

How to set up a Cardiac Rehabilitation (CR) program – core components of CR

如何制定一个心脏康复方案-心脏康复方案的核心内容

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SiegReha 康复中心, 亨内夫, 德国**

- **CR can easily be added** to any existing cardiovascular department or a clinic for internal medicine as an outpatient / ambulatory department
心脏康复可以很容易地被添加进任何现有的心血管科室或内科诊所中作为门诊/非住院型科室
- **Most important before !!!:**
开始前最重要！ ! !
- several **future partners** such as colleagues, faculty members, hospital directors and referring doctors have **to be convinced that such a CR program is needed, effective and affordable**
必需说服未来的合作伙伴例如：同事、教职工、医院主任和顾问医师等，
心脏康复方案是被需要的、有效用的而且可以被负担得起的。

Saner 2010

CR – how to set up

心脏康复 - 如何设立



CR – how to set up

心脏康复 - 如何设立



CR – how to set up

心脏康复 - 如何设立



- **Team 团队**
 - **Location 地址**
 - **Program 方案**
 - **Finances 财政**
 - **Promotion 推广**
 - **Evaluation 评估**
 - **Quality control 质量控制**

Saner, CR workshops by EACPR, 2010

- **Essential Staff**

- 核心职员

- physician* / cardiologist*

- 医师*/心脏病学家*

- physiotherapist

- 物理治疗师

- dietician

- 营养学家

- Secretary

- 秘书

* in Germany mandatory by health providers

and also in some European Countries

fulltime employed

德国医疗服务提供方必须将以上职位设为

全职岗位，一些欧洲国家也有相同要求。

- **Optional Staff**

- 选配职员

- psychologist

- 心理学家

- sports scientist

- 运动科学家

- stress / Relaxation - specialist

- 压力/放松 - 专家

- smoking cessation specialist

- 戒烟专家

- social worker

- 社工

- researcher

- 研究员

CR – how to set up

心脏康复 - 如何设立

- **Locations 地址**

- gymnasium
体育馆
- fitness centre
健身中心
- teaching room(s)
课堂
- (out- and indoor) areas for walking,
hiking, cycling
步行、徒步、骑自行车的（室内和室外）区域



- heated Pool (add.)*fu'j
温水池（附加）
- sauna (add.)*
桑拿（附加）

* higher energy costs

更高的能量消耗



- **Equipment**

- **设备**

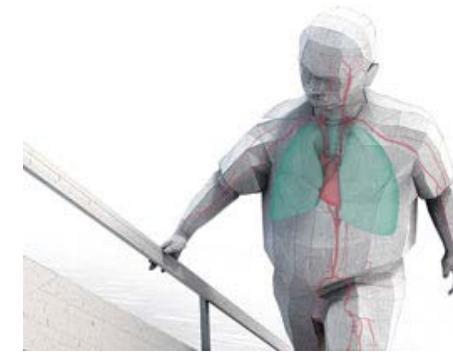
- 12-canal ECG
- 12导联心电图
- cycle- or treadmill-ergometer
- 功率车或跑台--测功仪
- Doppler-echocardiography, abdominal and vessel-ultrasound (Doppler / Duplex),
- 多普勒超声心动图、腹部和血管超声（多普勒/双功多普勒）
- emergency equipment and room
- 急救设备和急救室
- chest X-ray (optional)
- 胸部X光（选配）

- **program – minimal**
- 方案- 最低限度
 - **regular basic program**
 - 常规基础方案
 - out-patient phase II 8 - 12 weeks, 2-3 x per week
 - 门诊阶段II 8-12周, 每周2-3天
 - in-patient phase II 3 - 4 weeks, 5-5½ days per week
 - 住院阶段II 3-4周, 每周5-5.5天
 - **program intensity**
 - 方案强度
 - two (or more depending on number of patients) different intensity levels
 - 2个不同的强度水平 (或者根据患者数量增加)

- Program – optional (concept currently in work)
- 方案-可选 (理念正在研发中)
 - PAD (peripheral artery disease)
 - 外周动脉疾病
 - reduced walking distance (with pain)
 - 步行距离缩短 (有痛感)
 - multiple / more risk factors
 - 多个/更多风险因素
 - (evtl. less) motivated
 - 缺乏动力 (或较少)
 - different exercise patterns
 - 不同的运动模型
 - “sicker” patients
 - 病情更严重的患者



