

2026 ESC Guidelines on cardiac rehabilitation

Developed by the task force on cardiac rehabilitation of the European Society of Cardiology (ESC)

Endorsed by the European Society of Physical and Rehabilitation Medicine (ESPRM) and World Organization of Family Doctors (WONCA)

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Bäck M, Wilhelm M, Marcin T, Machado FVC, Sandberg A, Buccheri S, Castro Conde A, Czapla M, De Rosa S, Gibson I, Gombošová A, Korzh O, La Rovere MT, Locati ET, Masip J, Norekval TM, Novo G, Pedretti RFE, Semb AG, Siller-Matula JM, Ski CF, Sündermann SH, Taylor RS, Veltrop RJA, Hansen D; ESC Guidelines Advisory Group. 2026 ESC Guidelines on cardiac rehabilitation. *Eur Heart J*. 2026 Aug 28;ehag099. doi: 10.1093/eurheartj/ehag099.

引用された研究は、セルフマネジメント、行動変容、教育に関連する心臓リハビリテーション支援の検討を行ったものであり、ガイドラインの該当項目（Self-management, Behaviour Change, and Education）において参考文献として取り上げられています。なお、当該研究を実施した学生は、現在は本学医学系研究科において保健学研究員として研究活動を継続しています（現：保健学研究員 金島侑司 氏）。

Recommendation Table 14 – Recommendations for self-management, behaviour change, and education (see Evidence Table 14)

Recommendations	Class ^a	Level ^b
Self-management strategies using behaviour change techniques including setting goals and planning, (self-) monitoring and feedback, and psychological and social support is recommended for patients with cardiac diseases to increase physical activity, HRQoL, medication, and healthy lifestyle adherence, and reduce risk factors. ^{237,263–265}	I	B1
Goal-specific patient education including disease management and risk factor modification is recommended for patients with cardiac disease to improve health behaviours, disease knowledge, and HRQoL. ^{245,247,258,266}	I	B1
Taking health literacy and digital health literacy into account, and establishing interventions to strengthen health literacy, is recommended for patients with cardiac disease to improve risk factor management and increase quality of life. ^{254,255,257,258}	I	B2
Educational interventions should be considered in patients with CAD and AF to reduce mental functioning (anxiety and depressive symptoms). ^{249,251}	IIa	B2
Psycho-educational interventions may be considered in patients with an ICD to improve their HRQoL. ²⁵²	IIb	B2
The teach-back method may be considered for patients with cardiac disease to help patients understand information and improve self-care management. ²⁶²	IIb	C

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AF, atrial fibrillation; CAD, coronary artery disease; HRQoL, health-related quality of life; ICD, implantable cardioverter defibrillator.

^aClass of recommendation.

^bLevel of evidence.