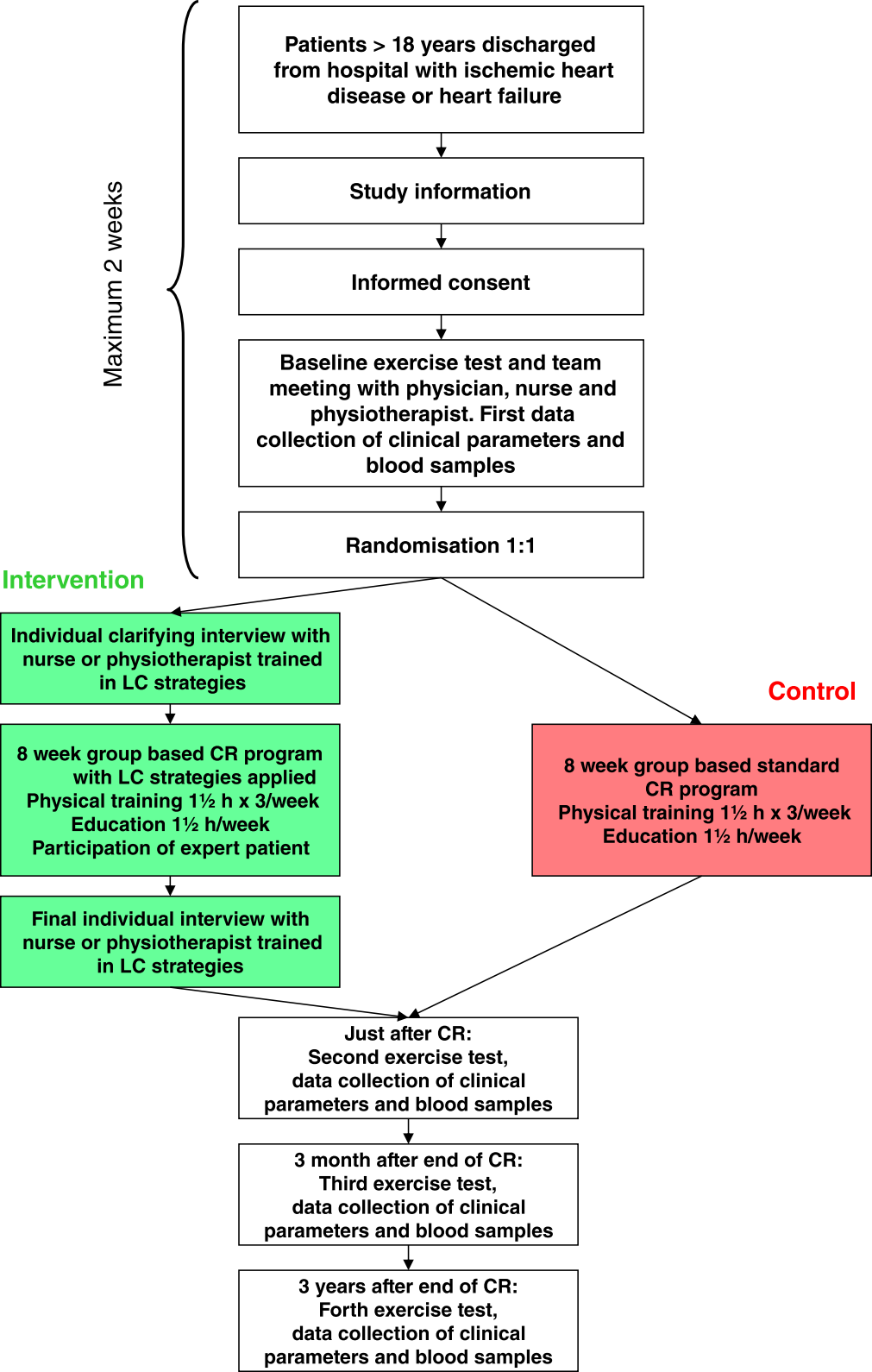
Maximum 2 weeks
Patients > 18 years discharged from hospital with ischemic heart disease or heart failure
Study information
Informed consent
Baseline exercise test and team meeting with physician, nurse and physiotherapist. First data collection of clinical parameters and blood samples
Randomisation 1:1
Intervention
Individual clarifying interview with nurse or physiotherapist trained in LC strategies
8 week group based CR program with LC strategies applied
Physical training 1½ h x 3/week
Education 1½ h/week
Participation of expert patient
Final individual interview with nurse or physiotherapist trained in LC strategies
Control
8 week group based standard CR program
Physical training 1½ h x 3/week
Education 1½ h/week
Just after CR:
Second exercise test,
data collection of clinical parameters and blood samples
3 month after end of CR:
Third exercise test,
data collection of clinical parameters and blood samples
3 years after end of CR:
Forth exercise test,
data collection of clinical parameters and blood samples