

# Cardiovascular disease patient reported experiences with a web-based, interactive, clinically integrated cardiac rehabilitation program

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## Introduction / Background

- Patient reported experience measures (PREMS) encompasses a person's interactions within the healthcare system
- Key to quality patient-centered care
- Cardiac rehabilitation (CR) programs contribute to redressing cardiovascular disease morbidity and mortality
- Suboptimal CR attendance and completion is multifactorial
- Evaluating patient experience to improve CR program attendance and completion is essential

## Aim

- To evaluate patient reported experiences with CR using web-based program

## Methods

- A retrospective descriptive survey design
- Eligible patients were  $\geq 18$  years, and active with the web-based program for their CR between July 2021 to December 2022

Figure 1: Reasons for program choice

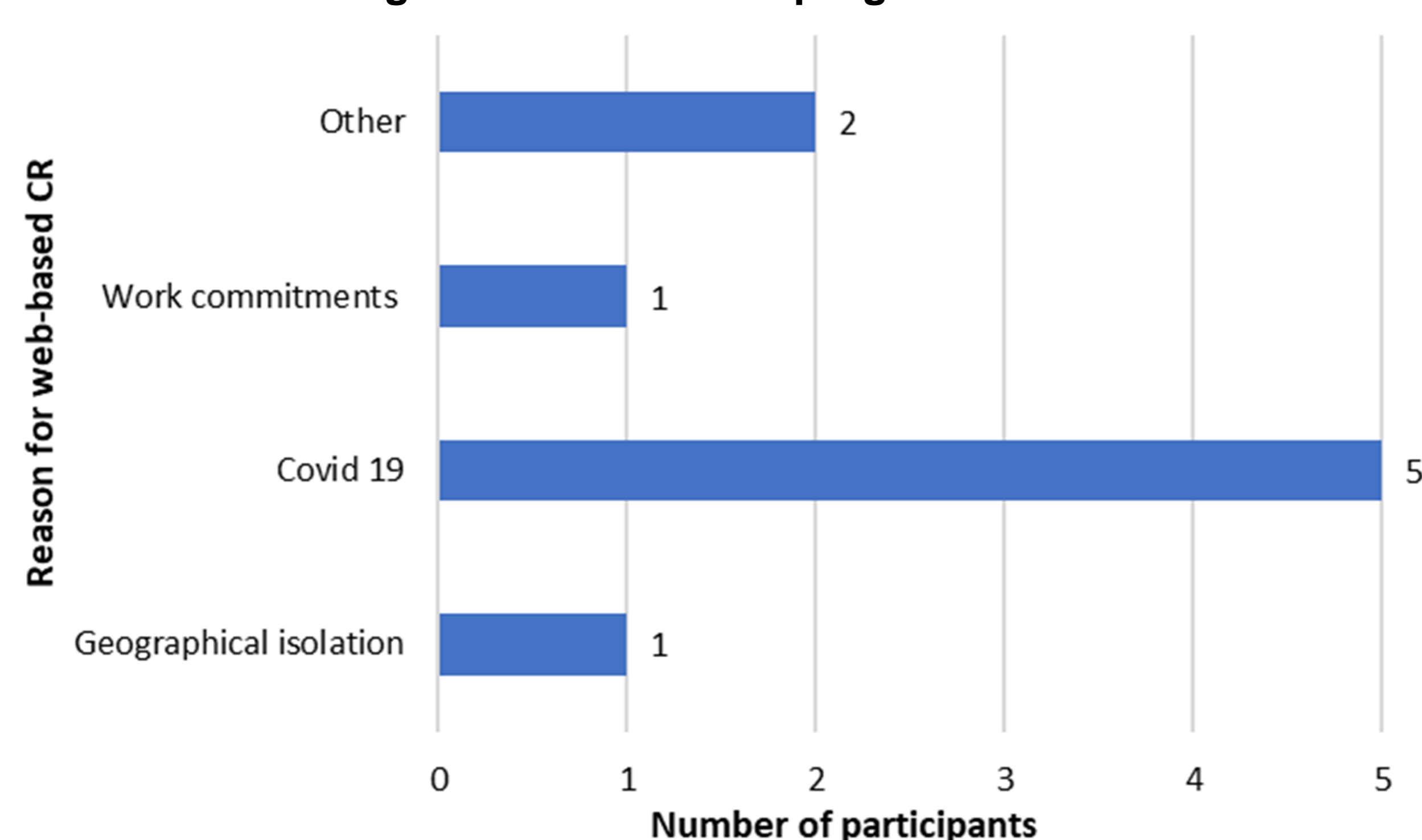
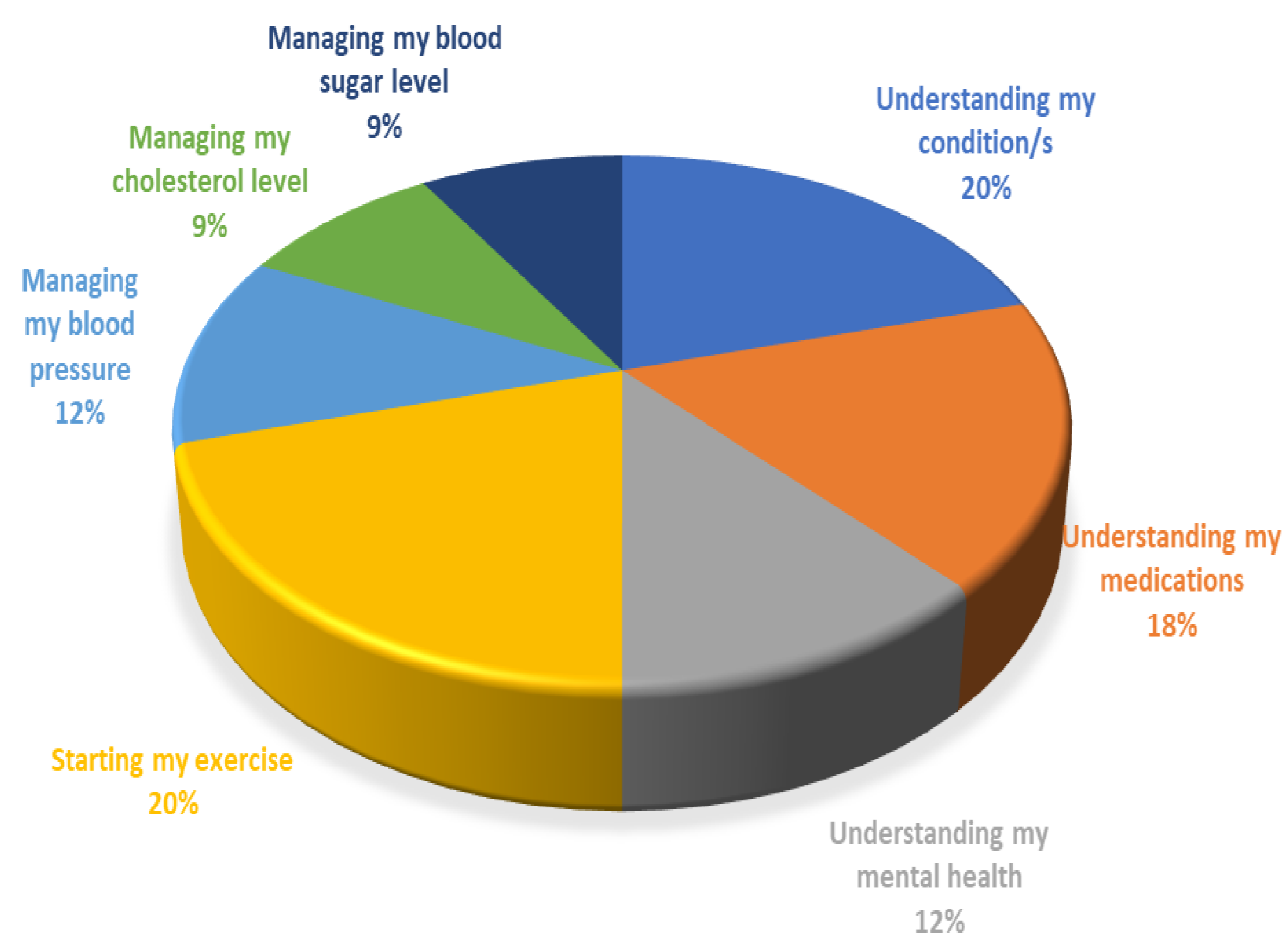


Figure 2: Patient reported experience of program information and increase in confidence in managing their condition



## Results

- Of the 54 enrolled patients, 16 met the inclusion criteria
- 9 (56.3%) responded
- Aged between 60-70 years (55.6%)
- Male (77.8%)
- Seven (77.8%) did a web-based program only, and combination (web/telephone, web/centre based) were two (22.2%)
- Reasons for choosing this mode of delivery are shown in Figure 1
- 89% participated in their goal setting, 77.8% achieved these goals
- Program completion was reported by 77.5% of patients, with 7.89 (SD 4.12) mean weeks
- Information delivered in the education sessions was clear and easy to understand (77.7%)
- All patients reported increased confidence across the CR health domains - shown Figure 2



## Conclusion

- Patients reported a high level of engagement with:
  - ✓ goal setting
  - ✓ program completion
  - ✓ confidence
- in managing their condition via web
- Understanding patient experiences is fundamental to behaviour change and improved clinical outcomes