

Yeo Eun Park¹, Jung Hwa Hong², Chul Kim³, Jang Woo Lee¹¹Department of Physical Medicine and Rehabilitation, National Health Insurance Service Ilisan Hospital²Department of Research and Analysis, National Health Insurance Service Ilisan Hospital,³Department of Rehabilitation Medicine, Inje University School of Medicine**Objective**

Cardiac rehabilitation (CR) is an essential program for the secondary prevention of cardiovascular disease. Many countries are making efforts to activate CR as a national policy. The reimbursement of the insurance system is important and the elementary step in disseminating CR. We investigated the dissemination of CR since February 2017, when CR program was reimbursed by the National Health Insurance Service in Korea.

Materials and Methods

The Korean National Health Insurance Database from February 2017 to December 2019 was analyzed. The number of medical institutions and prescriptions for CR nationwide were investigated. CR prescriptions included CR education (MM45), evaluation (MM452), and therapy (MM453).

Results

The number of institutions prescribing CR increased from 18 in February 2017 to 48 in December 2019 (Fig. 1). The total number of CR prescriptions also increased from 519 in February 2017 to 2,735 in December 2019. While the prescription for CR therapy, evaluation, and education showed a gradual increase, the change in the number of education prescriptions was not as significant as compared to therapy and evaluation (Fig. 2).

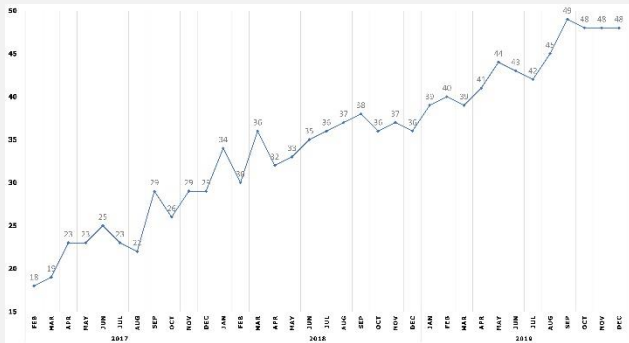


Fig. 1. The monthly number of medical institutions prescribing cardiac rehabilitation nationwide after reimbursement of cardiac rehabilitation

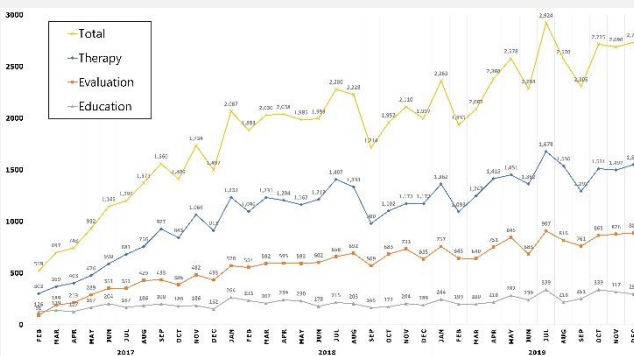


Fig. 2. The monthly number of cardiac rehabilitation prescriptions nationwide after reimbursement of cardiac rehabilitation

Conclusion

After the reimbursement of cardiac rehabilitation in Korea, the number of medical institutions and prescriptions for cardiac rehabilitation gradually increased.