

# Evaluating Medical Residents' Knowledge and Attitude towards Cardiac Rehab.

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## INTRODUCTION

- Cardiac rehabilitation (CR) is not widely utilized, with only 8-31% of eligible patients taking part. Insufficient referrals and a lack of physician support are commonly recognized obstacles to participation.
- As Internal Medicine residents, we receive extensive training in managing cardiovascular conditions, but the importance of recommending CR can sometimes be overlooked.
- CR involves a structured program with physical activity, lifestyle education, and counseling, benefiting those with heart issues like heart attacks, heart failure, or post-surgery. It is effective across various ages and severity levels of cardiac conditions. This Quality Improvement (QI) project aims to assess residents' understanding and implementation of CR in patient care

## Method

- An online survey was sent to all our in-house internal medicine (n=39) and family medicine (n=27) residents. The survey comprised 11 questions aimed at reviewing the current understanding of the residents about cardiac rehab, its importance, value, process, and barriers to referring. We received 37 responses. The survey was anonymous and required a one-time input. The results were collected over a period of three months, from January to March 2024.

7. What factors prevent you from referring a patient to Cardiac rehab. (multiple choice) (0 point)

● lack of time	3
● sometimes forget.	11
● inconvenience to refer	3
● unfamiliar with referral process	26
● uncomfortable explaining cardia...	8
● Unsure of insurance coverage	15
● Unsure of qualifying diagnosis	12
● Patient unlikely to attend.	7
● Less likely to refer older patients.	1
● Comorbidities hinder participati...	5
● Skeptical of benefit.	1

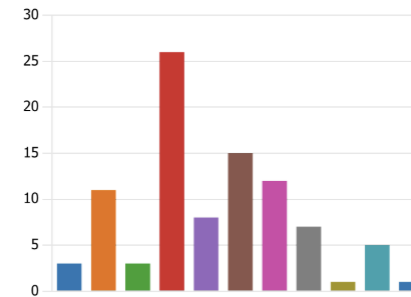


Fig. 1 showing factors affecting referral process.

## Results

- 65% of the respondents had at least a fair overall understanding of the indications for cardiac rehab.
- 59% believed that referring patients to cardiac rehabilitation adds value to their current clinic's patient population. 67% believed that referring patients to cardiac rehab adds value to patients after being discharged from the hospital.
- Regarding the referring process, the survey showed that 41% of the responders had no prior experience regarding referring patients for cardiac rehab.
- 41% stated that they faced barriers while referring patients to cardiac rehab. 92% stated that they did not find stress to be a reason for decreased referrals.

## CONCLUSION

- The survey results highlight a moderate level of understanding and perceived value of cardiac rehabilitation among residents.
- However, significant barriers to referral remain, including a lack of experience and other unspecified obstacles.
- These findings suggest a need for targeted educational interventions and system-level changes to improve referral rates and ensure that patients receive the full benefits of cardiac rehabilitation.
- Addressing these barriers can enhance patient outcomes and overall cardiovascular health.
- Future initiatives should focus on incorporating comprehensive training on the referral process and addressing the barriers identified to optimize the use of cardiac rehabilitation services.