

Introduction

- Cardiac rehabilitation has proven to be effective in improving patient's cardiac fitness and reduce their risks of having more heart problems.¹
- Lifestyle modification through CR program assist to minimize the effects of heart attack as much as possible.²
- Despite of the positive impact of CR, not many patients are recruited in the program.
- This survey aims to evaluate and improve future CR services and the rate of recruitment.

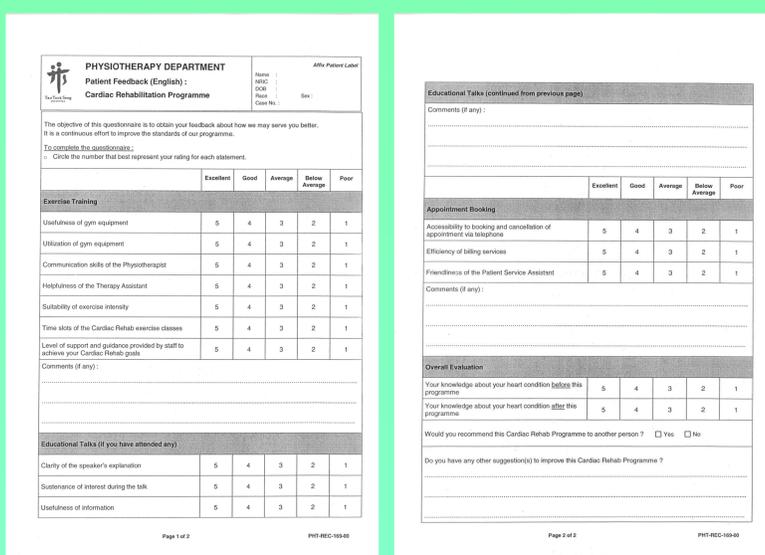
Aims of Study

- To evaluate the level of patient satisfaction in a phase II cardiac rehabilitation service.
- Assess the need of future improvement of our services.

Methodology

- 143 subjects were enrolled in a cardiac rehabilitation program from June 2010 to March 2011.
- 97 participants completed a survey consisting of 16 questions.
- The survey questionnaire was available in English and Mandarin.
- The respondents specify their level of satisfaction to the questionnaire on a 5-point Likert scale.
- The 16 questions were group into three themes to evaluate **Service provision, Gym equipment and exercise intensity, Knowledge and education.**

(Fig. 1)



Results

- 97 (67%) participants completed the survey form that was given at the end of 8 CR sessions.
- Most participants reported high satisfaction levels above 90 % with regards to service provision, gym equipments, exercise intensity, and education session. (Fig.2), (Fig.3),(Fig.4).
- 61 participants responded they will recommend this program to others.

Fig.2 Service Provision

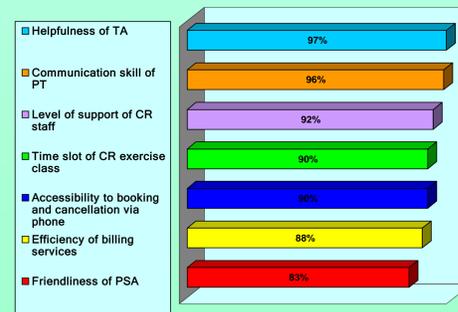


Fig.3 Gym Equipment and Exercise intensity

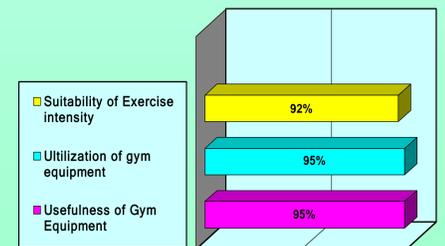
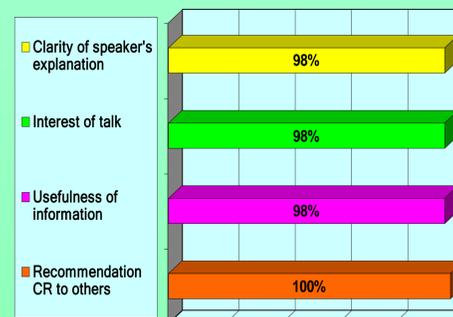
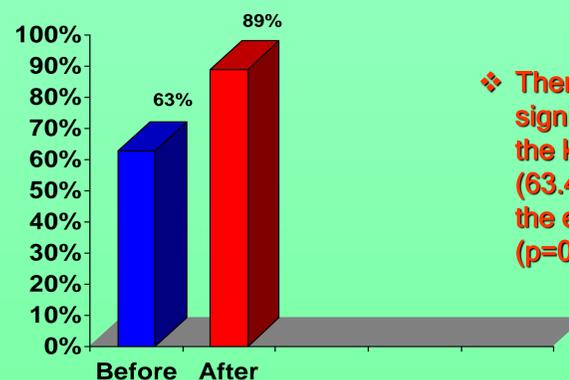


Fig.4 Knowledge and Education session



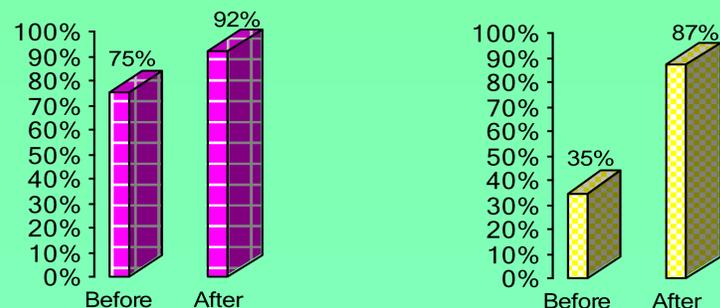
❖ There was no statistical significant difference between the English and Chinese education session in terms of clarity of speaker's explanation and sustainability of interest of the session and usefulness of information provided.

Fig.5



❖ There was a statistically significant difference in the knowledge before (63.4%) and after (89.4%) the education session (p=0.01).

Comparison of Education Session between Chinese and English session



Participants who attended the Chinese education session rated poor knowledge of their heart condition before the education session than compared to the one attending the English session (p < 0,002).

Conclusion

- Overall patients were well satisfied with the service provided by the CR program.
- Patients had improved knowledge of their heart disease and agreed on the benefits as to recommend CR program to others.
- Further investigation is needed to establish face and content validity of the instrument by conducting qualitative interviews with patients.
- Full participation of subjects in the survey should be encouraged.

References

1. Tavia, C. and Kam, W. B. 2002. The Effectiveness of a Cardiac Rehabilitation Program on Self-Efficacy and Exercise Tolerance. *Clinical Nursing Research*, 11(1) pp. 10-21.
2. Fernandez, R., Salamonson, Y., Griffiths, R., Juergens, C. and Davidson, P. 2008. Awareness of risk factors for coronary heart disease following interventional cardiology procedures: A key concern for nursing practice. *International Journal of Nursing Practice*. 14, pp. 435-442.

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