Reasons for Declining to Participate in Home-Based Cardiac Rehabilitation

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INTRODUCTION
- Cardiac rehabilitation (CR) programs are underutilized in patients with ischemic heart disease (IHD); 10% of eligible Veterans participate.
- Geographic distance is a major barrier for patients to participation
- Home-based CR programs improve participation in CR, yet many still decline to enroll.

PURPOSE / RESEARCH QUESTION
- We sought to understand the factors associated with declining to participate in a CR program when home-based CR is available.

DESIGN
Design: Qualitative survey given at time of decision-making; subset completed semi-structured interviews.
Subjects: Patients admitted to San Francisco VAMC for IHD (MI, PCI, and/or CABG) between Aug 2013-May 2015
Predictor: Eligible for home-based CR program
Outcome: Rationale for declining to participate in home-based CR program.

METHODS
- Based on these responses we then developed a questionnaire which was given to 47 patients to report their reason(s) for declining.
- Patients ranked the importance of each factor on their decision using a 4-point Likert scale (1=not at all, 2=a little, 3=somewhat, 4=very much).

RESULTS

Patient Survey Responses:
"In terms of choosing not to participate in cardiac rehabilitation, please rate the following factors in terms of importance to your decision"

<table>
<thead>
<tr>
<th>Factor</th>
<th>n</th>
<th>%</th>
<th>Not a factor</th>
<th>A little important</th>
<th>Somewhat important</th>
<th>Very important</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don't like getting phone calls</td>
<td>25</td>
<td>53%</td>
<td>22</td>
<td>9</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>I don't need more education (already know what to do)</td>
<td>24</td>
<td>51%</td>
<td>23</td>
<td>8</td>
<td>5</td>
<td>11</td>
</tr>
<tr>
<td>I don't think cardiac rehab is necessary for my care</td>
<td>21</td>
<td>45%</td>
<td>26</td>
<td>3</td>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td>I am not interested in making the lifestyle changes</td>
<td>14</td>
<td>30%</td>
<td>33</td>
<td>7</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>I am too old or ill to make changes</td>
<td>11</td>
<td>23%</td>
<td>36</td>
<td>4</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>I don't think changing my behavior will affect my heart</td>
<td>7</td>
<td>15%</td>
<td>40</td>
<td>4</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>I am not confident I can change my behavior</td>
<td>5</td>
<td>11%</td>
<td>42</td>
<td>3</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>I can't change destiny/fate</td>
<td>5</td>
<td>11%</td>
<td>42</td>
<td>4</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>I am concerned about financial issues</td>
<td>4</td>
<td>9%</td>
<td>43</td>
<td>1</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>I find parking too difficult</td>
<td>3</td>
<td>6%</td>
<td>44</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>I fear that cardiac rehab might be harmful</td>
<td>2</td>
<td>4%</td>
<td>45</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>I don't have transportation</td>
<td>2</td>
<td>4%</td>
<td>45</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Participation in Home-Based CR:
- Home: 38%
- Declined: 15%
- Referred: 37%
- Ineligible: 9%

Indication for CR:
- Angina
- PCI
- MI
- CABG
- AVR/MVR
- TAVR
- HF

CONCLUSIONS
- Patients report a variety of issues for declining to participate in CR programs.
- Despite the convenience of a home-based CR program many patients remain uninterested or uncommitted to making behavioral changes necessary to reduce secondary cardiovascular risk.