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doi:10.1016/j.gheart.2014.03.2434

Please cite this article as:


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WCC 2014 Abstract submission

**Topic area:** NURSING / ALLIED HEALTH / CV REHABILITATION (30-32)

**Topic area:** Cardiovascular Rehabilitation (see also category 16)

**Specific topic:** Methods and models

**WCC14-ABS-1189**

The Country Access to Cardiac Health (CATCH) Program: evaluation of a telephone phase 2 cardiac rehabilitation program using a standardised program framework and evaluation procedures

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**Introduction:** International research priorities for heart disease in rural and remote areas recommend that different options for delivering cardiac rehab programs be developed to increase participation. One method of overcoming geographic barriers is the use of telehealth to supplement in-person contact between patients and health professionals. The Integrated Cardiovascular Clinical Network Country Health South Australia has partnered with Country South Medicare Local to improve uptake of phase 2 cardiac rehabilitation by implementing Country Access to Cardiac Health Program (CATCH) which has implemented telehealth cardiac rehab to supplement face to face programs in their catchment region.

**Objectives:** To develop and implement a telephone phase 2 cardiac rehabilitation program using a standardised program framework and evaluation procedures.

**Methods:** CATCH engaged the services of the Health Information Service (HIS) of the Heart Foundation to provide the coaching services for the provision of telephone based phase 2 cardiac rehabilitation in accordance with the SPAN (Secondary Prevention for All in Need) guidelines. This involved seven standardised phone calls with first call duration of approximately 30 minutes and subsequent calls lasting approximately 15 minutes. Evaluation of participants using a survey was carried out to determine their satisfaction with telephone program.

**Results:** To date 53 patients have been enrolled in the telephone phase 2 cardiac rehabilitation program developed by CATCH program. Thirty seven patients (69.8%) have successfully completed the program, 5 (9.4%) have withdrawn and 11 (20.8%) are still active. If these 11 patients complete program our completion rate could be as high as 48 (90.6%). Participants of the telephone service reported general satisfaction with the format of the telephone program with a majority indicating content could be covered in 5 calls.

**Conclusion:** Introduction of a telephone based phase 2 cardiac rehabilitation program has achieved high completion rates and provided access to phase 2 cardiac rehabilitation in rural area where no face-to-face programs existed. As per SPAN recommendations our team is intending to offer a web based phase 2 option in the next stage of this project.

**Disclosure of Interest:** None Declared