

## **Discrepancies between Cardiovascular Rehabilitation Users' Interests and the Availability of Guidance Documents**

**Authors:** David Anekwe<sup>1,2</sup>, Ariany Marques Vieira<sup>1,2</sup>, Jovana Stojanovic<sup>1,2</sup>, Paula AB Ribeiro<sup>2</sup>, Kim Lavoie<sup>2,3</sup>, \*Simon L Bacon<sup>1,2</sup>

<sup>1</sup>*Department of Health, Kinesiology, and Applied Physiology, Concordia University, <sup>2</sup>Montreal Behavioural Medicine Centre, CIUSSS du Nord-de-l' île-de-Montréal, <sup>3</sup>Department of Psychology, Université du Québec à Montréal*

**Background:** Cardiovascular rehabilitation (CR) guidelines should help users implement the multicomponent interventions of CR into practice, but we do not know if the majority of the available guidance documents cover the topics that most interest users.

**Objectives:** To evaluate the discrepancies between CR components in available guidance documents and the interests of users.

**Methods:** A survey tool was used to obtain and rank users' interests in nine major CR intervention components. A systematic review process involving eight databases was also used to identify components contained in guidance documents.

**Results:** 64 users (35 clinicians, 12 program directors, 2 policymakers, 3 researchers and 12 others) completed the survey. Respondents represented all the provinces across Canada with the exception of the three territories and there was one international respondent. The systematic review identified 4,201 articles, leading to 542 full-text documents being reviewed of which 65 met inclusion criteria. The weighted ranking order of preferences from the survey showed that exercise ranked #1 in terms of interest, which also corresponded to the component having the highest number of documents. Of note, interest in guidance documents on general behaviour change interventions was ranked 3rd in the survey, but less than 30% of the documents provided guidance on this component.

**Conclusion:** Our results show a discrepancy between users' interest in general behaviour change information and the availability of documents that guide practice. Future guideline developers should consider users interests and needs, for example, content in general behaviour change interventions.