Table 1

The hospital-based model of cardiac rehabilitation

Phase I	Usually occurs in hospital prior to discharge. The CR nurse provides education and advice on risk factors, reviews secondary prevention medication and recruits the patient into the programme
Phase II	Refers to the period post discharge and may include telephone support or home visits from the CR team
Phase III	Commonly consists of a structured supervised exercise programme and educational workshops covering heart disease, its causes, healthy lifestyle, smoking cessation, medication and stress management
Phase IV	Refers to the maintenance phase where the aim is lifelong continuation of a healthy lifestyle and appropriate medication