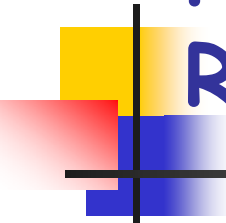


# THE ROLE OF PSYCHOLOGY IN CARDIAC REHABILITATION



---


Caroline Deans  
Specialist Sister, CR  
Royal Free Hospital



# BACR course: "Psychological Issues for Health Professionals working in Cardiac Rehabilitation" (1)

---

- 2 day course
- Introduction to relevant psychological theory and related evidence
- Knowledge and skills focus



## BACR course: “Psychological Issues for Health Professionals working in Cardiac Rehabilitation” (2)

---

- Builds on experience of participants
- Improve on the skills, knowledge and confidence to deliver a psychologically informed CR service
- NOT a formal qualification



## Course content / themes (1)

---

- Biomedical vs. biopsychosocial models of healthcare
- Psychological impact of a cardiac event - assessment issues
- Illness perceptions / understandings - how individuals make sense of their health status & the effect on health-related behaviours



## Course content / themes (2)

---

- Social cognition models and influencing changes in health-related behaviours
- Roles and relationships
- Stress and CHD



## Psychologically informed CR in practice - advantages (1)

---

- A more holistic approach to care - promote improved morbidity and quality of life, recognises individual differences
- Health education - information-giving alone not enough



## Psychologically informed CR in practice - advantages (2)

---

- Psychological theory can provide tools / systematic approaches to interacting with patients - maximise use of time / resources
- Evidence for need for specific interventions eg counselling service



# Psychologically informed CR in practice - problems / issues (1)

---

- CR team staffing - need for specialist psychologists?
- Training needs for other CR professionals
- Physical resources eg space
- Pressures on staff time - conflict with meeting service targets / agreements





## Psychologically informed CR in practice - problems / issues (2)

---

- Measuring / assessing effectiveness of interventions: subjective vs objective; long term vs short term
- Provision of specialised interventions eg counselling - by CR service? or by "mainstream" service provision?



## Conclusion

---

- Psychologically informed CR is central to providing the comprehensive CR advocated by expert professional bodies eg BACR.
- Psychological issues are an important but overlooked feature of CR
- There is a need for more education and training of CR professionals
- CR professionals must be able to understand and articulate psychological issues in order to incorporate them into new models of service delivery