



International Council of
Cardiovascular Prevention
and Rehabilitation (ICCPR)

Appendix 1: Women-Focused Cardiovascular Rehabilitation Implementation Tools

Systematic Referral with Bedside Encouragement of Women Inpatients

Training in implementing: <https://takeheart.ahrq.gov/>

Resources to support, and provider talking points tailored to women:

https://sgrace.info.yorku.ca/files/2021/11/MillionHearts_CR-referral-scripts-w-tools_MDAPPs-other_women_clean.pdf?x38148

Exercise Sessions

Recorded women-focused exercise sessions in English, by type (e.g., dance, yoga, resistance):

<https://www.healtheuniversity.ca/EN/CardiacCollege/Pages/Women-Learn-Online.aspx>

Patient Education

Recorded evidence-based women-focused education lectures in English, by topic (includes about heart diseases, medications, diet, psychosocial well-being etc.):

<https://www.healtheuniversity.ca/EN/CardiacCollege/Pages/Women-Learn-Online.aspx>

Online sources of information on women and CVD created for patients and evidence-based:

- Go Red for Women <https://www.goredforwomen.org/> (English and Spanish)
- Heart Foundation of Australia <https://www.heartfoundation.org.au/Conditions/heart-conditions-in-women>
- Centers for Disease Control USA <https://www.cdc.gov/heartdisease/women.htm>
- Heart and Stroke Foundation of Canada <https://www.heartandstroke.ca/heart-disease/what-is-heart-disease/types-of-heart-disease/women-and-heart-disease> (English, French)
- Office of Women's Health US <https://www.womenshealth.gov/heart-disease-and-stroke/heart-disease/heart-disease-resources>
- CardioSmart US <https://www.cardiosmart.org/topics/women-and-heart-disease>

Support Groups

- US Women's Heart Foundation <https://www.womenheart.org/>
- Canadian Women's Peer Support Heart Hub <https://cwhhc.ottawaheart.ca/national-alliance/projects-and-initiatives/canadian-womens-peer-support-heart-hub>