

Enhancing Cardiac Rehabilitation Through Digital Innovation: A Quality Improvement Project

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Quality Improvement Awards 2024

“DIGITAL THERAPEUTICS FOR LONG-TERM CONDITIONS”
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QI Project Design: PDSA Cycle

PLAN: Identify a mobile app integrating real-time health tracking, personalised exercise programmes, and direct communication with CR team >
Introducing My mHealth

DO: Implement My Heart app with an initial pilot group of 500 patients enrolled in CR.

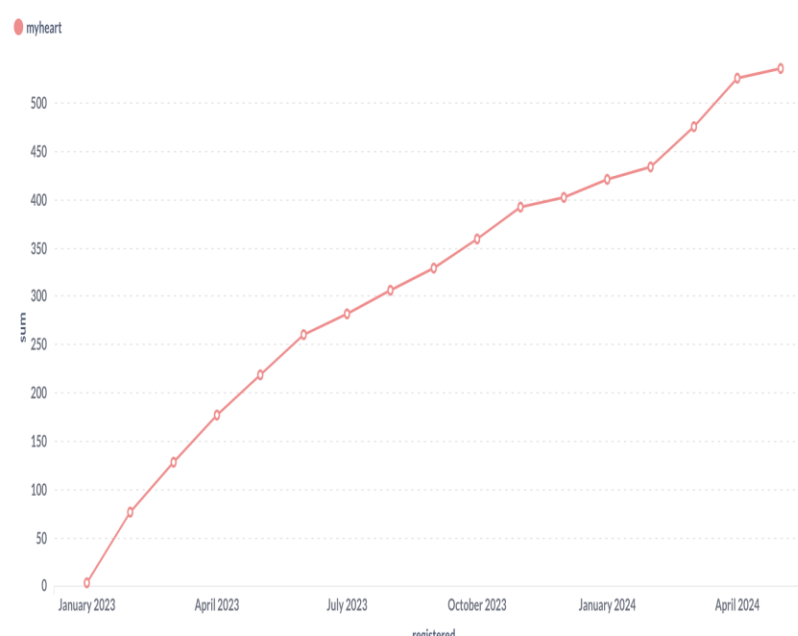
STUDY: Monitor patient engagement metrics, adherence rates, and collect feedback through surveys and app analytics

ACT: Refine app features based on feedback and data analysis to enhance user experience and effectiveness



Abstract: This quality improvement [QI] project introduces a novel mobile app aimed at increasing patient uptake and enhancing digital solutions in cardiac rehabilitation [CR]. Utilising the Plan-Do-Study-Act [PDSA] cycle, the project involved the implementation of an app, integrating features like real-time health monitoring, personalised exercise programs, and direct patient-provider communication. Initial findings indicate significant improvements in patient engagement and adherence, with high satisfaction and usage rates reported. The introduction of digital technology in CR represents a transformative approach, providing more accessible and personalised patient care. This project underscores the potential of mobile apps to improve health outcomes in CR.

- **537 patients registered**
- **81% activation rate**
- **Over 2,700 education videos viewed**
- **Over 6,900 activity diary entries**



The introduction of My Heart within the CR service as part of a QI initiative has demonstrated a promising increase in patient uptake and engagement. This project showcases the potential of digital solutions to transform traditional healthcare delivery models, making them more accessible, personalised and efficient. **NEXT STEPS...** To examine the effectiveness of physical activity outcomes using a web-based CR application compared with conventional programme or a combination of both.

CR is vital for patients recovering from cardiac events, yet patient uptake remains suboptimal due to accessibility challenges and engagement issues. This QI project introduces a novel mobile app designed to increase patient uptake and integrate digital solutions into CR programmes.

Working in partnership
 The Royal Wolverhampton NHS Trust
 Walsall Healthcare NHS Trust