- Program – optional
- 方案-可选
 - CHF (chronic heart failure) HF-REF (>> HF-PEF)
 - 慢性心力衰竭射血分数下降心力衰竭 (>>正常射血分数心力衰竭)
 - (severe) reduced left ventricular function
(严重) 左心室功能减退
 - ICD / CRT - devices
除颤器/起搏器 - 装置
 - intensive monitoring needed
需要密切监控
 - intensive medical treatment
incl. medication
集中医学治疗，包括药物
 - long-term follow up
长期随访



通过心脏康复来进行二级预防：从理论知识到实施。

Review 欧洲心血管疾病预防和康复协会心脏康复方面的意见书。 欧洲心脏病学会

Secondary prevention through cardiac rehabilitation: from knowledge to implementation. A position paper from the Cardiac Rehabilitation Section of the European Association of Cardiovascular Prevention and Rehabilitation

Massimo Francesco Piepoli, Ugo Corrà, Werner Benzer,
Birna Bjarnason-Wehrens, Paul Dendale, Dan Gaita, Hannah McGee,
Miguel Mendes, Josef Niebauer, Ann-Dorthe Olsen Zwisler
and Jean-Paul Schmid

Piepoli et al 2010

CR – how to set up - core components

心脏康复-如何设立-核心内容



Joint ESC Guidelines

2016 European Guidelines on cardiovascular disease prevention in clinical practice

2016 欧洲心血管疾病预防临床实践指南

The Sixth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (constituted by representatives of 10 societies and by invited experts)

Developed with the special contribution of the European Association for Cardiovascular Prevention & Rehabilitation (EACPR)

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Piepoli et al 2016

- Physician - Patient assessment
Physical activity counselling with Sports scientist
医师 -- 评估
体育活动 - 咨询运动科学家
- Sports scientist / Physiotherapist - Exercise training (ET)
运动科学家/物理理疗师 - 运动训练(ET)
- Dietician - Diet and nutritional counselling
营养学家- 饮食和营养咨询
- Nurse - general assessments, wound management, ECG, stress testing (ergometer)
- 护士 - 总体评价, 伤口管理, 心电图, 运动负荷测试 (测功计)
- Nurse - Weight and blood pressure (BP) monitoring
护士 - 体重和血压监控
- Nurse / Physician - Medication, risk factor management
护士/医师 - 药物, 风险因素管理
- Psychologist - Smoking cessation
心理学家 - 戒烟
- Psychologist / Social worker - Psychosocial management
心理学家/社工 - 社会心理管理

- Physician - Patient assessment
• 医师 - 医师评估

Physical activity counselling

- Sports scientist / Physiotherapist - Exercise training (ET)

- Dietician - Die

- Nurse - Weigh

- Nurse / Physio

- Nurse - Blood

- Psychologist -



- Psychologist / Social worker - Psychosocial management

心脏康复 - 专业和核心内容

- Physician - Patient assessment
- 医师 - 评估
- **Clinical history:** CV risk factors, co-morbidities, disabilities
- 临床病史：心血管危险因素，合并症，残疾
- **Symptoms of CV disease:** NYHA class, A.p. CCS class, rhythm
- 心血管疾病症状：NYHA分级，A.p. CCS分级，节律
- adherence to **medication & self-monitoring** (weight, BP, symptoms)
- 坚持遵医嘱服药和自我监控（体重、血压，症状）
- Complete (and specific) physical **examination**
- 完整（特定的）体检
- **12-lead-ECG 12 导联心电图**
- **Cardiac imaging** (echocardiography: 2-D and Doppler)
- 心脏成像（超声心电图：2-D 和多普勒）
- **Blood testing:** routine biochemical assay, fasting blood glucose, (HbA1c if fasting blood glucose is elevated), LDL-chol, kidney and liver function, ...
- 血液检查：常规生化检测、空腹血糖（如空腹血糖升高查HbA1c）、低密度胆固醇、肾、肝功能.....

- Physician - Patient assessment
Physical activity counselling

医师 - 体育活动咨询

- Sports scientist
- Dietician - Diet
- Nurse - Weight
- Nurse / Physio
- Nurse - Blood
- Psychologist
- Psychologist



