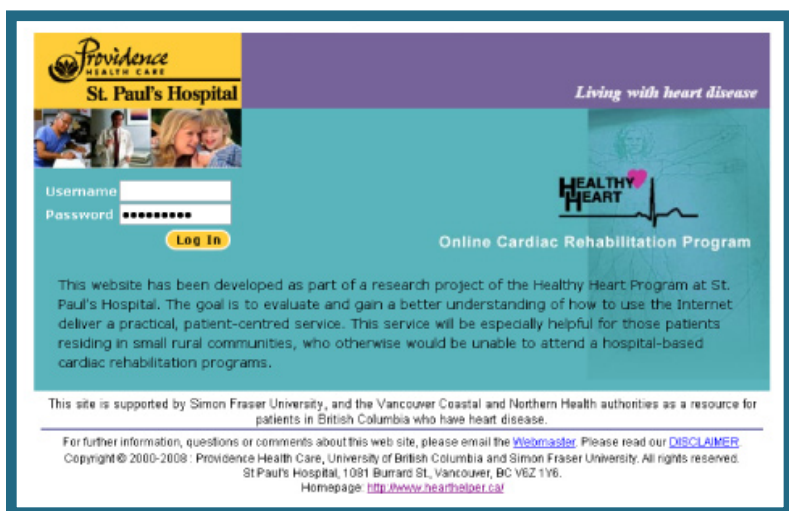


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- **Updates on the virtual Cardiac Rehabilitation Project (vCRP). Read on to see how the project is progressing**
- **Watch how cardiac rehabilitation can be delivered at a distance on the BCATPR website**
- **BCATPR symposium at the International Society for Gerontechnology 7th World Conference**
- **Virtual Heart Function Clinic study gets published!**

Participant Recruitment Target Almost Met for vCRP Project



Participant recruitment for the virtual Cardiac Rehabilitation Program (vCRP) project is approaching completion. The vCRP project spearheaded by Dr. Scott Lear, principal investigator of the BCATPR, in collaboration with other team members Dr. Joanna Bates, Dr. Andrew Ignaszewski, and Dr. Kenneth Prkachin uses an online interface to mimic the existing outpatient cardiac rehabilitation programs currently in use at hospitals across BC. A randomized group of ischemic heart disease patients will use the vCRP website in place of participation in a face-to-face cardiac rehabilitation program over a four-month period.

Presently, 56 participants have been recruited and 46 participants have been randomized. About two-thirds of the randomized participants are from Prince George. The target recruitment of 74 subjects for the vCRP project is expected to be achieved by June 2010.

It is anticipated that participation in this pilot program will show signifi-



The British Columbia Alliance on Telehealth Policy and Research is a multi-disciplinary health services research team studying ways to bridge traditional health care services and emerging communication technology to meet the changing needs of patients and care providers in our province. For more information, please visit our website at www.bcatpr.ca.

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cant improvement in exercise capacity, and present Internet-based programs as a viable alternative for ischemic heart disease patients in rural or remote areas in British Columbia.

We have just uploaded the virtual Cardiac Rehabilitation Program demonstration video on the BCATPR website. Watch how cardiac rehabilitation can be delivered from a distance at <http://bcatpr.ca/vcrp/>

Virtual Heart Function Clinic (vHFC) study gets Published!

The virtual Heart Function Clinic (vHFC) study which assesses the feasibility of a website to support self-management and monitoring in heart failure patients has been published in *Telemedicine Journal and e-Health*. The article, authored by Biljana Maric, Annemarie Kaan, Yuriko Araki, Dr. Andrew Ignaszewski and Dr. Scott Lear was published in the January/February 2010 volume of the journal and is entitled *The Use of the Internet to Remotely Monitor Patients with Heart Failure*. Below is an abstract of the article.

“Participant Heart failure (HF) results in high hospitalization rates and healthcare costs. Telemonitoring of HF has been shown to result in improved outcomes but usually involves the use of expensive equipment. A more feasible alternative may be the use of a Web site. The purpose of this study is to investigate the use of a Web site designed for HF telemonitoring. Patients newly referred to a heart function clinic were screened for eligibility. Twenty participants were recruited and entered their weight and symptoms onto the Web site for 6 months. A nurse monitored the Web site for changes in participant health status and telephoned the participants as necessary. Self-care, quality of life, 6-minute walk test, and N-terminal prohormone brain natriuretic peptide (NT-proBNP) were assessed. Interviews were conducted to assess intervention uptake. Seventeen participants completed the study. A significant change was observed on the maintenance subscale of the Self-Care of Heart Failure Index ($p=0.039$). There was a trend toward improvement on the confidence subscale of the Self-Care of Heart Failure Index ($p=0.069$), Minnesota Living With Heart Failure Questionnaire ($p=0.337$), 6-minute walk test ($p=0.124$), and NTproBNP ($p=0.210$). Participants and nurses demonstrated a favorable uptake of the Web site. A Web site that facilitates the telemonitoring of patients with HF was favorably accepted and its use in this pilot study was associated with improved self-care

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skills. However, further investigation is warranted in a larger study population.”

“*The Use of the Internet to Remotely Monitor Patients with Heart Failure*” can be accessed in full online here.

The BCATPR Symposium at the 7th World Conference of Gerontechnology



The BCATPR will be hosting a symposium at the International Society for Gerontechnology 7th World Conference taking place from May 27 to May 30, 2010 in Vancouver, BC. The symposium entitled *Developments in Telehealth for Chronic Disease Management* will highlight existing examples of managing chronic diseases through telehealth in Canada and India which are applicable in a variety of environments. The symposium discussion will focus on the challenges and barriers to telehealth implementation.

Convener Dr. Scott Lear will highlight the work to date of the BCAT-PR, including the development of two Internet-based technology platforms for chronic disease management. Participant Elsa Marziali will provide an overview of key issues that need to be addressed when designing interactive technologies used to provide home health care to older adults, while participants VS. Ajay & D. Prabhakaran will showcase a smart phone based decision support system for the detection and management of cardiovascular diseases.

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