with cardiovascular disease to improve clinical outcomes and quality of life.
- Guidance documents have been developed to facilitate healthcare professionals in the proper delivery and implementation of CR.
- Currently, no comprehensive mapping of these guidelines and the topics that they cover exists.

AIM

- To map out existing guidance documents on CR, the topic areas that are been covered and to assess if those were developed based on a systematic review (SR).

METHODS

- Systematic review;



Eight electronic databases;

- Inclusion: Secondary prevention and CR guidelines, position statements and expert or clinical consensus for any stakeholder; published in the last 15 years;



Studies were screened for inclusion based on titles/abstracts, and then full text, by three independent authors;

- Disagreements were solved by a fourth reviewer.

RESULTS

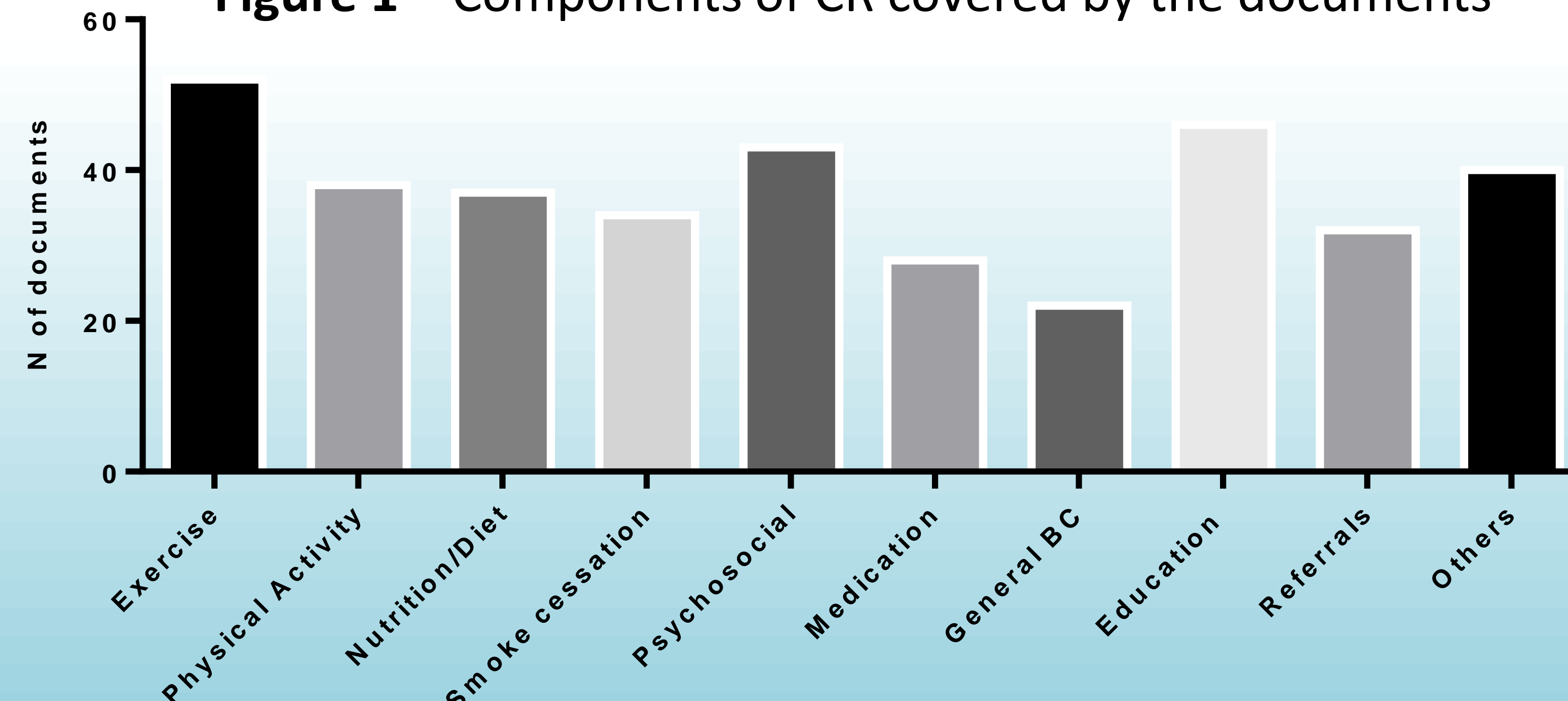
- The majority of documents were endorsed by organisations from Europe (33, 46.47%) and North America (21, 29.57%);
- A total of 17 (23.94%) documents reported a systematic approach in reviewing the evidence, while 47 (66.19%) did not, and 7 (9.85%) were unclear (reported only one step of literature review or just mentioned a review without reporting details).

Table 1 – Main characteristics of the 71 retrieves.