- Physician / Sports scientist - Physical activity counselling
• 医师/运动科学家 - 体育活动咨询
- Education with clear, comprehensible information on the basic purpose of CR and the role of each component
使用清晰、易懂的信息，宣教关于心脏康复的基本目标和每个组成部分的角色定位
- Formulation of '**tailored**', patient-specific CR program
为患者制定“个性化定制”的心脏方案
- **minimum** of 30-60 min/session of moderately intense aerobic activity preferable daily or at least 3-4/week
最好每天至少30-60分钟/次的中等强度有氧活动，至少每周3-4次
- emphasize **benefits** of physical activity
强调体育活动的好处
- recommend: **gradual increases in daily lifestyle activities** over time and to incorporate it into daily routine
建议：逐渐增加日常生活活动，并形成习惯
- encourage involvement in **leisure activities** which are enjoyable and in group ET programs to avoid revert to previous sedentary habits over time
鼓励参与有趣的休闲娱乐活动，以及小组运动训练，避免回到以前静止状态较多的习惯

- Physician - Patient assessment
Physical activity counselling
- Sports scientist / Physiotherapist - Exercise training (ET)
- 运动科学家/物理治疗师- 运动训练 (ET)
- Dietician - D
- Nurse - Weic
- Nurse / Phys
- Nurse - Blo
- Psychologist
- Psychologist



- Sports scientist / Physiotherapist - Exercise training (ET)
- 运动科学家/物理治疗师 - 运动训练 (ET)
- **General recommendation:**
 - 一般推荐
 - Σ: 150 min/week (2 ½ hours) ideally 3-4 h/week sub-maximal ET, i.e., starting at 60 % of maximal work load or VO_{2max} if available and gradually increasing till 70-80%
 - 150分钟/周 (2.5小时) 理想情况是3-4小时/周的亚极限的运动训练，比如以最大工作负荷或最大耗氧量的60% (如果可以) 开始，并逐渐增至70-80%。
- **Extra (!) energy consumption:** 1000–2000 kcal/ week
 - 额外 (!) 能量消耗: 1000-2000卡/周
- expand physical activity with **resistance training** 2 times /week
在原本体力活动的基础上，增加每周2次体力活动加**抗阻训练**
- **initial phases supervised:** physical examination, monitoring of HR, BP and rhythm during and after ET
 - 初始阶段监督：体检、心率监控、运动训练中和之后的血压和节奏

- Physician - Patient assessment
Physical activity counselling
- Sports scientist / Physiotherapist - Exercise training (ET)
- Dietician - Diet and nutritional counselling
- 营养学家 - 饮食和营养咨询
- Nurse - Weight control management
- Nurse / Physician - Lipid management
- Nurse - Blood pressure (BP)
- Psychologist - Smoking cessation
- Psychologist / Social worker



- Dietician - Diet and nutritional counselling I
- 营养学家 - 饮食和营养咨询
- **assess daily caloric intake**, dietary content of fat, saturated fat, sodium and other nutrients, eating habits
- 评估每日卡路里摄入量, 饮食中的脂肪含量、饱和脂肪、钠和其他营养素, 饮食习惯
 - using computer based supported programs
 - 使用计算机支持程序
- **Education:** of patient (and spouse / family members)
- 教育: 患者 (配偶/家庭成员)
 - **dietary goals:** salt, lipid and water content of common foods
 - 饮食目标: 盐、日常食物中的脂肪和水分
 - **Healthy food choices (in Europe):**
健康食物选择 (欧洲)
 - wide variety of foods; low salt foods;
 - 品类繁多的食物; 低盐食物;
 - “mediterranean” diet: vegetables, fruits, wholegrain cereals and bread, fish (especially oily), lean meat, low fat dairy products
 - “地中海”饮食: 蔬菜、水果、全谷物麦片和面包、鱼 (尤其是富含油的) 、瘦肉、低脂奶制品

- Dietician - Diet and nutritional counselling II
• 营养学家- 饮食和营养咨询II

- **Replace** saturated fat with the above foods and with monounsaturated and polyunsaturated fats from vegetable (oleic acid/olive oil and rapeseed oil) and marine sources to reduce total fat to less than 30% of energy, of which less than 1/3 is saturated
• 用上面提到的食物和植物及海鱼中所含的单不饱和脂肪和多不饱和脂肪代替饱和脂肪。将脂肪总量减少到总摄入能量的30%以下，其中不到1 / 3是饱和脂肪。
- **Avoid:**
• 避免
 - overweight, particularly beverages and foods with added sugars and salty food
▪ 超重，尤其是有添加糖的饮料和食物，以及咸食。

- **Goal: 5–10% loss of body weight** and modification of associated risk factors
• 目标：降低5-10%的体重，以及相关风险因素的改变。

CR – professions and core components

心脏康复 - 专业和核心内容

The screenshot shows a Windows desktop environment with multiple windows open. The main window is a web browser displaying the DGExpert homepage. The page features a large image of the DGExpert software interface, which includes a meal plan table and a patient profile. To the right of the image, the text reads: "DGExpert ist das leistungsstarke Nährwertberechnungsprogramm für Profis". Below this are four bullet points: "Intuitiv zu bedienen", "Funktionelles Design", "Praxisorientierte Features", and "Netzwerkversion mit individueller Rechtevergabe". A blue button labeled "Jetzt informieren" is visible. At the bottom of the page, there is a green bar with the text: "Hotline/Support: Tel: 0228/90926-15 | E-Mail: support@dgexpert.de | Servicezeiten: Mo-Fr. 09:00 - 12:00 Uhr".

