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Do Cardiac Patients Like and Use an E-Learning Platform as Part of their Secondary Prevention Program?

*M.D. Ines Frederix, Leen Janssen, Anne Geurden
M.D. PhD Paul Dendale*

No conflict of interest

 universiteit
Antwerpen  hasselt

E-learning

- ▶ Using a tele-intervention in order to give patients a better understanding of their disease
- ▶ Ideal format:
 - Comprehensive approach of telerehabilitation
- ▶ Individualisation of the program can lead to better satisfaction

@ PRIMARIUS

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Ziekenhuis
Oost-Limburg

Welcome to post-discharge assistance service provided by doctors from Hartcentrum Hasselt, Jessa Clinic, Belgium for patients with infarction.

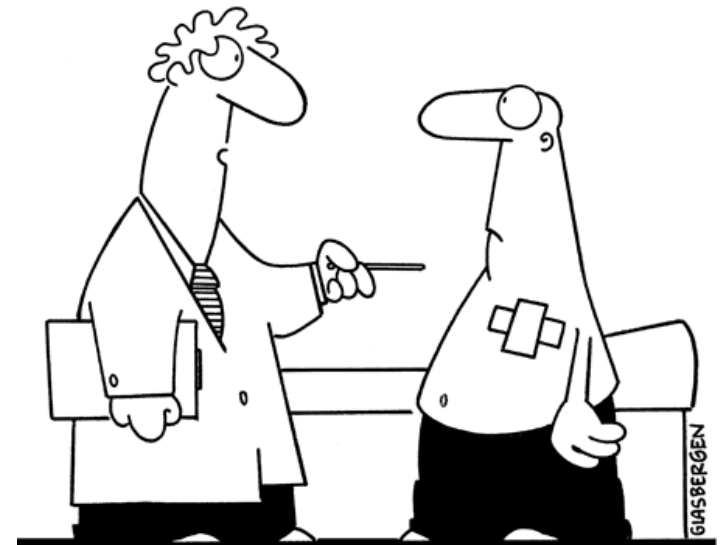


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E-learning modalities

- ▶ Website
- ▶ E-mail
- ▶ Telephone
 - Text-messages
 - Direct contact by telephone calls
- ▶ Applications
- ▶ Combination programs



**“It’s a pacemaker for your heart,
plus you can download apps for your
liver, kidneys, lungs, and pancreas!”**



E-learning content



“Lose some weight, quit smoking, move around more, and eat the carrot.”



E-learning content

- ▶ Aim is to improve best-known risk factors for CVD
 - Smoking cessation
 - Heart healthy diet
 - Stress management
 - Weight loss
 - Importance of medication adherence
 - Improving physical activity
 - Illness perception
 - Self-efficacy
- ▶ Providing social support
- ▶ Teaching to recognise symptoms & respond appropriately



