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The International Classification of functioning, disability and health as a framework for planning and evaluating outcomes of cardiovascular rehabilitation

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In 2001, the World Health Organization (WHO) published The International Classification of Functioning, Disability and Health (ICF) with the aim of providing a standardized language which would clearly and unambiguously describe patients' health and health-related conditions and systematically define health components and individual health conditions[1].

The ICF is based on a biopsychosocial approach that describes changes in body functions and structures, a person's ability to perform certain activities under standardized conditions, and the manner in which these activities are carried out in everyday surroundings. Functioning includes body functions, activities and participation, whereas disability refers to impairments, activity limitations and participation restrictions. Environmental and personal factors interact with these components and thus provide a comprehensive understanding of one's health[1,2].

The ICF is intended for healthcare workers and serves as a highly useful tool for interdisciplinary communication, facilitating collaboration among professionals from different disciplines in establishing shared treatment goals while taking a comprehensive approach to patients' needs and quality of life[1,2]. Therefore, the ICF can be regarded as a common framework for structuring patient-centred cardiovascular rehabilitation (CR), as it enables a comprehensive assessment of patients, individualized rehabilitation goal-setting, improved collaboration within the multidisciplinary rehabilitation team, systematic evaluation of CR outcomes and a holistic understanding of patients' needs[2].

The success of ICF-based CR depends on integrating health outcomes (functional capacity, everyday functioning and quality of life) with consideration of the social determinants of health, while recognizing the importance of patients' individual goals for maintaining and regaining functional independence[2].

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LITERATURE

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