Für die Gemeinschaftsverpflegung...

... deckt DGExpert alle Aufgabenbereiche von der Speisenplanberechnung in der Küche bis hin zur Beratung von Einzelpersonen und Gruppen ab. Damit ist es ideal für den Einsatz in Kliniken, Wohnheimen und allen Einrichtungen der Gemeinschaftsverpflegung.

[Mehr Infos](#)

Für die Ernährungsberatung...

... unterstützt DGExpert bei allen Aufgaben in der Ernährungsberatung und -therapie von der Anamnese über die Dokumentation der Sitzungen bis hin zum Erstellen von Speisenplänen und der Auswertung der Verzehraprotokolle der Klienten.

[Mehr Infos](#)

At the bottom of the screen, the taskbar shows various application icons, the date "02.10.2014", and the time "17:44".

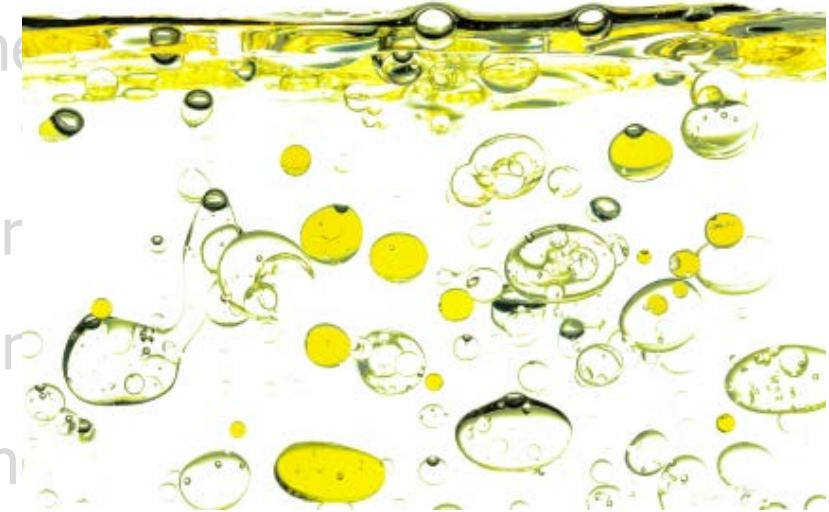
- Physician - Patient assessment
Physical activity counselling
- Sports scientist / Physiotherapist - Exercise training
- Dietician - Diet and nutritional counselling
- **Nurse - Weight control management**
- 护士 - 体重控制管理
- Nurse / Physician - Lipid management
- Nurse - Blood pressure (BP) monitoring
- Psychologist - Smoking cessation
- Psychologist / Social worker - Psychosocial management



- Nurse - Weight control management
- 护士 - 体重控制管理

- **Weight reduction recommended** in obese patients:
- 建议肥胖患者减重
 - BMI > 30 or waist circumference > 102* cm in men > 88* cm in women)
 - 身体质量指数>30或男性腰围>102 cm, 女性腰围>88cm
 - **should be considered in overweight** patients (BMI > 25 or waist circumference > 94* cm in men or > 80* cm in women) esp. if associated with multiple RF (such as hypertension, hyperlipidaemia, smoking, insulin resistance or diabetes)
 - 身体质量指数> 2 5 或男性腰围>94cm 或女性腰围> 8 0 c m, 应被视为超重, 尤其是与多种风险因素有关的 (如高血压、高血脂、抽烟、抗胰岛素性或糖尿病)
- (*kaukasian / european standard measures)
(白人／欧洲标准测量)
- **Goal:** 目标:
 - 5–10% reduction of body weight / year and modification of associated risk factors
 - 每年降低 5 – 1 0 % 的体重和相关风险因素的改变

