

Project Title: Improving Knowledge and Attitudes regarding Cardiac Rehabilitation among
Advanced Practice Nurses - Sharon Park

Abstract

Objective: Despite the compelling long-term benefits of cardiac rehabilitation (CR) on quality of life and mortality, CR continues to be underutilized among coronary heart disease patients. A gap in provider knowledge and perceptions of CR benefits interplay to hinder the implementation of guidelines based secondary prevention treatment. The purpose of this study was to improve advanced practice nurses' knowledge of and attitudes toward CR through a multimodal educational intervention.

Methods: This study utilized a single group pretest-posttest design to determine the efficacy of a multimodal educational intervention among advanced practice nurses (n=20) at inpatient cardiology unit within a single health system. Three one-hour educational sessions were implemented over 12-weeks. A survey was administered to assess the existing attitudes and beliefs toward CR. Pretests and posttests were administered to determine change in knowledge following the intervention.

Results: Twenty nurse practitioners completed three educational sessions, were found to have a significant increase in CR knowledge after the intervention (M= 18.5, SD= 1.35) compared to baseline (M= 12.5, SD= 1.5), with $p < 0.0001$. A higher proportion of the participants had poor to average CR knowledge (90%) prior to the intervention. Participants demonstrated neutral to positive attitude perception scores with four domains emerged as barriers and facilitators to recommending CR to patients.

Conclusion: Findings suggest an educational intervention tailored to APNs is efficacious and feasible. Expansion of this project to other healthcare professionals is warranted to facilitate maximization in the delivery of comprehensive cardiovascular risk reduction through CR.