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AACVPR Cardiac Rehabilitation Resource Manual is the companion text to Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs. It complements and expands on the guidelines book by providing additional background material on key topics, and it presents new material concerning cardiac rehabilitation and secondary prevention. AACVPR Cardiac Rehabilitation Resource Manual combines reference-based data with practical information from the field. It applies current position statements, recommendations, and scientific knowledge from medical and scientific literature to aid

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in designing and developing safe, effective, and comprehensive cardiac rehabilitation programs. Useful for practitioners as well as students and instructors who are learning and teaching key concepts, AACVPR Cardiac Rehabilitation Resource Manual provides strong background support to topics addressed in the guidelines, such as risk factors for coronary heart disease, secondary prevention, psychosocial issues, and patients with special considerations. In addition, each chapter opens with a cross-reference box so that readers know where to reference the topic in the guidelines book. In addition to supporting information for the guidelines, the manual contains new information to help round out cardio programs. Topics include the atherosclerotic disease process, cardiovascular and exercise physiology, exercise prescription, and the electrocardiogram. AACVPR Cardiac Rehabilitation Resource Manual is divided into three parts. Part I examines the development and prevention of coronary artery disease, including reduction of risk factors, psychosocial issues and strategies, and contemporary procedures for revascularization. Part II delineates the role of exercise in heart disease, including the exercise and coronary artery disease connection, cardiovascular and exercise physiology, and exercise prescription. Part III focuses on special considerations, including heart disease as it relates to

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women and to the elderly and considerations for people with diabetes, chronic heart failure, and heart transplants. AACVPR Cardiac Rehabilitation Resource Manual contains pertinent, detailed information on the topics involved in contemporary cardiac rehabilitation and secondary prevention of coronary artery disease. Teamed with *Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs*, the book provides professionals and students with the full range of guidelines and background materials needed for teaching and understanding the key issues in cardiac rehabilitation and secondary prevention.

Guidelines for Cardiac Rehabilitation Programs, Sixth Edition With Web Resource, presents the combined expertise of more than 50 leaders in the field of cardiac rehabilitation (CR), reimbursement, and public policy to empower professionals to successfully implement new CR programs or improve existing ones. Developed by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), this guidebook offers procedures for providing patients with low-cost, high-quality programming that moves them toward a lifelong commitment to disease management and secondary prevention. Cardiovascular disease (CVD) is the principal cause of death worldwide. It is projected that by 2035, more than 130 million adults in the United States

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will have CVD. The challenge to CR professionals is to select, develop, and deliver appropriate rehabilitative and secondary prevention services to each patient tailored to their individual needs. Guidelines for Cardiac Rehabilitation Programs, Sixth Edition, is the definitive resource for developing inpatient and outpatient cardiac rehabilitation programs. The sixth edition of Guidelines for Cardiac Rehabilitation Programs equips professionals with current scientific and evidence-based models for designing and updating rehabilitation programs. Pedagogical aides such as chapter objectives, bottom line sections, summaries, and sidebars present technical information in an easy-to-follow format. Key features of the sixth edition include the following: A new chapter on physical activity and exercise that helps readers understand how to develop and implement exercise programs to CVD patients A new chapter on cardiac disease populations that offers readers a deeper understanding of CVD populations, including those with heart valve replacement or repair surgery, left ventricular assist devices, heart transplant, dysrhythmias, and/or peripheral artery disease Case studies and discussion questions that challenge readers to consider how concepts from the text apply to real-life scenarios An expanded web resource that includes ready-to-use forms, charts, checklists, and logs that are practical for

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daily use, as well as additional case studies and review questions Keeping up with change is a professional necessity and keeping up with the science is a professional responsibility. *Guidelines for Cardiac Rehabilitation Programs, Sixth Edition*, covers the entire scope of practice for CR programs and professionals, providing evidence-based information on promoting positive lifestyle behavior patterns, reducing risk factors for disease progression, and lessening the impact of CVD on quality of life, morbidity, and mortality. Note: The web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

This edition addresses the cost effectiveness of interventions that educate and motivate patients to assume personal responsibility for long-term disease prevention.

Dedicated to Michael Pollack (1936-1998), a preeminent scientist in the field, and intended as an up-to-date reference to both scientific and clinical topics, this volume comprises 34 contributed chapters combining the expertise of physicians with that of specialists in exercise and behavioral science. Early chapters discuss the history of cardiovascular rehabilitation, the

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epidemiology of cardiovascular disease, exercise as medicine from antiquity to the present, risk factor intervention, and clinical practice guidelines. Following are chapters on pathophysiology, diagnosis, and medical management; lifestyle management; common comorbidities and complications; and rehabilitation.

Written by experts in the field, *Advanced Exercise Physiology: Essential Concepts and Applications* builds upon foundational topics and looks further into key physiological components to help advanced students gain a deeper level of understanding.

This book is a timely and thorough review of prevention, lifestyle counseling and rehabilitation for cardiologists and all physicians and other health professionals in cardiac rehabilitation teams. The Editors have gathered over 60 experts from all parts of the globe. Each highlights the role of cardiac rehabilitation and preventative cardiology from exercise testing and training, through nutrition, smoking cessation, behavioral and social support to adapted programs for newer groups with specific demands. The book emphasizes the organizational aspects of cardiac rehabilitation, including quality assurance and economic evaluation.

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and expands upon the disease-related content from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th Edition, to create a true classroom textbook. This new resource offers research-based coverage of more than 35 conditions commonly seen in practice—from a host of cardiovascular disorders to immunological/hematological disorders. Condition chapters are organized by disease types and then divided into sections that cover specific conditions from a pathological and etiological perspective. To provide a complete view of clinical exercise physiology, the book also covers important considerations and foundational elements, such as screening, pharmacology, and electrocardiography. As an American College of Sports Medicine publication, the text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world.

Harold Kerzner's essential strategies on measuring project management performance With the growth of complex projects, stakeholder involvement, and advancements in visual-based technology, metrics and KPIs (key performance indicators) are key factors in evaluating project performance. Dashboard reporting systems provide accessible project performance data, and sharing this vital data in a concise and consistent manner is a key

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communication responsibility of all project managers. This third edition of Kerzner's groundbreaking work, *Project Management Metrics, KPIs, and Dashboards: A Guide to Measuring and Monitoring Project Performance*, helps functional managers gain a thorough grasp of what metrics and KPIs are and how to use them. Plus, this edition includes new sections on processing dashboard information, portfolio management PMO and metrics, and BI tool flexibility. • Offers comprehensive coverage of the different dashboard types, design issues, and applications Provides full-color dashboards from some of the most successful project management companies, including IBM, Microsoft, and others Aligns with PMI's PMBOK® Guide and stresses value-driven project management PPT decks are available by chapter and a test bank will be available for use in seminar presentations and courses Get ready to bolster your awareness of what good metrics management really entails today—and be armed with the knowledge to measure performance more effectively.

This is the first ECG book on the market that addresses the specific needs of those in the exercise science field. Because it's written for clinical exercise physiologists and exercise specialists, it enables readers to tailor stress tests and cardiac rehabilitation programs to meet the needs of their patients. Beginning with an

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introduction to basic concepts and measurements, the book explores rhythm and atrioventricular blocks followed by discussions of such key topics as infarct, hypertrophy, axis, and conduction defects. The text includes exercise-related case studies and incorporates ACSM guidelines, so it can be used for certification candidates.

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