

## **Setting Up a Cardiac Rehabilitation Unit in India – Practical Pointers from a Pioneer in the Field**

### **Planning for Setting up a Cardiac Rehabilitation Centre:**

As specialists in cardiac care, it may be an enthusiastic aspiration to establish an environment where comprehensive cardiac rehabilitation facilities are accessible, to ensure long term patient care under one roof.

At the same time, there may be innumerable practical challenges in the real world while endeavoring to execute such a project. However, some of these practical considerations in the gestational stages of establishment may be useful. There are three major aspects which require due consideration:

- A. Space for Setting Up
- B. Equipment
- C. Human resources

Each one of these need to be considered in the same order and have been elaborated further

#### **A. Space for Setting Up**

It may be essential to have in mind the location and an estimate of the size of space for which you are willing to invest. Though, the more generous-sized the setup is, the better it is to make it a comprehensive center, but it may be desirable to look at a size of 1000 – 5000 sq. ft. area depending upon the part of the country you are located and the financial resources available.

At this stage itself, it may be important to plan the whether you wish set up this establishment under which banner. There are significantly two options,

- i. Personal Banner (i.e. your setup under your own name)
- ii. Neutral Banner (i.e. your setup, but named under a neutral name)

Both options have different implications and you may decide to choose the one which caters to your personal ambitions:

Setting up under Personal Banner serves as a platform to develop your own brand equity in the longer run. It may be sufficient to have less generous space provision with this setup in comparison to the latter option and may demand lesser financial resources. However, such an establishment may not lure other cardiologists/specialists to render their services under your banner.

Neutral banner may open up opportunities to allow multiple specialists to participate, at the same time, may give a 'prominent' perception among patients willing to seek care. Of course, such an establishment will demand more generous resources in terms of space and other required amenities

## **B. Equipment**

Equipment requirements can be broadly divided into two categories –

1. Exercise Equipment
2. Monitoring Devices

### **1. Exercise Equipment**

A cardiac rehabilitation center of a moderate scale will require about eight to ten pieces of Exercise equipment. These may include couple of pieces of each - cycles, treadmills, cardio training devices, strength exercise equipment, free weights, mats, balls etc.

### **2. Monitoring Devices**

Telemetry Unit devices are essential components of a cardiac rehabilitation unit. The prices of these devices vary widely. Devices from Philips, Nihon Coden (single channel, portable units from Japan) are efficient and recommended. There are also few devices available which can be connected through smartphones for obtaining readings; such devices cost much cheaper, but have questionable reliability in comparison to their former counterparts

## **C. Human resources**

Like for any form of productive establishment, the role of human resources remains critical. A cardiac rehabilitation setting needs to be catered with a team which comprises of the following:

- A Physiotherapist / Personnel with experience in Cardiac Rehabilitation
- Personnel with internship experience in cardiac rehabilitation also qualify well to do good justice to contribute towards such a setting
- A Physical Trainer with relevant experience in a related setting
- Nutritionist / Yoga Instructor could be enrolled on the part time basis with extended services' provision in accordance to the institution's acceptance & success in the longer run

In general, it may be advantageous to invest on a space as large as practically feasible, keeping in mind the larger picture of the potential of such a setting and render it enough opportunity to seek the momentum in early days. A well planned cardiac rehabilitation setting could be wisely extended to provide full-fledged setup for Chronic Disease Prevention which can provide comprehensive rehabilitation care to stable stroke patients, for primary prevention in Diabetes & Hypertension, well preserved Cancer patients and Geriatric Care.