- Physician - Patient assessment
Physical activity
- Sports scientist / Physiotherapist
- Dietician - Diet and nutrition
- Nurse - Weight control management
- **Nurse / Physician - Lipid management**
- 护士 / 医师 – 脂质管理
- Nurse - Blood pressure (BP) monitoring
- Psychologist - Smoking cessation
- Psychologist / Social worker - Psychosocial management



- Nurse / Physician - Lipid management
- 护士 / 医师 – 脂质管理
- Assess lipid profile
- 血脂分析评估
- Modify diet, physical activity, medication if appropriate
- 在适当情况下改变饮食、体育活动和用药
- Primary goal:
- 主要目标
 - LDL-C < 100 mg/dl (2.5 mmol/l), option of < 70 - 80 mg/dl (2.0 mmol/l) if feasible, particularly if associated with multiple RFs
 - 低密度脂蛋白胆固醇 < 100 mg/dl (2.5 mmol/l), 如果可行使其< 70 - 80 mg/dl (2.0 mmol/l), 尤其是伴有多重风险因素有关的时候

- Nurse / Physician - Lipid management
- 护士 / 医师 – 脂质管理

- Secondary goals:
- 二级目标:
 - **HDL-C level** > 40 mg/dl (1.0 mmol/l) in men and > 45 mg/dl (1.2 mmol/l) in women;
 - 男性高密度脂蛋白胆固醇水平> 40 mg/dl (1.0 mmol/l), 女性> 45 mg/dl (1.2 mmol/l)
 - **total cholesterol level** less than 175 mg/dl, option of < 155 mg/dl if feasible
 - 总胆固醇水平低于175 mg/dl, 如果可行使之< 155 mg/dl
 - **fasting triglyceride level** < 150 mg/dl (1.7 mmol/l)
 - 空腹甘油三酯< 150 mg/dl (1.7 mmol/l)

- Physician - Patient assessment
Physical activity counseling
- Sports scientist / Physiotherapist -
- Dietician - Diet and nutritional counseling
- Nurse - Weight control management
- Nurse / Physician - Lipid management
- **Nurse - Blood pressure (BP) monitoring**
- 护士 – 血压监控
- Psychologist - Smoking cessation
- Psychologist / Social worker - Psychosocial management



心脏康复 - 专业和核心内容

- Nurse - Blood pressure (BP) monitoring / encourage self monitoring !!!

护士 - 血压监控 / 鼓励自我监控

- Measure BP frequently at rest

• 休息时频繁测量血压

- during exercise BP should be monitored if hypertension on effort is suspected

• 如果怀疑患者有努力情况下的高血压，运动时应监测血压

- resting systolic BP 130–139 or diastolic BP 85–89 mmHg:

• 静息收缩压 130-139 或静息舒张压 85-89 毫米汞柱

- life-style modifications, exercise, weight management, sodium restriction, and moderation of alcohol intake (i.e., < 30 g/day in men and < 15 g/day in women) according to DASH diet

- 生活方式改变、运动、体重管理、限制钠摄入、适量酒精摄入(即，根据高血压防治饮食法则，男性每天少于30克，女性每天少于15克)

- resting systolic BP > 140 or diastolic BP > 90 mmHg

• 静息收缩压>140 或 静息舒张压> 90 毫米汞柱

- initiate drug therapy

- 开始药物治疗

- Goals: BP < 140/90 mmHg (or < 135/85 mmHg with self-measurement or Holter-RR (24 hours))

- 目标：血压< 140/90 mmHg (或者通过自测或 Holter-RR (24小时) < 135/85 mmHg)

- Physician - Patient as Physical activity
- Sports scientist / Physiotherapist
- Dietician - Diet and nutrition
- Nurse - Weight control
- Nurse / Physician - Lipid management
- Nurse - Blood pressure control
- **Psychologist - Smoking cessation**
- 心理学家-戒烟
- Psychologist / Social worker - Psychosocial management



- Psychologist - Smoking cessation I
- 心理学家 - 戒烟 I

- All smokers should be professionally encouraged to permanently stop smoking all forms of tobacco
- 应该从专业的角度鼓励所有烟民永远戒绝吸食所有形式的烟草

- Special programs and/or pharmacotherapy (including nicotine replacement) recommended
- 建议使用特别方案和/或药物疗法（包括尼古丁替代疗法）

- Assess smoking status, use of other tobacco products
- 评估吸烟状态以及其他烟草制品的使用情况

- Specify both amount of smoking (cigarettes per day) and duration of smoking (number of years), “pack-years”
- 明确吸烟量（每天抽多少支烟）和烟龄（共抽烟多少年），以及“吸烟指数”。

