

Using an ethnographic approach to explore the influences on uptake and adherence in cardiac rehabilitation

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Background

- Cardiac events are traumatic and life-changing; affecting physical capacity and generating emotional suffering (Wheatley, 2006)
- Traumatic events may have existential consequences affecting assumptions about ourselves and the world, presenting an opportunity for change (Joseph & Linley, 2008)
- Uptake of cardiac rehabilitation in the UK has long fallen below aspirations, engaging only half of eligible patients in 2018 (BHF, 2018)
- Inequalities in uptake and adherence to cardiac rehabilitation are evident in relation to gender, age and socio-economic status (BHF, 2018)
- In-depth Qualitative research which investigates the complex socio-cultural influences and lived, embodied experiences of patients, remains scant (Malcolm et al., 2017)
- The influence of significant others in CHD care choice and decision making warrants further exploration (Angus et al., 2018)



Aim and objectives of the study

Aim:

To explore the socio-cultural influences on uptake and adherence to the exercise element of a UK-based cardiac rehabilitation programme

Objectives:

- Critically evaluate extant literature to establish current views around exercise and health, coronary heart disease and cardiac rehabilitation
- Identify the perceptions of self and identity that may influence the behaviour of older adults
- Explore the intersectionality of gender and social inequalities in relation to cardiac rehabilitation uptake and adherence

Methods

- Qualitative inquiry provides a powerful means to investigate which contextual mechanisms contribute to intervention uptake and adherence (Leeman & Sandelowski, 2012)
- Ethnography is efficacious in researching social interactions, behaviours and perceptions within groups, teams, organisations and communities, and can provide rich insights into individual/group views and actions (Reeves et al., 2008)
- This ethnographic study will draw on longitudinal observations and two in-depth interviews conducted over a 6-month period with 10-20 participants
- Working with two NHS Trusts, the researcher will collaborate with cardiology and cardiac rehabilitation staff to opportunistically recruit those who have opted to and opted not to attend core cardiac rehabilitation
- Eligibility screening will take place as part of usual clinical care, with study criteria mirroring that of cardiac rehabilitation eligibility criteria
- Snowball sampling will be used to recruit a maximum of two significant others (family and/or friends) as identified by patients
- Thematic analysis sensitive to a Bourdieusian theoretical framework will be employed

Eligibility screening including Participant Information Sheet



Participant Informed consent completed



Phase one - Observations and first interviews



Phase one - Familiarisation and group attendee informed consent



Phase one - Observations and second interviews



Phase two - Observations and first interviews



Phase two - Observations and second interviews

Figure 1: Study process flowchart

Intended outcomes

- This research will investigate age, gender and social class and how such factors influence participant decision-making and thus influence health outcomes
- The research hopes to contribute original knowledge about the contemporary cardiac rehabilitation **participation conundrum** by permitting interpretation of the impact of inequality



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