# myHeart – Cardiac Rehabilitation Case Study

**\*\* Please note this is a preliminary case study created by my mhealth, based on real world experience\*\***

**What is Cardiac Rehabilitation?**

Cardiac Rehabilitation (CR) is one of the most effective interventions for people living with heart disease. It has been shown to reduce hospital admissions and improve quality of life.  However, there are some key challenges facing CR services:

- Variable uptake between different ethnic groups and genders.
- Low rates of home-based course.
- Low uptake in heart failure patients

**What is myHeart?**

myHeart is a comprehensive digital solution which can help CR services to meet these challenges. It helps people with heart disease to self-manage their condition and enhances clinical teams' ability to deliver effective care.

myHeart can be accessed via the internet and is suitable for people following a cardiac event, cardiac surgery and managing heart failure.

In addition to Cardiac Rehabilitation, myHeart provides education, risk factor tracking and modification, connectivity with Bluetooth devices such as BP cuffs and scales.
It also has a sophisticated clinician interface which supports remote monitoring and management, enabling clinical teams to deliver new models of care at a population scale.

**Where and how is myHeart being used in CR?**

myHeart is already being used by several CR services around the UK as a home-based CR service or as an adjunct to the standard face-to-face CR. This case study is based on the findings from these deployments.

**What are the preliminary findings?**

Patient feedback has been good. 91% of patients in one service stated they found getting started on the App either 'Very easy' or 'Fairly easy'. Another area found that when patients were asked if they would recommend myHeart (0-10; 10 being the most likely) the mean score was 9.0.

Early reports of clinical outcomes from myHeart being used to deliver home based CR are promising reporting similar improvements in patients receiving standard home-based CR and those receiving care delivered via myHeart. Parameters reviewed included:

- A blood pressure of <140/90
- Improved Mediterranean diet score
- Recommended physical activity levels
- Total cholesterol <4mmol/L
- LDL cholesterol <2mmol/L

## What does this mean?

Real world experience from deployments of myHeart show that patients find the App easy to use and a tool that they would use for CR and recommend to other people living with a heart condition.

The clinical outcomes suggest that myHeart can be used as an alternative to standard home-based CR and can have a similar impact in terms of improvements in a range of relevant parameters.

## What are the next steps?

Further work is underway to evaluate the impact of myHeart in Cardiac Rehab services, my mhealth is working with clinical teams to generate further evidence to be published in the near future.