

Patients' Experiences of the Educational Component of an Outpatient Cardiac Rehabilitation Exercise Programme

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Introduction

Within cardiac rehabilitation, patient education along with exercise and psychological support is beneficial for patients (*Anderson et al 2017).

This study was undertaken to gather patients' experiences of the education programme delivered within an outpatient Cardiac Rehabilitation exercise class and to establish whether this programme still meets the needs of the patients who attend.

*Anderson, L., Brown, J.P., Clark, A.M., Dalal, H., Rossau, H.K., Bridges, C. and Taylor, R.S. (2017). Patient education in the management of coronary heart disease. *Cochrane Database of Systematic Reviews*, 6.

Research methods

An explorative, descriptive, cross-sectional qualitative approach using focus groups was used. Thirteen patients (6 female; age range 53-78) recruited, each attended one focus group.



Key findings in terms of participants thoughts and feelings

it's stuff you have been told often enough but you don't listen until something happens

the healthy eating thing we know with the obesity thing and everything we have had it all hammered and we all know if we are taking something we shouldn't take, it doesn't mean though that we don't have to hear it though

it sort of calmed you down.... you got to speak to other people

I think the talks have got to come through (as well as the exercise)

in a group you can help one another along

I think it's about having staff who listen to you

probably made you aware of everyday life and things you can change like with the exercise after the procedure

you really take it in when someone is telling you rather than just reading it

well I have decided to continue with exercise for the rest of my life



Implications for research and practice

Research Replicating the study with a larger sample, or continuing to interact with those who have recently completed the programme, would allow ongoing review of the educational component of the programme and ensure the it continues to meet the needs of the participants.



Practice The findings of the study will be shared across the multi-disciplinary team involved in the delivery of the educational sessions within the Cardiac Rehabilitation Service in order to facilitate a person-centred approach.

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