



INTRODUCTION

- Cardiovascular rehabilitation (CR) is a medically supervised program of exercise, education, counseling and others designed to minimize the risk factors for cardiovascular disease (CVD) and help people with a CVD event to recover and improve their cardiovascular health.
- CR guidelines should help users implement the multicomponent interventions of CR into practice.
- But it is unknown if available guidance documents cover the components of interest of stakeholders.

AIMS AND HYPOTHESIS:

- To evaluate the discrepancies between CR components in available guidance documents and the interests of stakeholders.

METHODS:

1. Survey of stakeholders to rank interests in nine major CR intervention components
2. Systematic review to identify components contained in guidance documents.

Survey

- Canadian wide online survey
- Participants: Clinicians and program directors working in CR settings.
- Survey link distributed through Canadian Association of Cardiovascular Prevention and Rehabilitation .
- Participants were asked to rank their level of interest in 9 educational & counselling topics:
 - Exercise
 - Physical activity
 - Nutrition
 - Sex education
 - Smoking cessation
 - Return to work
 - Prog on women's health
 - Alternative programs [e.g. home-based, e-Health etc.]
 - Stress management

Systematic review

- Searched: 8 databases (2004 - 2019)
- Included: CR guidelines, position statements, and consensus documents
- Exclusions: primary prevention, patients with no previous cardiovascular event, outcome measurement, stroke rehab, pharmacological treatment
- Followed the PRISMA guideline

SURVEY RESULTS:

- 64 stakeholders: 35 clinicians; 12 program directors; 2 policymakers; 3 researchers; and 12 others
- All provinces represented
- No respondent from the 3 territories
- One international respondent.

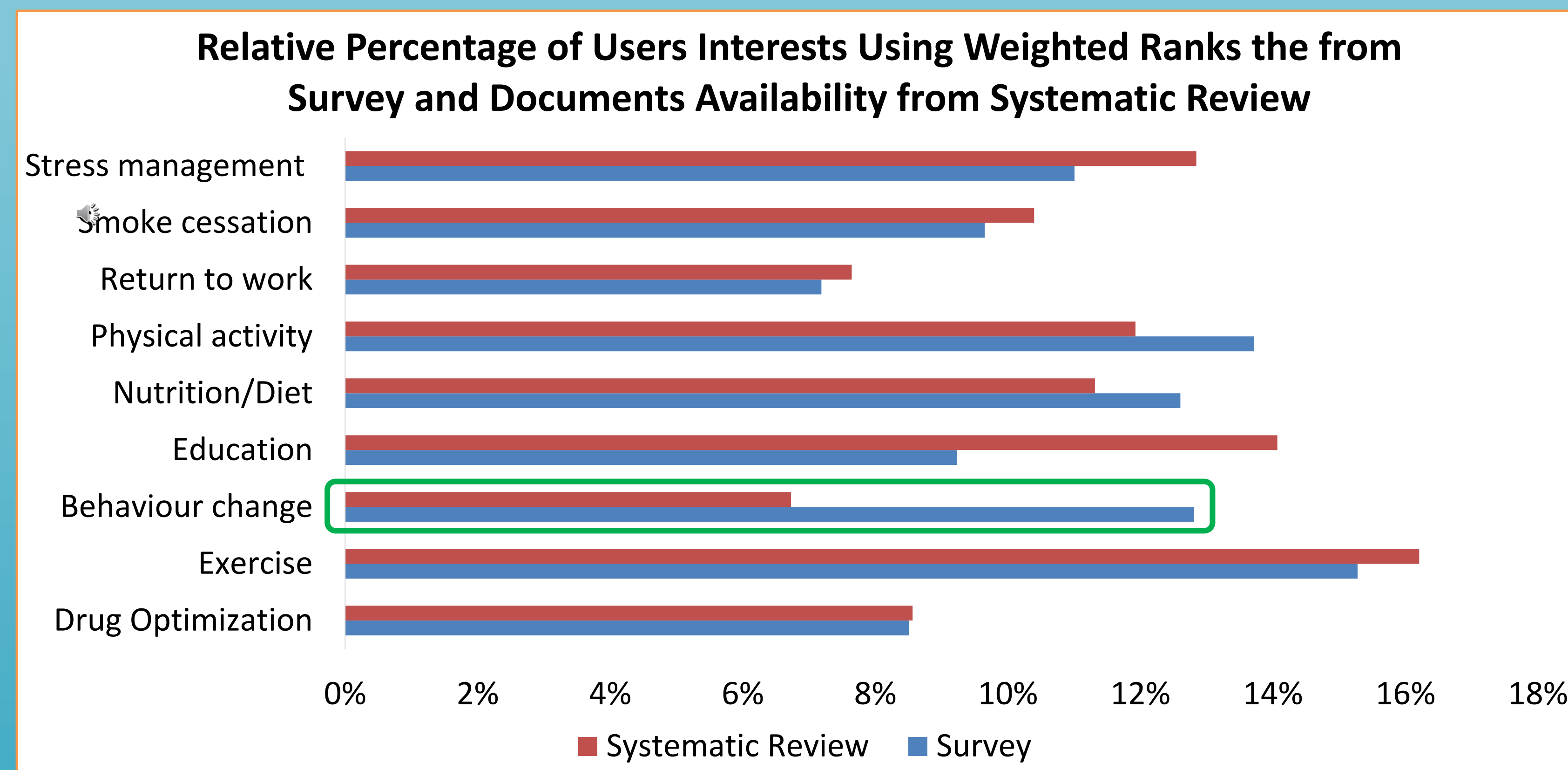
Key Findings

- The survey showed that exercise ranked #1 in terms of weighted ranking order of interest, which was the component with the highest number of documents from the review.
- General behaviour change interventions was ranked 3rd in the survey, but less than 30% of the documents provided guidance on this component.

SYSTEMATIC REVIEW RESULTS:

- Initial search: 4,201 articles
- Tiles and abstracts screen: 3944
- full-text documents reviewed: 559
- Included: 71

RESULTS:



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 when developing CR guidelines.

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