

WHAT DO AUSTRALIAN WOMEN IN RURAL AND REMOTE AREAS NEED FROM A WEB-BASED CARDIAC REHABILITATION PROGRAM?

THE CARDIAC REHABILITATION ESPECIALLY FOR WOMEN (CREW) PROJECT

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BACKGROUND

- Cardiovascular disease (CVD) is the leading cause of mortality among women worldwide
- Cardiac rehabilitation (CR) is recommended for the secondary prevention of CVD. However, women's participation in CR is lower due to the fact that CR is not tailored to women's needs and preferences
- Inequality in access to CR services and socioeconomic disadvantage exacerbate the low utilisation of CR among women living in rural areas

AIM

To understand the needs and preferences of women living in rural South Australia (SA) to inform the co-design of an existing web-based CR program to address women's needs and preferences

METHOD

- Six workshop interviews were performed across six regions around SA
- Women living with CVD were included. A semi-structured questionnaire was used to generate discussion on women's needs regarding CR
- Data were transcribed verbatim and thematic analysis was performed



OUTCOMES

- Nineteen women aged 69 ± 10 years participated. Five themes were determined:
1. CR nurse is the central focus of care
 2. Earlier initiation of CR
 3. The significance of education on variables other than heart health (e.g., women-specific issues such as effects of menopause and breast cancer on heart health, post cardiac surgery bras)
 4. The financial burden associated with participation in CR
 5. Open to the use of web-based CR



IMPLICATIONS FOR PRACTICE

This study's findings contribute to the development of a web-based CR tailored to women residing in rural areas



CONCLUSION

The web-based CR program tailored to women should be co-designed to meet women's unique needs and preferences that include general information on women's health-related educational content and primarily delivered by a CR nurse earlier in the CR journey

