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FROM: WHR

29 May 1967

SUBJECT: A Cooperative USAF Cardiac Rehabilitation Study

TO: WHHM (Col Stonehill)

1. The USAF Medical Service is attempting to define the role that progressive physical exercise plays in the care and management of the patient following Myocardial Infarction. Exercise appears to be of benefit in both the rehabilitation of the patient and possibly reducing the incidence of reinfarction. However, such data in the literature is vague, poorly designed, and essentially inconclusive. With the assistance and cooperation of several USAF Hospitals, it is hoped that a longitudinal study can be established that will provide answers to these questions. We ask your cooperation in this effort.

2. The project will involve the USAF School of Aerospace Medicine, Wilford Hall USAF Hospital, and ten or more USAF Hospitals. A project monitor will be selected at each of the participating hospitals who will be responsible for patient selection and interim care and supervision between evaluations at Wilford Hall USAF Hospital and to submit monthly or quarterly reports on their respective patients. They will also be asked to participate in an initial 1-2 day cardiac rehabilitation meeting. We hope to establish an annual seminar later.

3. The number of patients participating in the study will be limited, anticipating only one new patient per week. Selective criteria will be very strict and these patients must be completely uncomplicated 3 months following their initial infarction. At that time they will be identified by the project monitor, and referred to Wilford Hall USAF Hospital for a 4 week period of evaluations and training. Subsequent evaluations will be at 6 month intervals for a total of at least two years. At that time the program is to be re-evaluated in terms of continuation for five or even ten years. Ultimately, it is anticipated that the role that exercise plays in cardiac rehabilitation can be determined, and that sound decisions regarding medical retention and flying status can be made with confidence.

4. We need and solicit your support. Time requirements will be minimal for the project monitors and it is anticipated that arrangements can be made from other sources for the funds necessary to support this project.

5. In order to finalize the experimental design and to acquaint participating officers with their responsibilities, a one day meeting is being scheduled for 5 June 1967 at Brooks AFB, Texas. We would like to suggest Dr. D. Wells from your service as a project monitor since he has expressed an interest in this type of work.

6. For your information, the principal investigators and the participating hospitals are attached.

Kenneth H. Cooper
for KENNETH H. COOPER, MAJOR, USAF, MC
Director, Aerospace Medical Lab (Clin)

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