Barriers to Success: Comparative Cohort Study

Many currently available CR programs have not adapted to address these barriers. To determine if app-based CR might help to overcome some of these barriers, the JMIR Cardio authors recently published a randomized controlled trial in which patients declining conventional CR were randomized to an intervention group that received mobile app-based CR or a control group that continued with their usual care. Information on reasons for nonparticipation in CR were collected to increase understanding of barriers and help identify ways to improve CR uptake.

The Common Research Theses concluded that in their JMIR Publications Research in Progress that a digitally delivered app-based CR program can improve CR participation and should be considered as a standard component of CR programs, particularly for those patients who initially declined CR. An app-based CR program is a feasible and a useful augmentation to a conventional CR program.

The JMIR Cardio authors would appreciate if you could forward their research results to your contacts and help increase participation rates among those who may benefit from a mobile app-based CR program.