

## Bringing Healing Home with Virtual Cardiac Rehabilitation Program

MICHELLE: I've been active, going to the gym, as long as I can remember. I started having chest pain when I was working out to the point where I couldn't really even enjoy simple things that I like to do. But I was thinking, I'm 42 -- I'm too young for this.

It was a good thing to find the blockage when they found it. It could have been very traumatic, might not be sitting here today.

DR PRICE: Michelle had a very, very complex coronary lesion. However -- and we've gotten so good at taking care of these events -- after you have a stent delivered, even a complex stent, you don't have a prolonged admission within a Kaiser Permanente facility, you'll come and meet your home cardiologists.

MICHELLE: I really didn't know what to expect after this and I remember telling my husband, what if I eat the wrong thing and all of a sudden I have this major heart attack. I was scared.

DR PRICE: If you have major cardiac surgery, the healing and recovery from that event takes several weeks. So with the home-based cardiac rehab program, we're actually able to extend care, healing, and recovery into those critical moments for patients and their families, and I think that's the key.

Eight weeks they're receiving telephone appointments from the cardiac care team. That's unparalleled in any cardiac rehab program.

We're equipping patients with a wearable device where we're able to monitor their steps. We're able to monitor the heart rate and all that information is being analyzed by our nurse case managers.

AZURE: My role as case manager is engaging with the patient during those eight weeks to listen, answering their questions regarding their medications, questions that regarding their exercise regimen.

MICHELLE: The reassurance came from knowing that I could call her if I had any questions. I don't know that that's available anywhere else that you go.

AZURE: We have a clinical dashboard so that we can monitor our patients so we can see what they're doing at home.

MICHELLE: Knowing that I had to talk to Azure every Friday, it gave me some accountability. The team that I had with Dr. Price and Azure, it was a different level of involvement than what I'm used to. It gave me hope. I had this extreme thing happened to me and it's not the end for me. I can still live my life as I did before it happened.