

Keywords: Cardiac Rehabilitation; Anticoagulation; Cardiovascular Disease; Direct Factor Xa Inhibitors; Atrial Fibrillation; Dabigatran; Rivaroxaban; Apixiban; Factor Xa; Direct Thrombin Inhibitors; Dabigatran; Apixiban

Introduction

Cardiovascular disease remains the leading cause of mortality and morbidity worldwide. Cardiac rehabilitation (CR) is a well-established non-pharmacological intervention that improves outcomes in patients with cardiovascular disease. A critical component of CR is the management of anticoagulation, particularly in patients with atrial fibrillation (AF) and acute coronary syndrome (ACS). This paper reviews the mechanisms and types of novel oral anticoagulants (NOACs) and their clinical applications in cardiac rehabilitation.

Novel Anticoagulants: Mechanisms and Types

AC (Anticoagulation) (D AC) (Direct Factor Xa Inhibitors):

Direct Factor Xa Inhibitors: Rivaroxaban, Apixiban, Edoxaban

Direct Thrombin Inhibitors: Dabigatran

Mechanisms of Action

AC (Anticoagulation) (D AC) (Direct Factor Xa Inhibitors): (D AC) (Direct Factor Xa Inhibitors): Rivaroxaban, Apixiban, Edoxaban. 2

Rapid Onset of Action: AC (Anticoagulation) (D AC) (Direct Factor Xa Inhibitors): Rivaroxaban, Apixiban, Edoxaban.

Predictable Pharmacokinetics: AC (Anticoagulation) (D AC) (Direct Factor Xa Inhibitors): Rivaroxaban, Apixiban, Edoxaban.

Fewer Dietary Restrictions: AC (Anticoagulation) (D AC) (Direct Factor Xa Inhibitors): Rivaroxaban, Apixiban, Edoxaban.

Clinical Applications in Cardiac Rehabilitation

AC (Anticoagulation) (D AC) (Direct Factor Xa Inhibitors): Rivaroxaban, Apixiban, Edoxaban. 3

Atrial Fibrillation: AC (Anticoagulation) (D AC) (Direct Factor Xa Inhibitors): Rivaroxaban, Apixiban, Edoxaban.

Post-Myocardial Infarction: AC (Anticoagulation) (D AC) (Direct Factor Xa Inhibitors): Rivaroxaban, Apixiban, Edoxaban. 4

Veno thromboembolism: AC (Anticoagulation) (D AC) (Direct Factor Xa Inhibitors): Rivaroxaban, Apixiban, Edoxaban. 5

Monitoring and Safety: A. AC

Education and Counseling: AC

Guideline Integration: C AC

Future Directions

Clinical Trials: AC

Long-term Outcomes: AC C

Personalized Medicine: F

Conclusion

B AC C

References

- 1.