

# **Cardiac Rehabilitation Perception Among Local Israeli Hospital Physicians and Nurses**

**Ronit Levi, Yariv Gerber, Mickey Scheinowitz**

Tel Aviv University - School of Public Health  
Epidemiology and Preventive Medicine

Disclosure:

This study was supported by a grant from Maccabi Research Institute (M.S.)

# Conflict of Interest



We certify that there is no conflict of interest with any financial organization regarding the material discussed.

# Introduction

- Cardiac rehabilitation (CR) is an evidence-based risk reduction program for cardiac patients.
- Participation rate among eligible patients varies widely and is generally low (20%-47%).
- Referral rate varies in different settings (10-60%).
- We attempted to evaluate the perception of CR programs among cardiologists and nurses.

# Methods

- **Study population:** Cardiologists and nurses from Sheba Medical Center and Assuta hospital.
- **Data collection:** Self reported questionnaire with Yes/No questions.  
Information obtained on knowledge, practice, perceptions; e.g.
  - I am familiar with the position paper of IHS regarding CR programs
  - Service provided by CR centers is not satisfying
  - I am skeptical about the benefits of CR
  - Do you tend to explain the patient or his family about the importance of joining CR program after cardiac event?
- **Participation rate:** 75% cardiologists (25/33), 50% nurses (56/111).

# Results

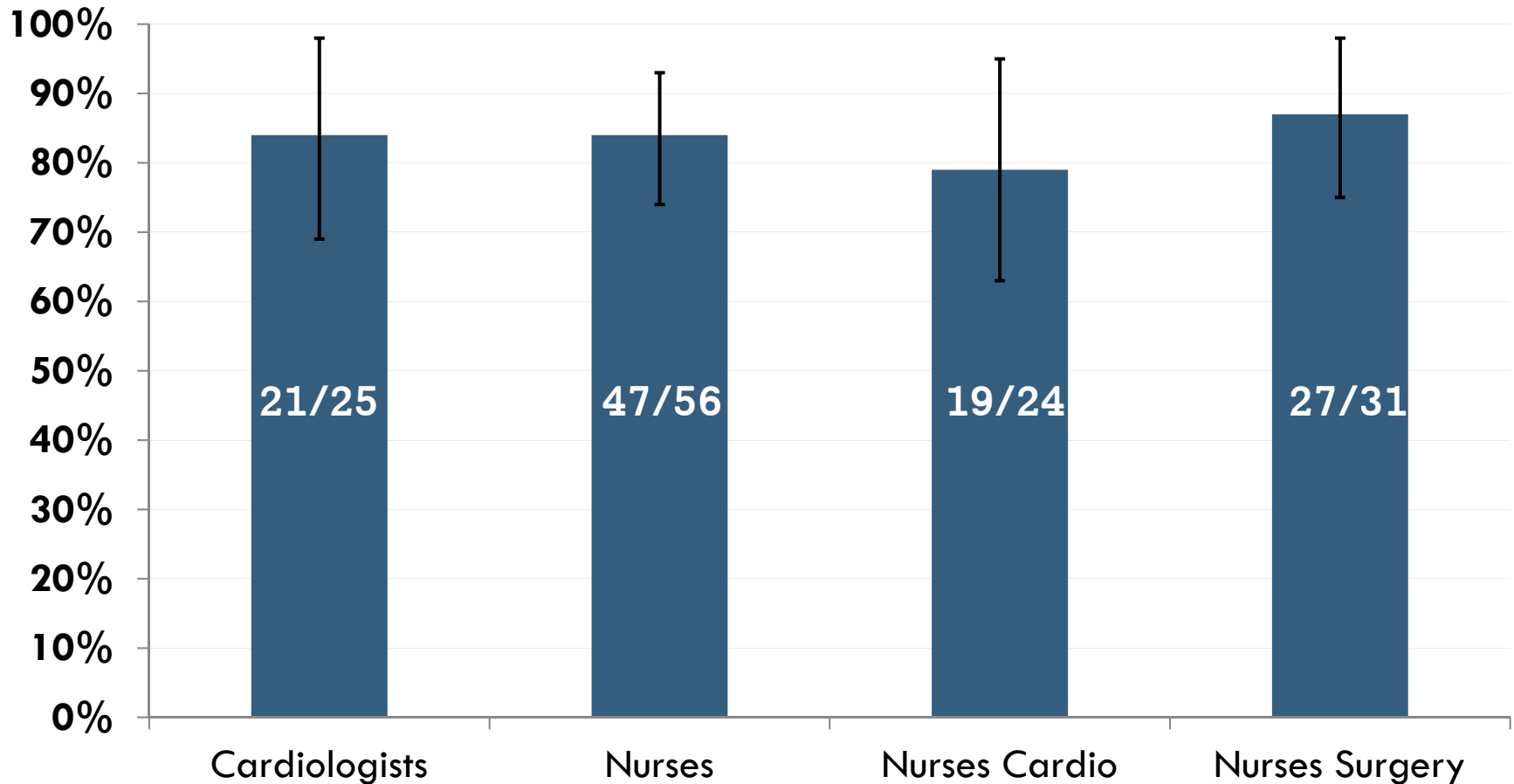
	Cardiologists		Nurses		
	Non referring n=4	Referring n=25	Non referring n=9	Referring n=47	OR
Age	48±15	52±11	40±11	40±11	
I am familiar with the position paper / I have sufficient knowledge	25%	90%	11%	51%	6.7 (p=0.1)
I expect patients to be less compliant with therapeutic recommendations			56%	12%	3.4 (p=0.2)
I have positive experience with my patients in CR programs	75%	95%			

# Results

	Cardiologists			Nurses	
	Non referring n=4	Referring n=25		Non referring n=9	Referring n=47
Service provided by CR centers is not satisfying	50%	30%	I am familiar with CR center close to residence	33%	55%
I am skeptical about the importance of CR programs	50%	15%	I tend to explain the importance of CR	22%	91%
Is there a department protocol (yes)	50%	67%	Women tend to less participate (yes)	56%	39%
I prescribe an exercise regimen for my patients myself	50%	58%	Young men tend to less participate (yes)	33%	46%

# Results

## Reported referral rate to cardiac rehabilitation



# Conclusions

- Differences were found between referring and non referring cardiologist and nurses on knowledge and perceptions.
- Referral rates reported by hospital physicians and nurses were higher than in other publications.
- Seminars on CR at Sheba Medical Center and Assuta hospital have already been performed.
- This research is part of an ongoing research on referral and participation from patients' point of view. Conclusions will be implemented in other hospitals.