- Psychologist - Smoking cessation II
• 心理学家 - 戒烟 II

- Determine readiness to change
• 明确改变的意愿
 - if ready, choose a date for quitting
 - 如果已经准备好，选一个开始戒烟的日期

- Assess for psychosocial factors that may impede success
• 评估可能阻碍戒烟成功的心理因素

- Intervention: provide structured follow-up (Germany: 2 – 3 months), behavioural advice and group or individual counselling
• 介入：提供有组织的回访（德国：2-3个月）、行为建议、团体或个人咨询
- Offer nicotine replacement therapy, varenicline, or both
• 提供尼古丁替代疗法、伐尼克兰，或两者皆有

- **Goal: Long-term abstinence from smoking**
• **目标：长期戒烟**



**KEEP
CALM
AND
TRUST THE
PSYCHOLOGIST**

ment
y counselling
erapist - Exercise training (ET)
onal counselling
management
management
P) monitoring
ssation

- **Psychologist / Social worker - Psychosocial management**
心理学家/社工 - 心理社会管理

- Psychologist / Social worker - Psychosocial management I
- 心理学家/社工 - 心理社会管理
- Screen for **psychological distress** as indicated by clinically significant levels of depression, anxiety, anger or hostility, social isolation, marital/family distress, sexual dysfunction/adjustment, and substance abuse of alcohol and/or other psychotropic agents
- 心理困扰的筛查, 如临床意义上的抑郁、焦虑、愤怒或敌意、社会孤立、婚姻/家庭痛苦、性功能障碍/性调节、酒精和/或其他精神药物滥用
- **Use interview** and/or other **standardized measurement tools**
- 使用访谈和/或其他标准测量工具

- Psychologist / Social worker - Psychosocial management II
- 心理学家/社工 - 心理社会管理
- Intervention:
 - individual and/or small group education and counselling on adjustment to heart disease, stress management, and health-related lifestyle change (profession, car driving and sex activities resumption)
 - 关于心脏病调整、压力管理、健康相关生活方式调整（专业、汽车驾驶和性活动恢复）方面的个人和/或小团体教育和咨询
- Whenever possible, induce spouses and other family members, domestic partners, and/or significant others:
 - self-help strategies, ability to obtain social support
 - 自助策略、获得社会支持的能力
 - vocational counselling in case of work related stress
 - 职业辅导，在遇到工作相关压力的时候
- Goal: Absence of clinically significant psychosocial problems, acquisition of stress management skills
- 目标：不出现临床意义上的显著心理问题，获得压力管控的技能

Social Workers

FEED THE HUNGRY
SHELTER THE HOMELESS
PROTECT THE CHILDREN
ADVOCATE FOR THE INFIRM
COUNSEL THE DISTRESSED
EMPOWER THE VICTIMS
RESEARCH BEST PRACTICES
INFORM GOVERNMENT
PROTECT THE VULNERABLE
CHALLENGE DISCRIMINATION



