Understanding patient engagement in outpatient cardiac rehabilitation programs using the Model of Therapeutic Engagement

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Introduction

Engagement is a construct that can inform our understanding of intention, attendance and participation in rehabilitation. A proposed model of therapeutic engagement during cardiac rehabilitation (CR) was introduced by Lequerica and Kortte (2010) 1, and where the construct of therapeutic engagement is explicitly defined, by identifying a series of sub-models that explain to intention to engage in cardiac rehabilitation (CR), preparation for engagement in CR, initiation of cardiac rehabilitation, and cardiac rehabilitation evaluation and maintenance. This complex model can facilitate our understanding of the variables and processes that play a role in determining participation in, and benefit from, rehabilitation.

Method

- Participants: 217 patients eligible for outpatient cardiac rehabilitation programs from the Cardiology ward at Gold Coast University Hospital
- Design of this study: a prospective study
- Data collection: paper surveys over three time intervals to cover all stages of the Model of Therapeutic Engagement.
- Statistical method: Structural equation modeling to test the hypotheses proposed
- Nine hypotheses have been tested based on the Model of Therapeutic Engagement in Rehabilitation (significant relationships showed in red).

Expected Results

The Model of Therapeutic Engagement moves the field toward a more complete understanding of the process of engagement in cardiac rehabilitation programs and contributes knowledge about how to make this process more effective. It is suggested to embed this model into a broader socio-environmental context to have a comprehensive understanding of patient engagement in cardiac rehabilitation programs.

Literature Cited


Disclosure

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Conflict of interest The authors declare no conflict of interest for this study.