

# Rural Hearts

**Heart patients who do not take part in cardiac rehabilitation are 25% more likely to die in the following two to five years (BHF, 2007).** The Heart Manual (evidence-based) is a 6-week programme that was delivered mainly in the patient's home, for those cardiac patients (n=41) who were unable to attend or had declined the hospital-based programme.

## Overall Aim

To implement a home-based, self-management cardiac rehabilitation service for patients within the Cookstown and Magherafelt area.

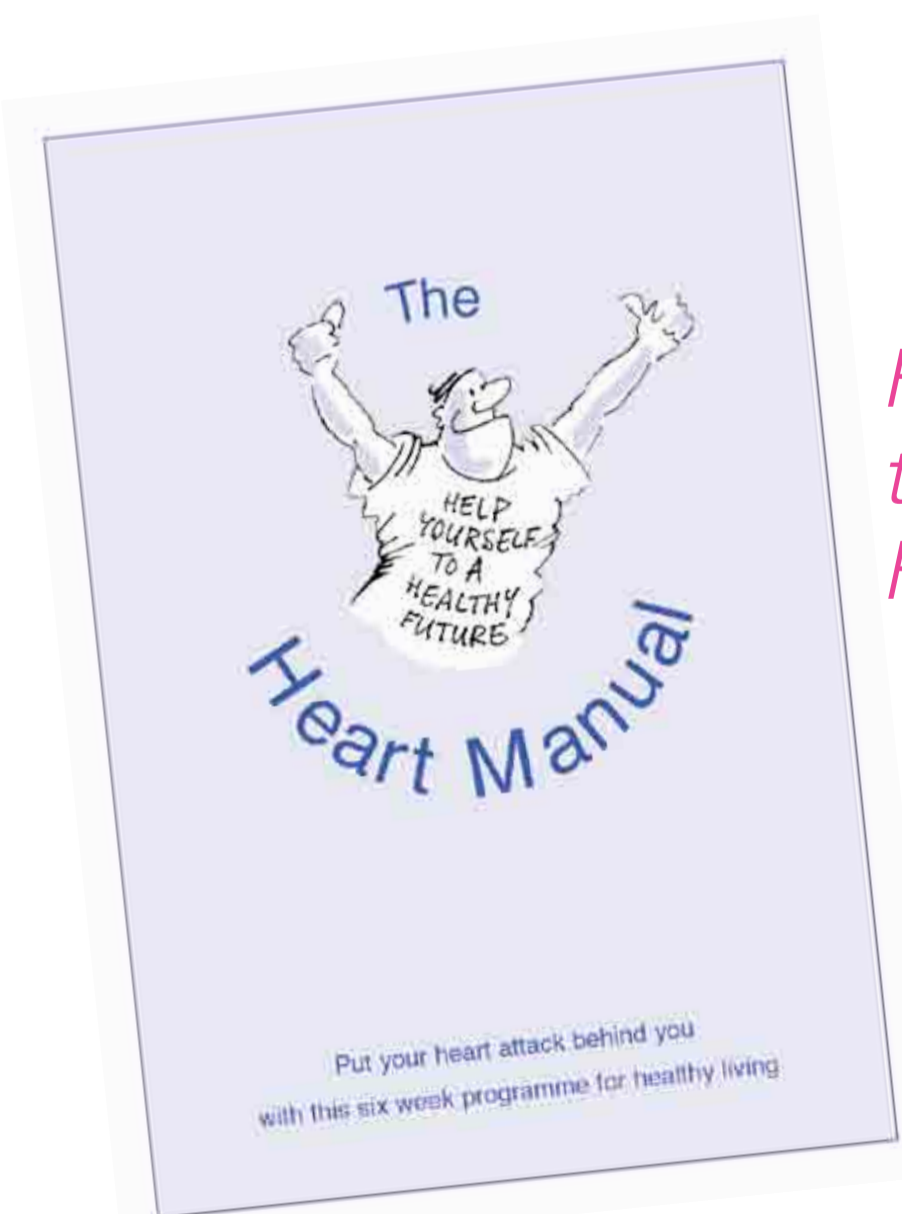
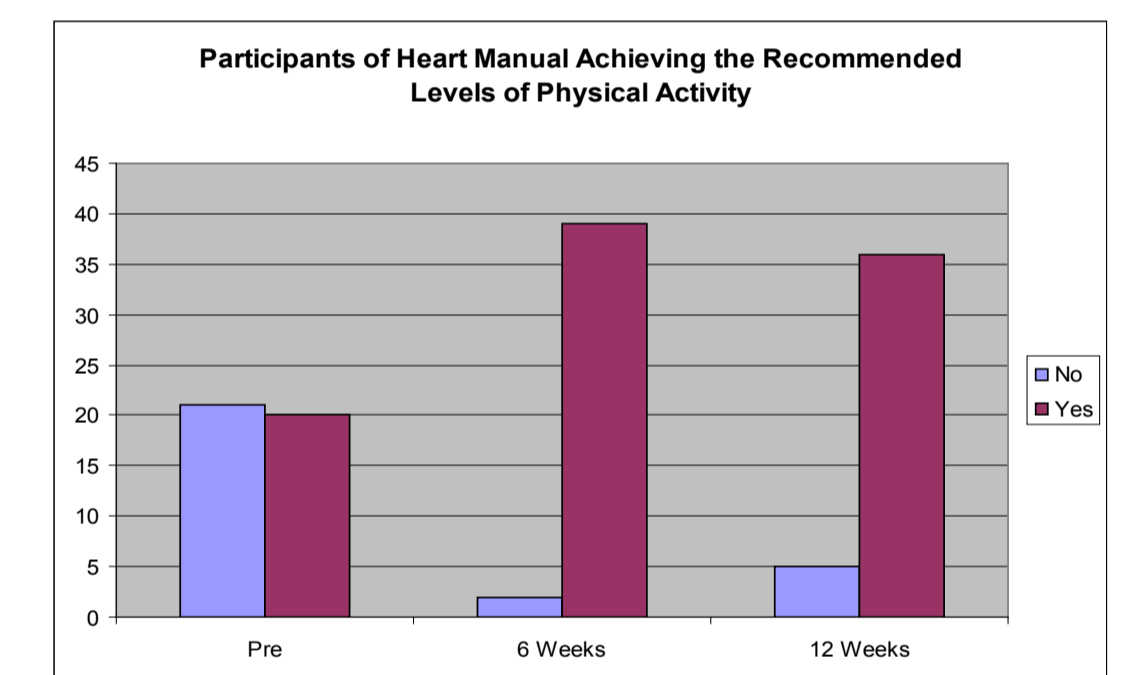
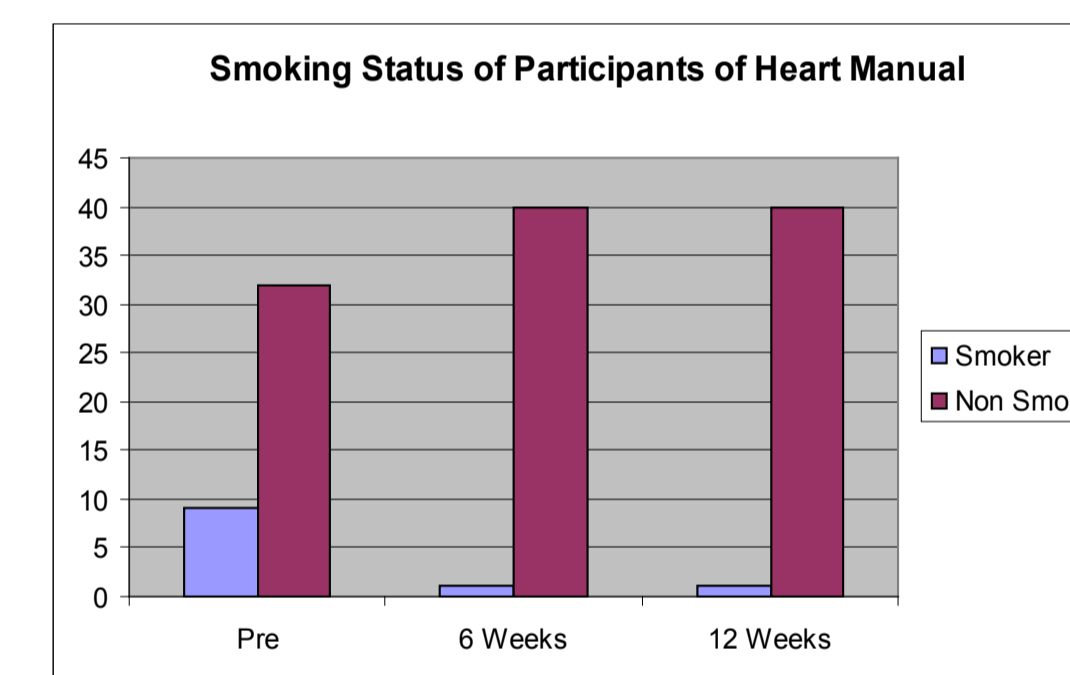
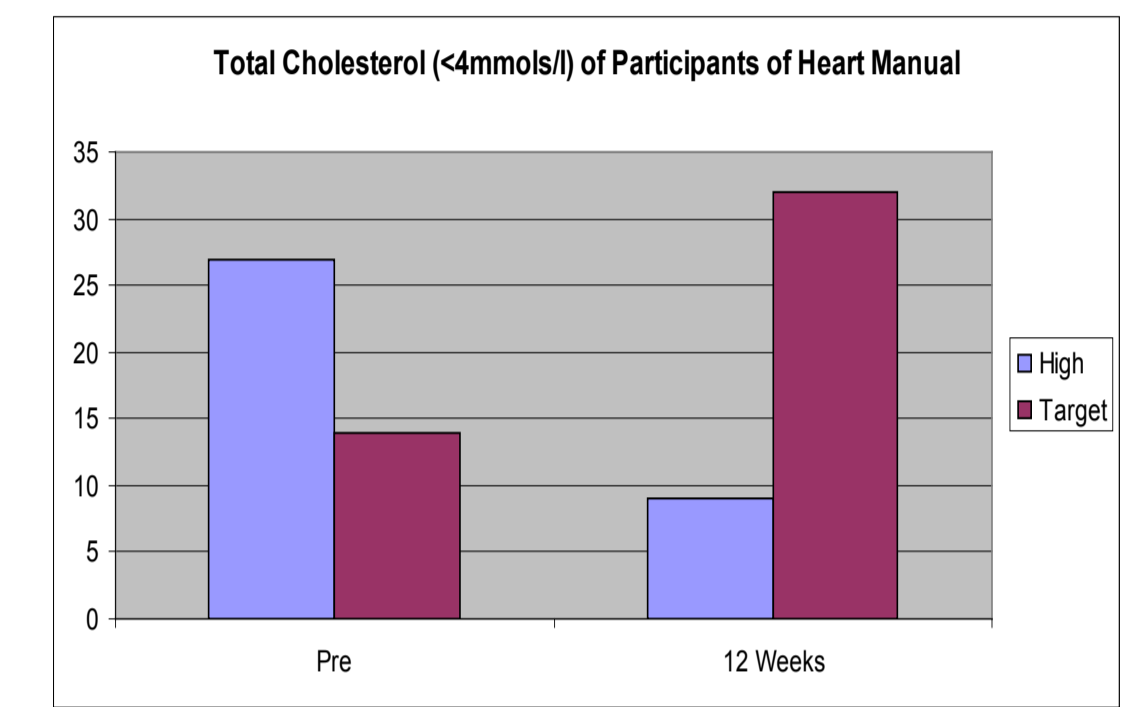
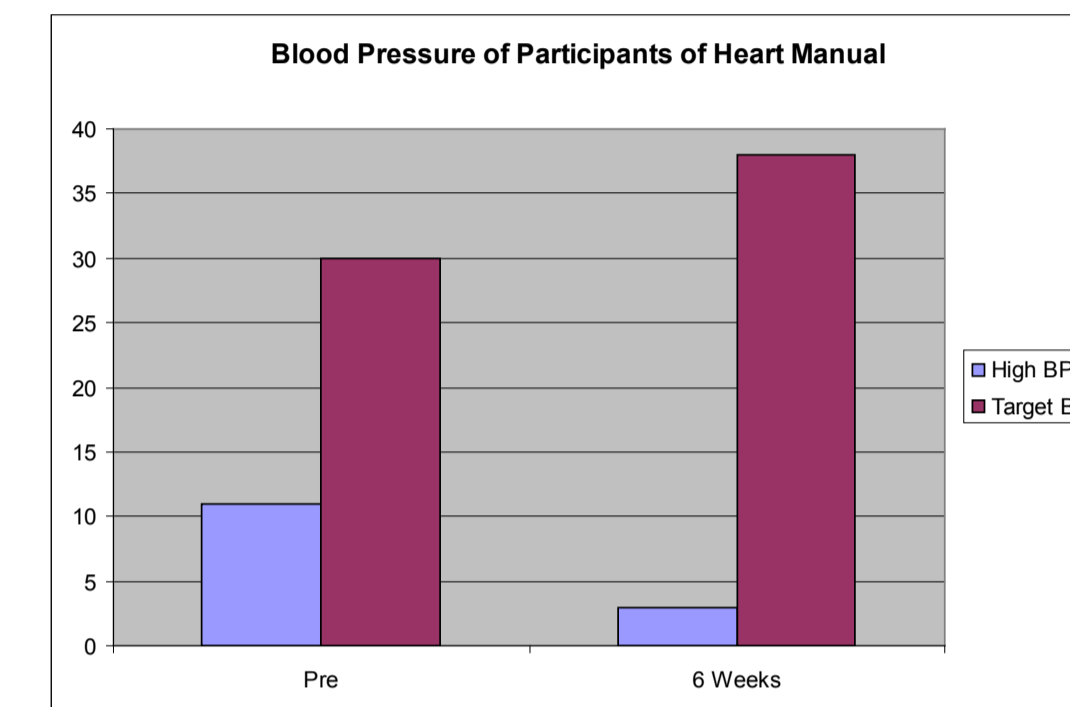
## Specific Aims

- 1 To decrease the risk factors associated with heart disease
- 2 To reduce anxiety & depression levels
- 3 To reduce inappropriate hospital re-admission rates within 30 days



## Outcomes

- Blood pressure, lipids, exercise levels, smoking status improved well above the national average
- Anxiety and depression levels improved well above the national average
- No inappropriate hospital re-admissions 30 days post cardiac event and 30 days from the date of last Heart Manual intervention



Front cover of the 'Rural Hearts' Heart Manual

## Patient satisfaction

"Has increased my confidence. Feeling better – back to normal"

"I have learned to take one day at a time. I now enjoy life"

"Section on anxiety described my personal situation and helped enormously in understanding"

"Feel more confident. Take more exercise. Understand my tablets better"