	N (% of total)
Publication years	
2019 – 2016	18 (25.35%)
2015 – 2011	27 (38.02%)
2010 – 2006	18 (25.35%)
2005 – 2004	8 (11.26%)
Type of documents	
Clinical Practice Guidelines	4 (5.64%)
General Guidelines	15 (21.12%)
Position docs.	17 (23.94%)
Scientific docs.	6 (8.45%)
Consensus docs.	7 (9.85%)
Others	18 (25.35%)
Not reported	4 (5.64%)

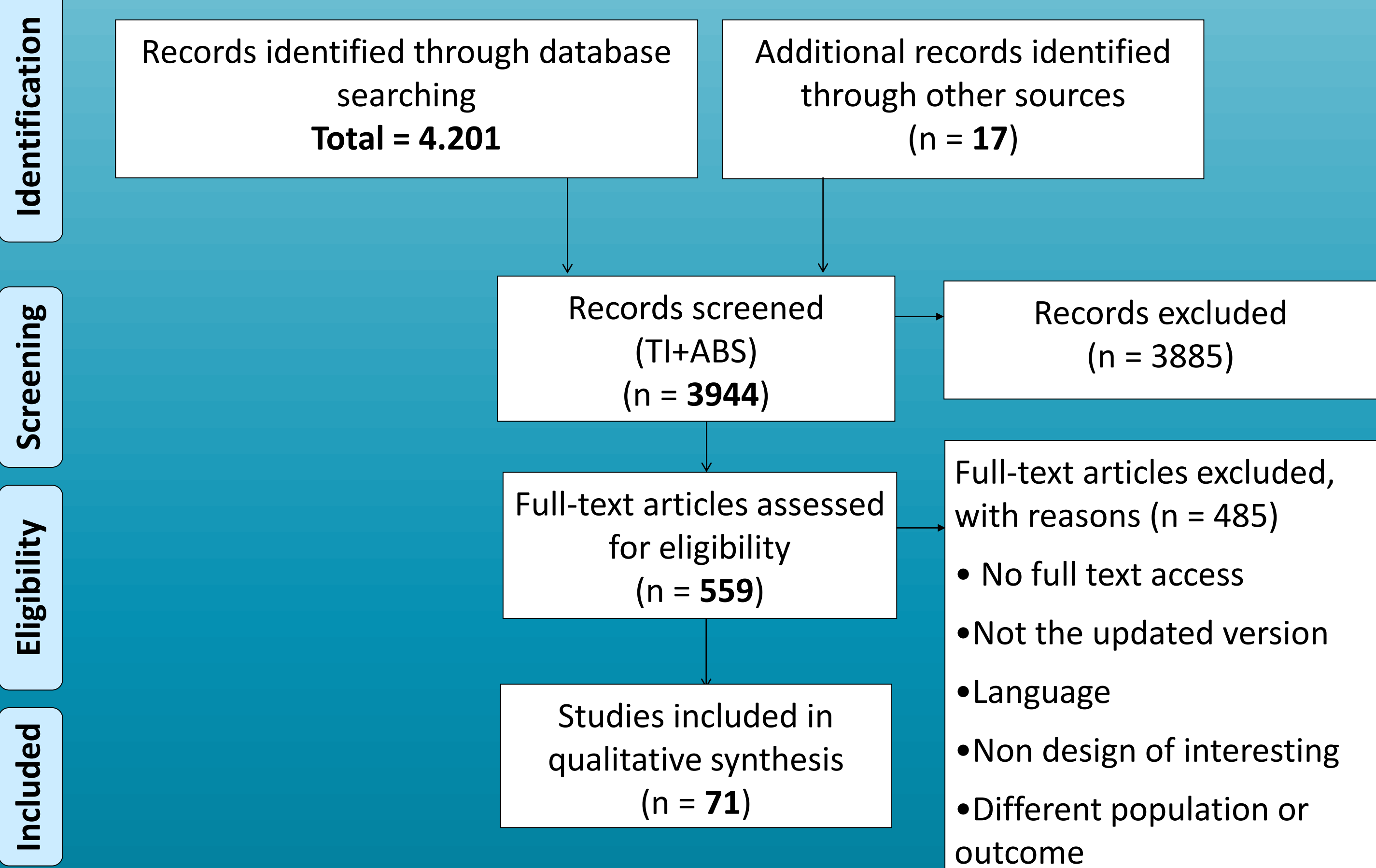
RESULTS

Figure 1 – Components of CR covered by the documents



- Seventeen documents (23.94%) focused on one specific component. However most of them provided recommendations on more than one component, 22 documents (30.98%) included eight or nine components.

RESULTS



CONCLUSION

- CR guidance documents were heterogeneous, both in their methodology and topics covered. The majority of the documents were not supported by systematic reviews of evidence.
- There is room for improvement in these processes, with future guidance documents employing rigorous evidence-based and systematic processes.

Email: arianymv@hotmail.com

The authors state that there were no conflicts of interests.