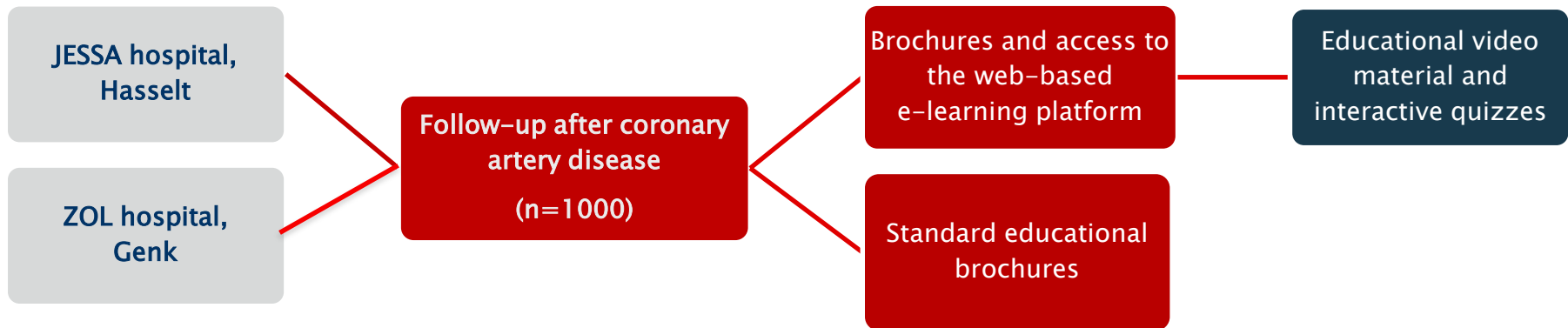
E-learning study

- ▶ Do Cardiac Patients Like and Use an E-Learning Platform as Part of their Secondary Prevention Program?



E-learning study: study design

- ▶ Prospective multi-centre randomized controlled trial
- ▶ Started in November 2015 in Belgium



Study population

- ▶ Jessa hospital, Hasselt & ZOL hospital, Genk
- ▶ Inclusion criteria:
 - Coronary artery disease treated:
 - Conservatively
 - With a percutaneous coronary intervention
 - With coronary artery bypass grafting

E-learning study: objectives

- ▶ The primary objective: assess feasibility and acceptance of the platform
- ▶ The secondary objective: assess usage of the platform by registration of
 - % of patients accessing the platform
 - Number of videos viewed/patient
 - Cumulative time of platform usage

