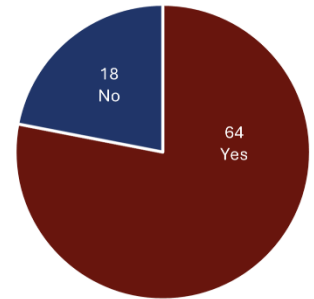


# A Snapshot: Cardiac Rehabilitation in the Dakotas

Cardiac rehabilitation (CR) is an important program for anyone recovering from a heart attack, heart failure, or other heart problem that requires surgery or medical care. A [national study](#) shows that CR is underutilized and only 29% of individuals who qualified for the program initiated CR and 8% attended the full program. To gain a better understanding of the CR landscape within North Dakota and South Dakota, Great Plains QIN conducted an environmental scan in 2024. This is a snapshot of those results.

90 cardiac rehabilitation sites were asked to complete a questionnaire. Of the 82 responses, 64 stated they do offer CR services and 18 do not. 22% of the sites that had previously offered CR are now closed.

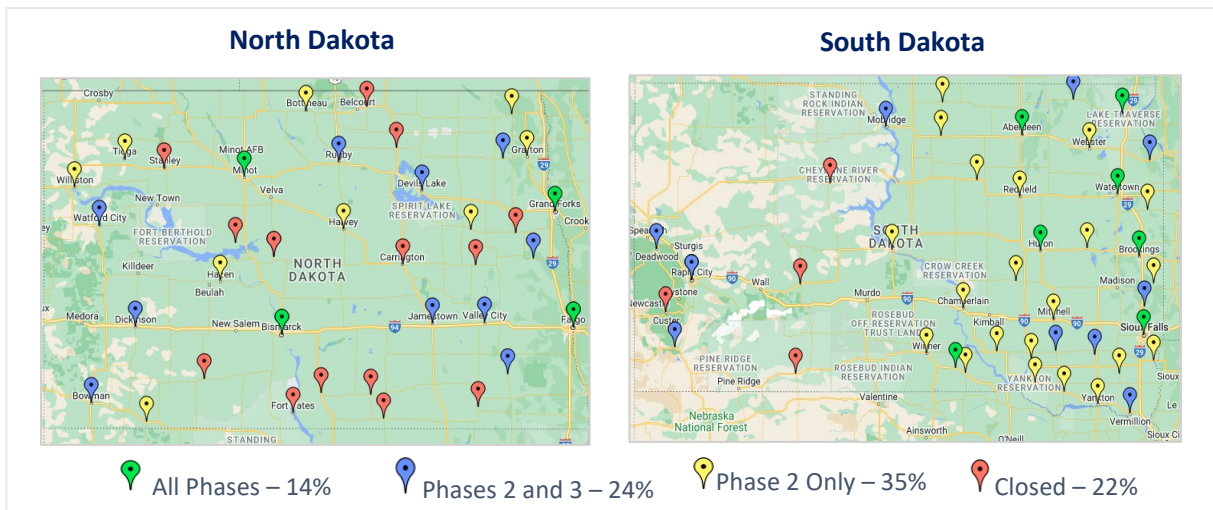
Does Your Organization Offer Cardiac Rehab Services?



Cardiac rehabilitation is offered in 3 phases:

- Phase 1 is initiated in the hospital
- Phase 2 is the outpatient care post discharge
- Phase 3 is the extended outpatient exercise and education

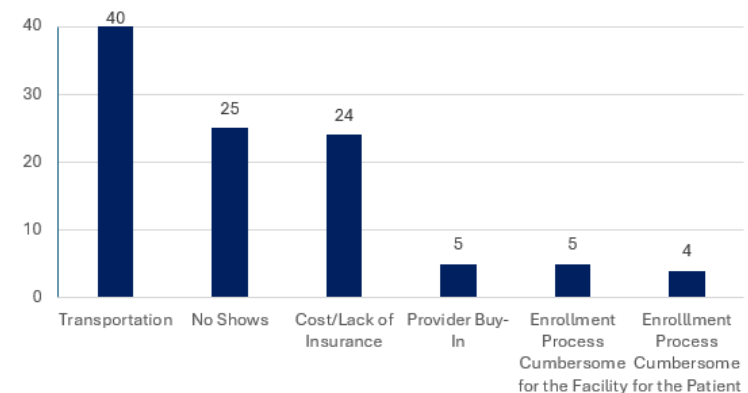
The maps below show the locations and phases offered by respondents.



## Top Reported Strengths

- Automated referral process
- Utilization of Community Health Workers
- Several staff are trained to lead CR
- Strong provider champion for the program
- Flexibility with scheduling days/times
- Individualized experience with small classes
- Strong community knowledge and promotion

## Top Reported Barriers



\*On January 1, 2024, the federal regulation of [Direct Supervision Requirements for Pulmonary, Cardiac and Intensive Cardiac Rehabilitation](#) changed. The update expanded the supervising practitioners which now not only includes physicians, but also physician assistants, nurse practitioners, and clinical nurse specialists. We are hopeful this change will lead to expanded services for CR in North Dakota and South Dakota.