

Feasibility and Patient Experience of Additional Psychological Sessions to an Established Cardiac Rehabilitation Programme.

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Background

- Psychology have always provided one session into the community cardiac rehab programme on mental health (stress, adjustment and low mood)
- An opportunity arose to include a second session in the rehab programme. Cardiac staff felt that a session around 'Making Changes' would be helpful.
- We developed this second session and agreed to pilot this and gather patient feedback to explore the feasibility and effectiveness of a second session.
- Questionnaires were completed by patients at the end of the sessions and feedback
- 120 total responses collected across ~ 9 months.

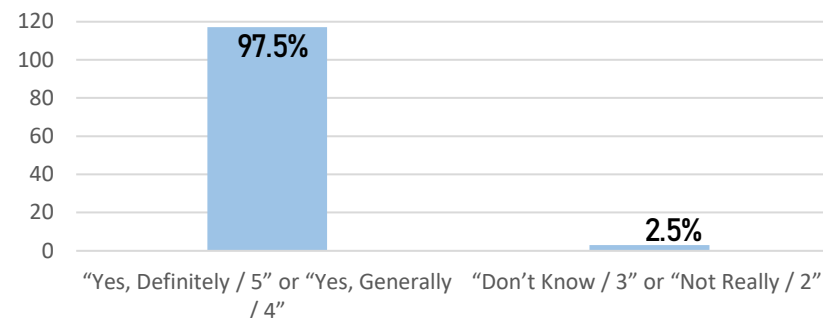
Summary & Implications

- Positive feedback (97.5%) indicating the current psychology input into the cardiac rehab programme is valued.
- Few unhelpful things were identified. "Lack of Time" was identified as a theme, meaning participants wanted more psychology input.
- This is unsurprising given research indicates psychology is beneficial in cardiac rehabilitation¹.
- As a result of the patient feedback, we have continued to offer 2 psychology sessions per cycle in cardiac rehab.

¹ Rutledge, T., Redwine, L. S., Linke, S. E., & Mills, P. J. (2013). A meta-analysis of mental health treatments and cardiac rehabilitation for improving clinical outcomes and depression among patients with coronary heart

Feedback

Was the talk: Informative and Useful?



Anything you Would Change?

89% said a variation of "No" or provided further positive feedback.

"It was too short of time to take it all in", "Perhaps more time", "Just longer. Excellent help!"

"White board – for brainstorming".
"Use of white board".

"Seemed to focus on people with recent heart problems – not congenital".

"Didn't really touch on those life areas that are not so easy to alter – i.e. work patterns."

Reflections

Patient feedback gave some validity to a change in service provision. It enable us to evaluate how helpful this additional resource is to the patient's cardiac rehab journey.

What was Helpful?

"All aspects/everything"

Talking and Hearing Others Experiences:
"Share my own experience and feeling I'm not alone"
"Talking with other people"

Goal Setting:

"On ways to set goals, keep them, if you slip up when to start again & its ok to slip up occasionally"

Normalisation of Feelings:

"Realising the way I was feeling was normal from psychologist talking and hand outs"

The Strategies and Explanations:

"Learn how to cope with change", "All the things I have worried about were explained."

Self Reflection:

"Help make you think about things that you already knew about or had to do."

What was Not Helpful?

84% said a variation of "All helpful" or left the box blank.

Lack of Time: "Too little time to follow through the discussion points"

Environmental Noise e.g.
"Heater noise"