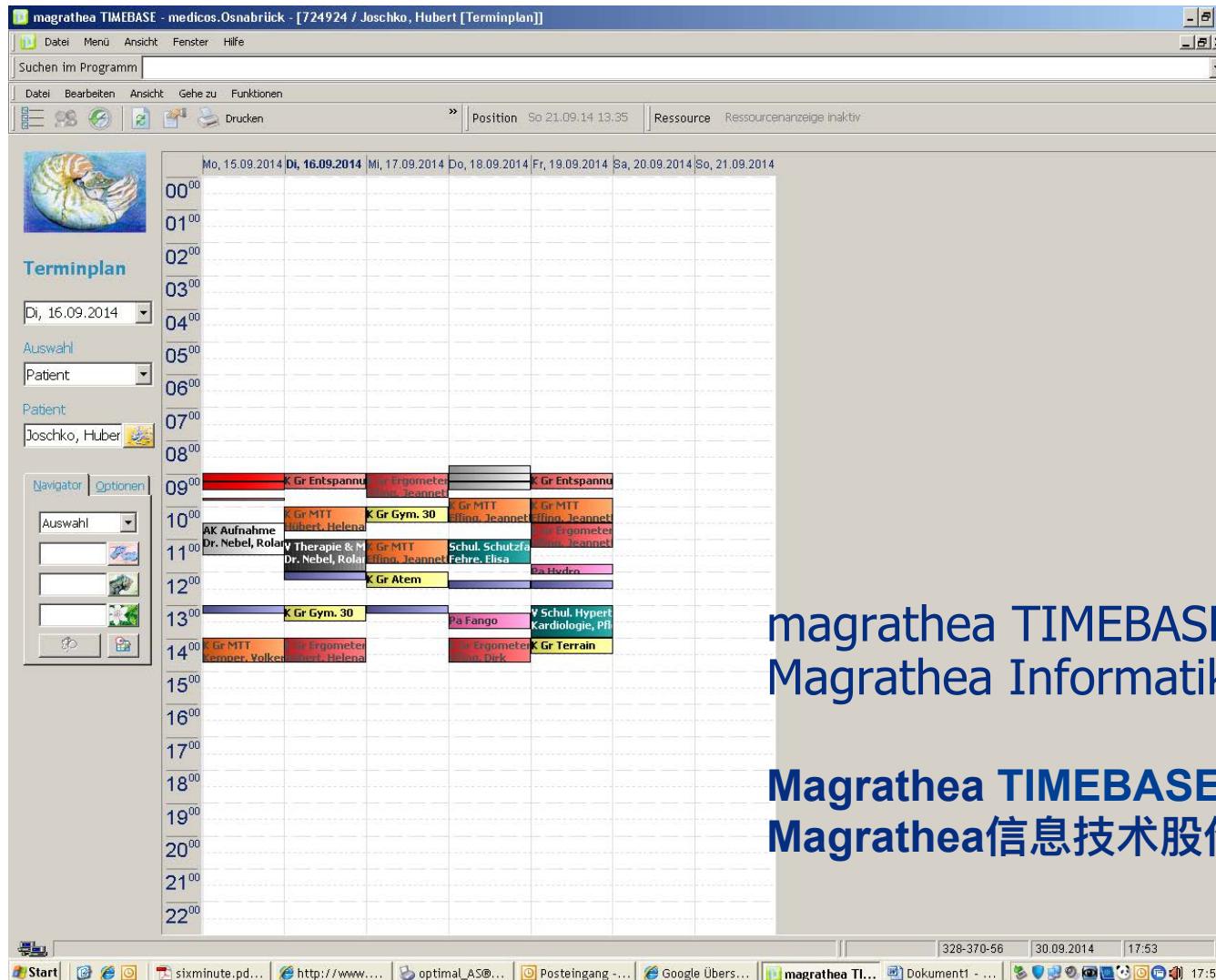
KEEP
CALM
I'M A
**SOCIAL
WORKER**

- Psychologist - Smoking cessation
- Psychologist / Social worker - Psychosocial management
- 心理学家/社工 - 心理社会管理

- Psychologist / Social worker - Psychosocial management III
• 心理学家/社工 - 心理社会管理
- Screen for **work related distress** and **work caused diseases** as for **barriers for return to work (RTW)**
• 筛查成为重返工作岗位(RTW)障碍的工作压力和职业病
- Whenever possible, **include company doctor**, labour unionist and employer(s) - if accepted, family doctor:
 - **inspection of workplace, propose modification** of workplace, intensity and organisation of work if necessary, assess functional capacity, **consider vocational rehabilitation program**
 - 检查工作场所, 如有必要, 建议改变工作场所、强度和工作结构, 评估功能性能力, 考虑职业康复计划
 - possible support by company and/or social security system if feasible
 - 如果可行, 由公司和/或社会保障体系提供可能的支持
- **Goals: unrestricted or modified / supported / gradual RTW, esp. prevent unemployment**
• 目标: 不受限制的或已改变的/有支持的/逐渐的重返工作岗位, 尤其预防失业情况的发生

CR – example of an 4-week-outpatient CR

心脏康复 - 4周门诊心脏康复案例



Week 1
第1周

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CR – example of an 4-week-outpatient CR

心脏康复 - 4周门诊心脏康复案例

The screenshot shows a weekly appointment calendar from Monday, 22.09.2014, to Sunday, 28.09.2014. The left sidebar includes a logo of a heart with wings, a search bar, and dropdown menus for date, patient, and resource selection. The main area displays a grid where each row represents a day and each column represents an hour. Appointments are color-coded and labeled with activity names like "K Gr Ergometri", "K Gr Einf. Prog.", "K Gr Gym. 30", "Seminar F2", "V Beweglichkeit", "V Schul. Herzinf.", "V Schwerbehind.", "V Kraft", "V Erste-Hilfe", and "K Gr MTT". Some entries include names such as "Effino, Jeannet", "Fango", "Schul, Herzinf.", "Schwerbehind.", "Kraft", "Fehre, Elisa", "Placke, Melanie", "Nebel, Roland", "Kemper, Volker", "Lehrk. (B) Di", "Köster, Johann", "Hudec", and "Dirk". A legend at the bottom right of the grid provides a key for these colors.

