

# Virtual cardiac rehabilitation

for Queensland regional and remote communities to promote health equity



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The benefits of integrating technology to deliver ongoing support to regional cardiac patients post-procedure.

## Introduction

- Cardiac rehabilitation programs are a proven therapy.
- Despite the well-known benefits, uptake remains poor.
- Poor attendance can be linked to many factors, but geographical inaccessibility remains a major concern.
- Through the use of digital technologies, patients in rural and remote areas can now access cardiac rehabilitation through the establishment of a virtual service.

## Problem

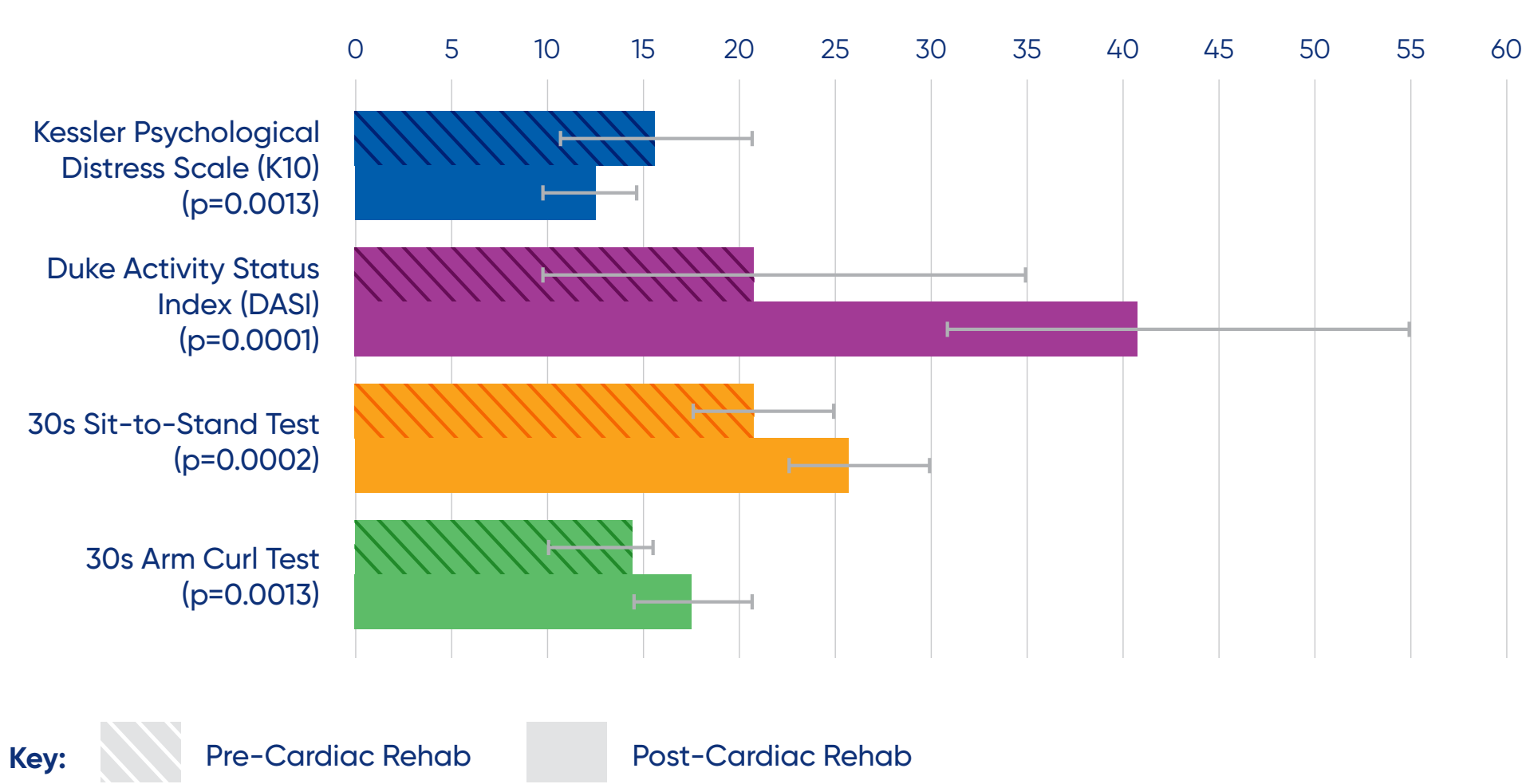
- A service gap is present in cardiac rehabilitation, primarily due to limitations relating to service design, clinician availability, low population density, referral pathways and remote geographical location.
- Funding for this project from Advance Queensland allowed Mater and Cardihab to roll out a virtual and digitally-accessible cardiac rehabilitation program to address the service gaps identified in the Queensland regions.

