

Cardiac Rehabilitation – Consensus of Key Terminology

Cardiac rehabilitation programmes have undergone significant changes in recent years. Participants are now assessed and interact with their local team in various ways. The British Heart Foundation (BHF), British Association for Cardiovascular Prevention and Rehabilitation (BACPR), participants and cardiac rehabilitation professionals have worked in partnership to summarise the key terminology now commonly used. By describing and applying these terms in a consistent way this will support services and participants alike in the modernised delivery and uptake of rehabilitation programmes.

Personalised – The participant partakes in a co-designed programme (from initial assessment to discharge) tailored to their individual preferences, needs and circumstances. A personalised programme may be in-person, remote or hybrid. It should have the ability to flex methods/modes of interaction throughout the duration of the cardiac rehabilitation programme. (Pathway).

In-person – The undertaking of an assessment or component of a rehabilitation programme where the participant and member of rehabilitation team are in the same physical space. This may be in a clinical or community setting.

Remote – The undertaking of an assessment or component of a rehabilitation programme via an app or web-based technology, manual or phone call. These may be made use of in various localities such as at home or place of work.

Hybrid – A rehabilitation programme which includes more than one method/mode of interaction. The participant may self-select a combination of both in-person and remote options based on their preference and individual requirements.

App-based – The participant interacts with their rehabilitation programme via an application on a mobile device. This may be utilised to cover some or all of the core components of the programme.

Web-based – The participant interacts with their rehabilitation programme via an online platform or website. This may be via a live link to their rehabilitation team, pre-recorded content or educational materials. This may be utilised to cover some or all of the core components of the programme.

Manual based – The participant interacts with their rehabilitation programme by following a facilitated manual-based intervention. This may be utilised to cover some or all of the core components of the programme.

Phone-based – The participant interacts with their rehabilitation programme via phone contact. This may be utilised to cover some or all of the core components of the programme.



Ashley has opted for an in-person assessment to discuss their health status and set personalised goals. They are keen to utilise various methods/modes of interaction as part of their rehabilitation experience, including web-based education and a combination of in-person and facilitated manual based exercise sessions. Ashley feels that this hybrid approach to rehabilitation is built around their personal circumstances.

Personalised Cardiac Rehabilitation Pathway

