The Effect of Smoking on Exercise Perception and Intentions for Cardiac Rehabilitation Enrollment among Patients Hospitalized with an Acute Cardiac Condition

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Introduction
Cardiac rehabilitation (CR) attendance has been associated with improved smoking cessation outcomes among smokers hospitalized with an acute cardiac condition; however, for unclear reasons, patients who smoke are consistently less likely to enroll in CR. The purpose of this study was to determine patient perception of exercise and assess factors influencing exercise attendance within CR. We also administered the Fagerstrom Test for Nicotine Dependence (FTND), Global Physical Activity Questionnaire, Hospital Anxiety and Depression Scale (HADS), and Confusion Hubbell and Order Scale (CHQOS) surveys.

Methods
We included patients eligible for outpatient CR who were current smokers at the time of their hospital admission. We developed an instrument and offered a 25% discount on services to patients who assessed patient opinions of tobacco use, exercise, and CR enrollment. We also administered the Fagerstrom Test for Nicotine Dependence (FTND), Global Physical Activity Questionnaire, Hospital Anxiety and Depression Scale (HADS), and Confusion Hubbell and Order Scale (CHQOS) surveys.

Results
Of the 35 patients approached, 40 (74%) patients completed the survey (68% male, 57 ± 10 years, 70% Caucasian, 55% with myocardial infarction and subsequent percutaneous coronary intervention, 58% with an acute cardiac condition). Most patients (79%) reported being interested in quitting smoking; however, only 57% were interested in enrolling in CR. Of the 54 patients approached, 40 (74%) patients completed the survey (68% male, 57 ± 10 years, 70% Caucasian, 55% with myocardial infarction and subsequent percutaneous coronary intervention, 58% with an acute cardiac condition). Most patients (79%) reported being interested in quitting smoking; however, only 57% were interested in enrolling in CR. Of the 81 patients who completed the survey, 49 (60%) were considered current smokers at the time of their hospital admission. We also administered the Fagerstrom Test for Nicotine Dependence (FTND), Global Physical Activity Questionnaire, Hospital Anxiety and Depression Scale (HADS), and Confusion Hubbell and Order Scale (CHQOS) surveys.

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