



New year, new opportunities! This year has started very well for the project! Recruitment of participants for the feasibility study is well underway, and we are very optimistic about the progress this spring.

## What has happened since last time?



Professor Jan Schjøtt leads the work package on adherence to lifestyle and treatment advice in eCardiacRehab. His commitment to women's health and medication treatment has led to an editorial on gender differences, side effects, and adherence. [Read the editorial here!](#)



This article led to an episode of the podcast *Stetoskopet*, for *Journal of the Norwegian Medical Association* titled "What does gender mean for medication treatment?" [Listen to the podcast here](#) and read the interview on the next page.



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On January 30th, eCardiacRehab attended a CPET course at Voss Hospital! Postdoctoral researcher Elisabeth Edvardsen from Oslo University Hospital and the Norwegian School of Sport Sciences provided expert instruction and led insightful discussions.



On Friday, January 13th, Haukeland University Hospital held its annual professional and research day at Bikuben. Tone M. Norekvål led the event, and several members of the eCardiacRehab project participated with presentations.



[Read about the day here!](#)

DRIV, a new center for women's health research that launched in Bergen in May 2024, hosted a professional day on women's health on Friday, January 17th, where Tone M. Norekvål presented the eCardiacRehab project. The center is a collaboration across institutions in Bergen, including the University of Bergen, Western Norway University of Applied Sciences, Haraldsplass, Helse Bergen, and Bergen Municipality.



## Portrait interview with Jan Schjøtt



Tell us a bit  
about  
yourself

I am a clinical pharmacologist, senior consultant at The Regional Medicines Information and Pharmacovigilance Centre, RELIS Vest ([www.relis.no](http://www.relis.no)), Helse Bergen. I am also a professor in pharmacology.

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

My role is to address adherence issues. Adherence has been defined as “the extent to which a person’s behaviour, taking medication, following a diet, and/or executing lifestyle changes, corresponds with agreed recommendations from a health care provider”. Adherence refers to a process, in which the appropriate treatment is decided after a proper discussion with the patient. It also implies that the patient is under no compulsion to accept a particular treatment and is not to be held solely responsible for the occurrence of non-adherence. Thus, the term emphasizes the importance of patients’ perspectives, based on their own beliefs, their personal circumstances, the information and resources available for them. These definitions show how complex the issue of adherence is to study, and why it is vital to the success of the project.

### Why is this project important?

The benefits of cardiac rehabilitation (CR) are well documented, however less than a quarter of all eligible cardiac patients participate in CR. Furthermore, nearly half of participants dropout during the rehabilitation period. The eCardiacRehab project is a digital home-based rehabilitation programme making CR available to patients after PCI by using new technological solutions and collaboration across different disciplines. If eCardiacRehab can increase participation and adherence to CR, it can represent a significant improvement in secondary prevention of cardiovascular diseases.

### What does your work package

My work package (WP) concerns adherence issues, particularly medication adherence. Monitoring adherence to the programme and the modules is of particular interest. A short-time aim is to identify key barriers or success factors for adherence. A long time aim is to develop the programme to obtain better health outcomes due to improved adherence. Given the complex definition of adherence described above, my WPs success is critically dependent on cooperation in an interdisciplinary team with members from different professions (e.g. nurses, psychologists, physicians, physiotherapists, clinical nutrition physiologist) with experience and knowledge of a range of scientific methods.

### Fun fact!

I played guitar and sang the blues on stage in my 50<sup>th</sup> birthday party with appendicitis. Blues is about pain, but there is a limit.... 😊