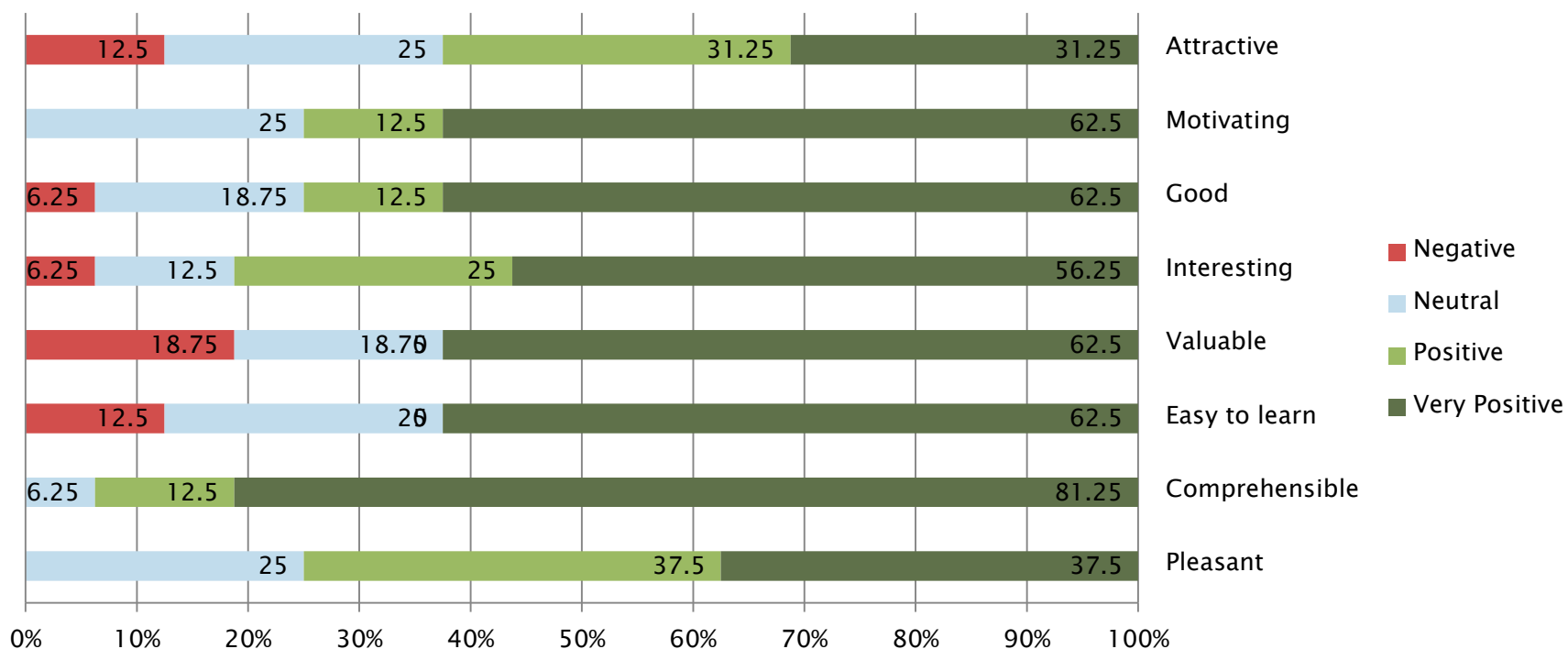
CONSULT WITH THE
PHYSIOTHERAPIST

“cycling, running etc.”

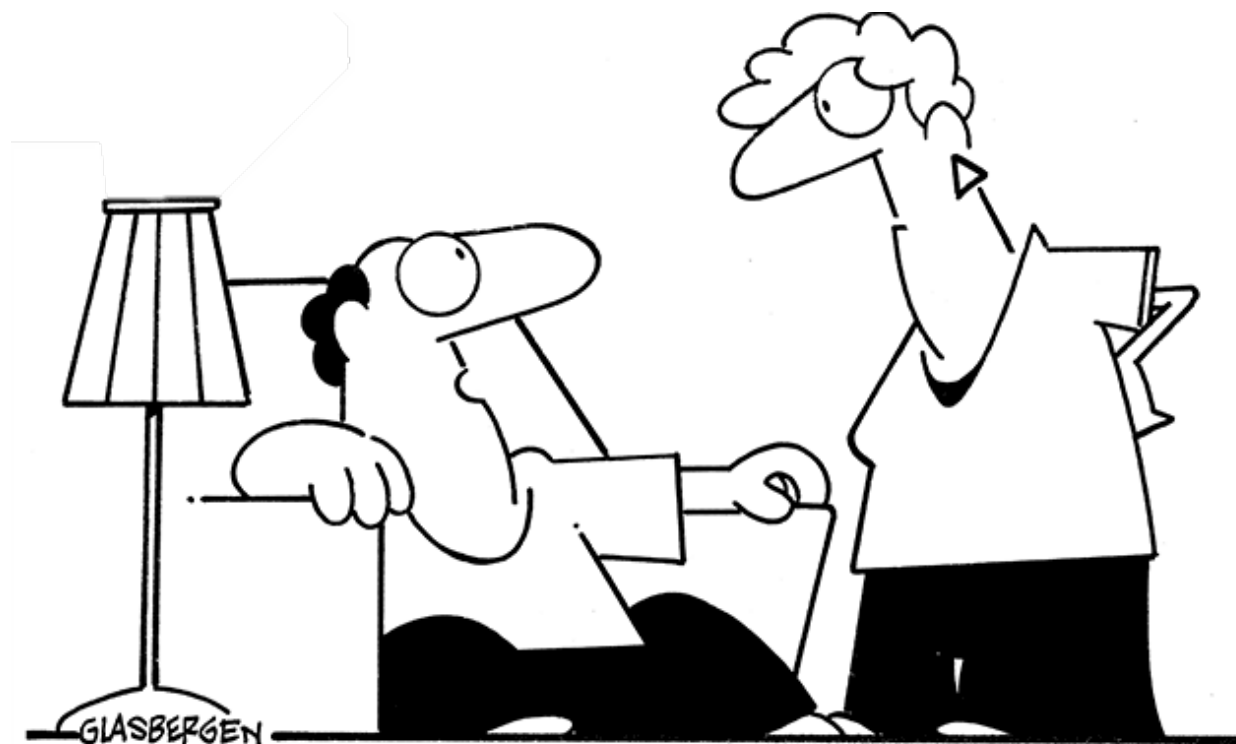


E-learning study: first results

Scoring of website features



Thank you all for your attention



**“My doctor told me to walk 5 days a week.
The other 2 days, I guess you’re supposed to carry me.”**



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