NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

# NICE indicator guidance

Date first published on NICE menu: August 2012

Last update: October 2020

## Indicator NM48

The percentage of patients with heart failure diagnosed within the preceding 15 months with a record of an offer of referral for an exercise-based rehabilitation programme.

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

## Rationale

The aim of this indicator is to ensure patients with heart failure are offered a supervised, group-based exercise rehabilitation programme. Attendance at a rehabilitation programme can reduce heart failure and hospitalisations, and significantly improve quality of life, and 6-minute walking test results.

For this indicator, if a patient has already attended a cardiac rehabilitation programme, for example, following a myocardial infarction, they do not need to be referred again. A further offer of referral could be made if the GP feels that the patient would benefit from repeating the programme. If a previous offer of referral was declined, the potential benefit of attending these programmes should be discussed with the patient and an offer of referral should be made if clinically appropriate.

## Source guidance

[Chronic heart failure. NICE guideline NG106](http://www.nice.org.uk/guidance/ng106) (2018), recommendation 1.9.1.

## Specification

Numerator: The number of patients in the denominator with a record of an offer of referral for an exercise-based rehabilitation programme (including those who have previously attended a cardiac rehabilitation programme).

Denominator: The number of patients with heart failure diagnosed within the preceding 15 months.

Calculation: (Numerator/denominator)\*100

Exclusions:

* Patients whose heart failure is not stable.
* Patients who have conditions or devices that would preclude an exercise-based rehabilitation programme including uncontrolled ventricular response to atrial fibrillation, uncontrolled hypertension, and high-energy pacing devices set to be activated at rates likely to be achieved during exercise.

Minimum population: The indicator would be appropriate to assess performance at individual general practice level.

## Further information

This is NICE indicator guidance, which is part of the [NICE menu of indicators](https://www.nice.org.uk/Standards-and-Indicators/index). This document does not represent formal NICE guidance.