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Discrepancies between Cardiovascular Rehabilitation Stakeholders' Interests and the **Availability of Guidance Documents** David Anekwe^{1,2}, Ariany Marques Vieira^{1,2}, Jovana Stojanovic^{1,2}, Paula AB Ribeiro², Kim Lavoie^{2,3}, *Simon L Bacon^{1,2}

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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

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

SYSTEMATIC REVIEW RESULTS:

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

available guidance documents and the interests of stakeholders.

than 30% of the documents provided guidance on this component.

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:

RESULTS:

Relative Percentage of Users Interests Using Weighted Ranks the from Survey and Documents Availability from Systematic Review



Prog on women's health Exercise Sex education Physical Smoking

Alternative programs [e.g. home-based, e-Health etc.) activity cessation > Nutrition Return to work 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

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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