Fenland Cardiac Rehabilitation Programme (CRP) supports cardiac patients in dispersed rural communities with sparse public transport.

**Purpose**

To qualitatively evaluate the impact of Fenland CRP on service users and identify potential for service improvements (SI).

**Method**

88 past participants were invited and 47 attended. The two-hour programme included presentations by an experienced CR nurse, a personal account from a service user & a food demonstration by a dietitian. Partner organisations that supported the event:

- Camquit
- Patient Advice and Liaison Service (PALS)
- Leisure Services Fenland District Council
- Personal Health Trainers
- Blood Pressure Stand
- Medicine Management
- Mediterranean Diet practical food demonstration
- Psychological Well Being Service (PWS)
- British Heart Foundation Resources
- Drink Aware
- CPR Demonstration

Questionnaires were sent out pre-event to learn about: patient experience of CRP, seeking information on:

I. Risk factors identified & modified over past year

II. GP/PN follow up post CRP discharge

III. Incidence of anxiety &/or depression assessed by HAD scale

**Results**

38 questionnaires returned.

This qualitative evaluation provides evidence for Service Improvement (SI):

- 71% confirmed, identifying & addressing 1 or more risk factors for CHD. 
  SI: promote discussion during CRP education sessions to emphasise risk factors.
- 49% had seen a GP or PN for follow up post CRP discharge, of which 31% had consulted GP re cardiac problems.
  SI: patients to be given written information detailing desirable follow up measures.
- 29% had significant anxiety scores.
- 14% had significant depression scores.
  SI: increased collaboration & access to PWS.

**Service Improvements**

Will be reviewed annually in partnership with recent service users, addressing the needs of the Fenland population.

**Acknowledgements**

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