



Cardiac Rehabilitation (CR) Referral Promotion Scripts for Inpatients, by Source

It is preferable that both scripts are delivered to all CR-indicated patients.

1. Script for Referring Clinicians (e.g., MDs, APPs)

"I would like to refer you to cardiac rehabilitation, and strongly encourage you to participate.

Cardiac rehab programs assist you in feeling healthier, by supporting you in making heart-healthy lifestyle changes, managing your mental health, and understanding your medications and care.

If you go to cardiac rehab, you can live longer and have better life enjoyment, and you will be less likely to come back here to the hospital.

Here is some information about cardiac rehab [*give handout(s)*]. Another one of our care team members will discuss this with you further, and answer any questions you have."

SUPPORTING TOOLS:

- Information on importance of referral and who is indicated to be referred: http://learnonthego.ca/Courses/promoting_patient_participation_in_CR_2020/promoting_patient_participation_in_CR_2020EN/story_html5.html
- Motivational letter to give to patient about CR referral from you (please put your signature and information at bottom, as well as institutional logo)
- Information about CR to give patient: <https://www.aacvpr.org/Cardiac-Patient-Resources>

2. Script for Nurse, Allied Healthcare Provider and/or Peer Volunteer to Use with Patient that physician would be willing to Refer to CR

"I am here to speak with you about the importance of cardiac rehabilitation for your recovery. [*preferably a loved one is also present*]

I believe one of your other providers already spoke to you about referring you to cardiac rehab. What do you understand about what cardiac rehab offers?

Fill in any misinformation, based on the training course provided at link above, and knowledge of the local program (be sure to become informed!).

There are many benefits to you when you participate in cardiac rehab. These include not only living longer and your heart being in better health so you can stay out of the hospital, but also you will:

- feel better, happier and
- be able to engage in the activities that make your life meaningful.
- You will get support from the cardiac rehab team and from other patients like you.

After you get home, the rehab program will contact you to set up your first visit [*edit if process differs*]. During that visit, staff will learn more about you, so you can get started with your program based on your needs. If you haven't received a call from the program after a few weeks, please reach out to the program directly [*provide program contact information*]"

What questions do you have about cardiac rehab, and let's consider any challenges you think you might have in attending so we can explore ways to overcome them." [*note: the course below offers strategies to mitigate common barriers patients raise*]

Once done, ensure patient has some form of information about CR, and the program contact information. Confirm referral has been sent.

SUPPORTING TOOLS:

- Information on importance of your cardiac rehab encouragement at the bedside and how to best support your patients to attend:
http://learnonthego.ca/Courses/promoting_patient_participation_in_CR_2020/promoting_patient_participation_in_CR_2020EN/story_html5.html
- Checklist of key points to cover during cardiac rehab discussion:
<http://learnonthego.ca/CourseRes/cardiacrehab/keypoints.pdf>
- Provide the above 2 handouts (motivational endorsement, info about CR), if not provided by referring clinician
- Discharge contract regarding CR referral discussion for patients (*put your own institutional logo and local information*)
- CR referral discussion documentation form (*put your own institutional logo and edit form to be appropriate for your setting as needed*)

ADDITIONAL POINTS FOR FEMALE PATIENTS

"As a woman, it is particularly important you attend cardiac rehab.

Other women who participate really appreciate many things about the program, like:

- connecting with other women who have gone through what they have,
- getting support from the cardiac rehab staff,
- getting personalized advice on heart-healthy eating,
- getting a personalized exercise regimen doing the types of activity they enjoy, and making sure it isn't painful or tiring
- that their emotional and social well-being is addressed, and

- often the choice to do some of their rehab at home once they get going.”

References:

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Ali-Faisal, S.F., Benz Scott, L., Johnston, L., & Grace, S.L. (2016). Cardiac rehabilitation referral and enrolment across an academic health sciences centre with eReferral and peer navigation. *BMJ Open*; 6(3): e010214. doi:10.1136/bmjopen-2015-010214. <http://bmjopen.bmj.com/content/6/3/e010214>

Mitoff, P.R., Wesolowski, M., Abramson, B.L., & Grace, S.L. (2005). Patient-provider communication regarding referral to cardiac rehabilitation. *Rehabilitation Nursing*, 30(4), 140-146. (reprinted for journal anniversary; 2020, 45(5), pp. 245-251.).