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# Enhancing Cardiac Rehabilitation: A Focus on Education for Healthcare Professionals.

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## BACKGROUND



Cardiac rehabilitation (CR) is an effective post-surgery intervention (Dibben et al., 2021), yet attendance remains suboptimal (Pio et al., 2020). A barrier is the lack of knowledge among healthcare professionals (HCPs) about CR's benefits (Clark et al., 2012), leading to missed referrals. This highlights an urgent need for targeted education to enhance CR uptake and improve patient outcomes.

## PURPOSE

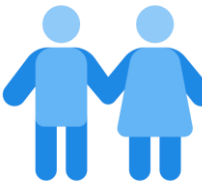
To explore HCPs perspectives on their educational needs to enhance CR referrals and attendance.

By identifying key barriers and facilitators, the research aimed to inform strategies for more inclusive and effective CR services in the UK.






## METHODS







Online  
semi-structured  
interviews



  
N: 10  
(5 male, 5 female)



Thematic  
analysis



☒ 3 Exercise Physiologists     

☒ 2 Cardiac Nurses  

☒ 2 Practice Nurses  

☒ 1 Cardiology Registrar  

☒ 1 Consultant Cardiologist  

☒ 1 Health & Lifestyle Practitioner  

## RESULTS

### THEMES

#### Barriers to CR

- HCP lack of knowledge
- Gatekeeping practices
- Misconceptions



#### Facilitators to CR

- CR team visibility
- Multidisciplinary collaboration
- Staff ethnic representation



#### Educational needs

- Female inclusion training
- Cultural awareness
- Further research on females and ethnic minorities



## CONCLUSION

The findings highlight the urgent need for targeted educational initiatives, particularly for HCPs working in hospital wards and GP settings. These interventions should not only raise awareness of the comprehensive benefits of CR, extending beyond physical exercise, but also address the unique challenges faced by female and ethnic minority patients. Such efforts are crucial for creating a more equitable and effective CR service, ultimately improving outcomes for all individual patients.

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