



“The vision of eCardiacRehab is to make cardiac rehabilitation accessible to everyone.”

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Christmas is approaching, and it is time for a greeting at the end of a busy autumn for the project. We would like to thank you for the good cooperation we have had this year and look forward to an exciting 2026!



The past year has been rich in activity. In the spring, there was a great deal of work on testing the programme and recruiting participants for the control groups. In July, we began recruiting participants for the intervention phase of the feasibility study. The autumn has been an exciting phase of the project, with the entire programme being trialled, and most participants have now completed 12 weeks of digital cardiac rehabilitation. We look forward to sharing the results in due course!



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What has happened since last time?



Our annual General Meeting at the Bikuben Conference Centre was held on December 4th. You can read more about the day here!

[Stormøte for eHjerteRehab 2025: Framtidas helseteneste er her](#)

[More pictures here!](#)



[Les om NSF 2025 her!](#)

[More pictures here!](#)



More than 1,000 people attended the annual Norwegian Nurses Association (NSF) Congress at Grieghallen in Bergen on November 26th–27th. It was two informative and rewarding days, during which Kristin Rykkje-Johannessen, Anniken J. Kjølseth, Hanne Flagtvedt, Kristin J. Ramstad and Hege Andersen from the project presented posters.



Western Norway University of Applied Sciences (HVL) hosted a Research Conference for the Faculty of Health and Social Sciences on December 3rd, and the project was well represented with oral presentations by Leonora O. Bergsjø, Kristin J. Ramstad, Hege Andersen and Oda Karin Nordfonn.

[More about the meeting here!](#)

[More pictures here!](#)



[A great Christmas seminar!](#)



Our own Hanne Flagtvedt presented her work at the Christmas seminar organised by the Centre for Research on Women and Heart Disease (University of Bergen) on Monday, 8th.