Week 2
第2周

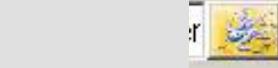
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Magrathea Informatik GmbH, Germany

Magrathea TIMEBASE 2.2版本
Magrathea信息技术股份有限公司，德国

auswahl

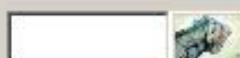
patient

patient



Navigator | Optionen

Auswahl



05 ⁰⁰					
06 ⁰⁰					
07 ⁰⁰					
08 ⁰⁰					
09 ⁰⁰	K Gr Ergometer Effind. Jeannet	K Gr Einf. Prog. Effind. Jeannet	K Gr Ergometer Effind. Jeannet	Er Beratung Einzel Elmar Detra	PK Einzel 40 Elmar Detra
10 ⁰⁰	Pa Fango	K Gr MTT Effind. Jeannet	K Gr Gym. 30	Seminar F2 Brockmann, Be	K Gr MTT Hubert, Helena Er Lehrk. (B) Di Köster, Johann
11 ⁰⁰	V Beweglichkeit Kemper, Volker	V Schul. Herzinf Dr. Kisch, Eva-M	V Schwerbehind Rickling, Elke	V Kraft Fehre. Elisa Da Hydro	
12 ⁰⁰					
13 ⁰⁰	Seminar F1 Placke, Melanie	K Gr Gym. 30	K Gr Einf. Autog		V Erste-Hilfe Dr. Nebel, Rolar
14 ⁰⁰	K Gr MTT Kemper, Volker	K Gr Ergometer Hubert, Helena		K Gr Ergometer Bart. Dirk	K Gr Gym. 30
15 ⁰⁰					
16 ⁰⁰					
17 ⁰⁰					
18 ⁰⁰					
19 ⁰⁰					
20 ⁰⁰					
21 ⁰⁰					
22 ⁰⁰					

Week 2
第2周

A. light red = diagnostics, assessment, ...
淡红色 = 诊断、评估...

B. light green, blue = counselling, psychologist, social worker
淡绿、蓝色= 咨询、心理学家、社工

C. darkgreen = seminars / education / cookery class
深绿色= 研讨会/教育/烹饪课

D. gray, red, orange, yellow = exercise components
灰色、红色、橙色、黄色=运动内容

A. purple = physiotherapy
紫色=物理疗法

CR – example of an 4-week-outpatient CR

心脏康复 - 4周门诊心脏康复案例

The screenshot shows a weekly appointment calendar from Monday, 22.09.2014, to Sunday, 28.09.2014. The left sidebar includes a search bar, date selection, and dropdown menus for 'Terminplan' (Appointment Plan), 'Auswahl' (Selection), and 'Patient'. The main area displays a grid where each row represents a day and each column represents an hour. Appointments are color-coded and labeled with activity names like 'Gr Einf. Prog.', 'V Erste-Hilfe', and 'K Gr Gym. 30'. Some entries include names such as 'Hubert, Helena', 'Johann Koster', and 'Elisa Fehre'. The bottom status bar shows system information: 328-370-56, 30.09.2014, 17:54.

Week 3
第3周

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CR – example of an 4-week-outpatient CR

心脏康复 - 4周门诊心脏康复案例

The screenshot shows a weekly appointment calendar from Monday, 29.09.2014, to Sunday, 05.10.2014. The left sidebar includes a globe icon, a search bar, and dropdown menus for Datei, Bearbeiten, Ansicht, Gehe zu, and Funktionen. The main area displays a grid where each row represents a day from Monday to Sunday and each column represents an hour from 00:00 to 22:00. Appointments are color-coded and labeled with activity names like "Gr Ergometer", "Gr Einf. Auto", "Gr NordicWalk", "B-EKG", "Gr MTT", "Gr Gym. 30", "Lehrk. (A) Re", "V Herz/Gef.", "Dr. Nebel, Roland", "Schul. Ausdaue", "Fehre, Elisa", "Ra Hydro", "Gr Gym. 30", "Gr Einf. Prog.", "Pa Fango", "Gr MTT", "Gr Ergometer", and "Gr NordicWalk". Some appointments have small icons next to them.

Week 4
- extension
(work related)
第4周-扩展
(工作相关)

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Thank You !

谢谢 !