## Method

- Participants were recruited through Queensland's network of Mater hospitals and external healthcare providers.
- Program delivery options included traditional face to face paired with remote digital program or a combination of both (hybrid) with video link group exercise.
- Patients were screened by an accredited exercise physiologist or cardiac nurse for suitability.
- All participants were provided with the Cardihab app and pre- and post-program assessments including the following outcome measures:



## RESULTS



## CURRENT SERVICE AREAS

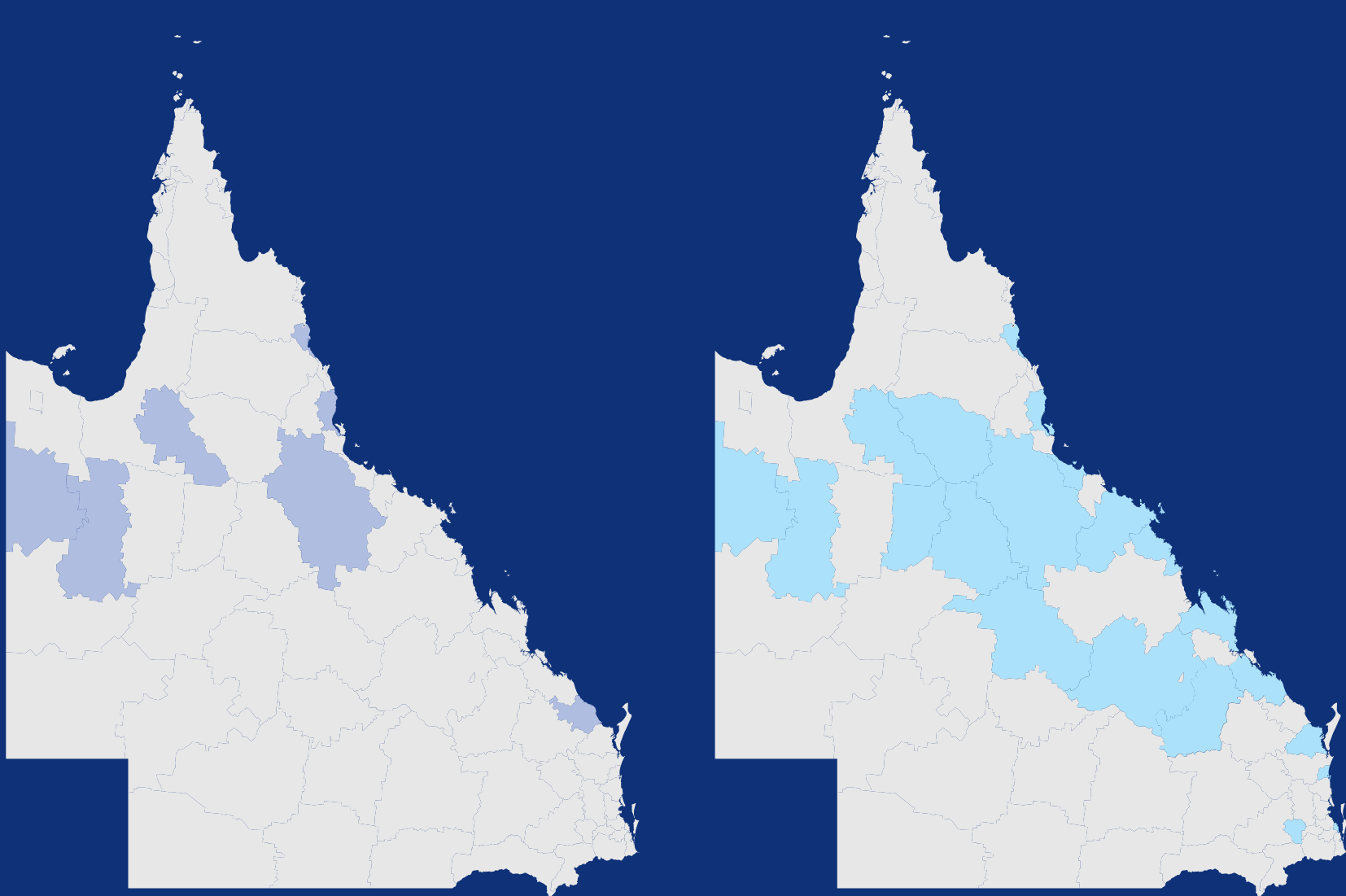


Figure 1: Discharged patients with cardiac rehabilitation access 2021

Figure 2: Discharged patients with cardiac rehabilitation access 2023

## Discussion

- 70% more cardiac patients now have access to cardiac rehabilitation in Figure 2 compared to Figure 1.
- Statistically significant improvements were made in all outcome measures.

## Conclusion

Roll out of this project is addressing service gaps in Queensland regions and improving patient outcomes.

### References:

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Mater's virtual cardiac rehabilitation program is proudly delivered out of Mater Private Hospital Townsville and welcomes referrals from the wider medical community. →

