

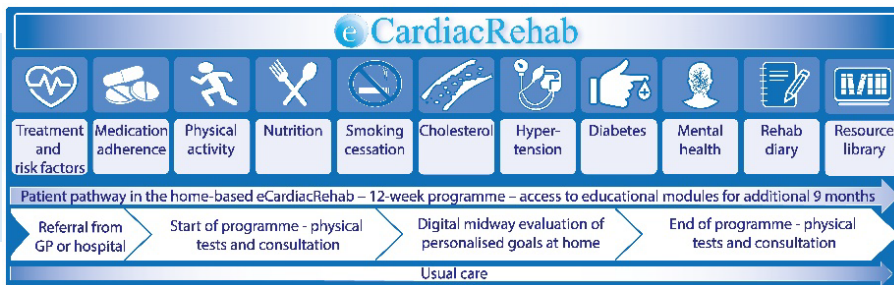


Newsletter eCardiacRehab – Autumn 2024

“The vision of eCardiacRehab is to make cardiac rehabilitation accessible to everyone.”

Did you know that very few people in Norway are offered cardiac rehabilitation after a cardiac event, even though it is a class 1A recommendation? Read about the study that found that only 14% receive this important rehabilitation [here](#).

eCardiacRehab is a multimodal and interdisciplinary research project addressing the need for new innovative solutions in cardiac rehabilitation, where patients who have undergone percutaneous coronary intervention (PCI) will participate in a digital follow-up programme similar to place based cardiac rehabilitation. Multimodal means that the programme consists of a combination of several different components. To cover the multimodal element in the rehabilitation, patients will receive follow-up in areas such as exercise, diet, smoking cessation, medications, mental health, sexuality, and comorbidities.



Patients participate in the programme for 12 weeks, from the comfort of their own home. In the image to your left, you can see a model that shows the multimodal programme.

What has happened since last time?

Project leader Tone M. Norekvål held a webinar for the *National competence service Exercise as medicine*, where she spoke about eCardiacRehab's work in developing and testing digital cardiac rehabilitation, with the ambition that all patients will receive comprehensive cardiac rehabilitation.

[Watch the webinar here.](#)



[You can watch the debate here.](#)

Recently, many in the project have presented research. Postdoctoral fellow Trond Pettersen participated in the debate *Treatment Roulette for Cardiac Patients* during Arendalsuka.

Brand new PhD! [Read about it at UiB.no](#): Irene Instenes researches how to best tailor treatment pathways for the eldest heart patients, focusing on a patient-centred approach and activating their own resources as the key to achieving the patients' personal goals.

[Read: When Age is Not a Barrier](#)



General Meeting 2024

4th December - 09.45-15.00 - Bikuben, Haukeland University Hospital

Registration: anniken.juvik.kjolseth@helse-bergen.no

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Portrait interview with Eva Gerdt



Tell us a bit about yourself

I am a professor in cardiology at the University of Bergen and senior consultant at Department of Heart Disease, Haukeland University Hospital.

Can you tell us a little about your role in the project?

I am a member of the project management group. My role in the project is to chair the work package focusing on 'Women'. This is relevant to ensure that women and men are equally recruited to the project, and that study documents are relevant and understandable to women.

Why is this project important?

The benefits of cardiac rehabilitation (CR) are well documented, however less than 25% of all eligible cardiac patients participate in CR, and the drop-out rate is about 50%. Few women are referred to CR. Since participation in CR is associated with reduced risk of new hospitalization and death after a heart attack (myocardial infarction), it is important to understand why so few complete CR. This must be done in a sex-specific manner, since both personal and health system factors may affect participation and completion in women and men differently.

What does your work package entail?

My work package is about women, and whether women and men included in the program differ in relation to completion of

the program, health literacy, e-health literacy and adherence to prevention strategies. Of particular relevance is also to understand the sex difference in interest for CR. Since high blood pressure (hypertension) is particularly damaging to women's heart, I am particularly interested in blood pressure control both at the baseline and final study visit. Relevant aspects here are how the study personal act on elevated blood pressure, and whether female and male participants differ in health literacy, drug adherence, and in engagement in blood pressure measurements at home.

Fun fact!

When I was a young doctor and became interested in sex differences in heart disease, my mentors advised me to forget about my 'silly' ideas, while my female patients encouraged me to follow my track. So happy that I listened to my patients!



Eva Gerdt is among the authors of the new European guidelines for the treatment of high blood pressure, published by the European Society of Cardiology. The new guidelines recommend early initiation of blood pressure-lowering medications as soon as the blood pressure exceeds 140/90 mmHg, as well as more intensive treatment to maintain blood pressure below 130/80 mmHg for all who can tolerate it. This approach will provide better protection against heart disease.

[Read the new guidelines from ESC here.](#)