Title: The effect of home-based cardiac rehabilitation program on self efficacy of patients referred to cardiac rehabilitation center.

Abstract: Background: The prevalence of coronary heart disease is increasing worldwide as well as in our country. Cardiac rehabilitation is an interdisciplinary activity with the aim of facilitating and improving the physical, psychological and emotional state and empowering patients.

Objectives: This study aimed to determine whether continuing cardiac rehabilitation programs at home has positive effects on self efficacy of the participants in comparison with control group or not.

Design: randomized controlled trial.

Method: 80 patients referred to rehabilitation center from Feb 2009 to Jan 2010 were randomly divided into case and control groups. Both groups received routine cardiac rehabilitation program in rehabilitation center. In addition, the case group received education and practical training in various rehabilitation measures along with home visits of a community health nurse in follow-up period. General Self Efficacy Scale (GSES) was used to assess self efficacy between the two groups at baseline and on follow-up period. Collected data from General Self Efficacy Scale were analyzed using Minitab software and repeated measurement analysis model.

Results: In this study 75 percent (60 people) of participants were male and 25 percent (20 patients) female with the age range of 57/41±1/01 (Mean± SE). Results showed statistical significant difference in Self Efficacy (P= 0.000) between two groups and in different measurements (P= 0.000).

Discussion: Home-based cardiac rehabilitation has a positive effect on patients’ self efficacy thus referring patients who suffer from heart diseases is recommended.

Presentation: Poster