The Effect of a Self-management Cardiac Prehab Intervention on Exercise in a Skilled Nursing Facility, Mary Dolansky, PI

A. Summary of Progress toward the achievement of the originally stated aims
The research questions are: 1. Do older adults who participate in the Self-management Techniques for Exercise Promotion: Cardiac Rehabilitation (STEP CR) program during Skilled Nursing Facility (SNF) and home health care have improved exercise maintenance, greater self-efficacy, and enter out-patient cardiac rehabilitation programs more frequently than do older adults who receive SNF and home health usual care? 2. Do the effects of the STEP CR program remain when controlling for the effects of covariates: gender, type of cardiac diagnosis, physical performance, comorbidity, cardiac function, pain, depression, and body mass index? 3. What are the feasibility, acceptability, and resource requirements of the STEP CR Program? Forty subjects were recruited from 5 agencies. The sample consists of 32 skilled nursing participants (16 intervention and 16 control) and 8 homecare participants (4 intervention and 4 control). The SNF sample consists of older adults age 78-85 with a mean age of 81.3. Participants had high comorbidity and complication rate. The majority of patients were female with a NYHA cardiac functional classification of III-IV, indicating heart failure that interferers with activities of daily living.

B. List of Significant Results
Results indicate that differences between the control and experimental groups were outcome expectancy at discharge and enrollment in an outpatient cardiac rehabilitation program. There were no differences in self-efficacy and exercise maintenance between the intervention and usual care group. For the home care participants, differences between self-efficacy and exercise maintenance were evident. The STEP CR program provided important self-management interventions to older adults using transitional care services after hospitalization for a cardiac event. The homecare participants were able to use the self-management interventions compared to the SNF participants. Satisfaction with the intervention was high for both groups. Integration of cardiac rehabilitation self-management strategies is an important component of transitional care.

C. List of Publications


We also presented the results at:
1. The Society of Geriatric Cardiology 14th Annual Scientific Session, Summit on Maximizing Functional Capacity in Older Cardiovascular Patients: From Baby Boomers to the Very Old; June 27-29, 2008; Washington DC.
2. The SMART Center Synthesis Conference. Regional Studies on Self-Management: How They Fit with the State of the Science; September 5, 2008; Cleveland, Ohio
3. Research Showcase, Case Western Reserve University; April, 16, 2009; Cleveland, Ohio
4. The 18th Annual Florence Cellar Conference. Intergenerational Family Care Giving: Self-Management in Caring for Each Other; April 23, 2009; Cleveland, Ohio
5. The Gerontological Society of America (Skilled Nursing Facility); November 2009; Atlanta, Georgia
6. The Gerontological Society of America (SNF and Home Health Care); November 2010; New Orleans, Louisiana
7. Frances Payne Bolton School of Nursing SMART Center Workshop, March 2011; Cleveland, Ohio