



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

Spring is approaching, and the project is moving forward. We are making solid progress with including patients in the project, and a lot is happening both on national and international arenas!

One of those who has contributed as a user in the co-creation process and to the project's content is Alf Johannes Agcaoili Borge (39) from Bergen. Read about his experience of [suddenly becoming a cardiac patient and the rehabilitation process here](#):
“You learn all the aspects you go through: exercise, diet, stress management, and the mental aspect.”



Interview: Get to know the leader of the work package on mental health, Christian Moltu.

What has happened since last time?

The NSF eHealth Conference took place on 12–13 February in Lillestrøm. Kristin J. Ramstad gave a presentation on *Co-creation in the Development of a Digital Cardiac Rehabilitation Programme*, highlighting how we emphasise user involvement beyond the traditional approach.



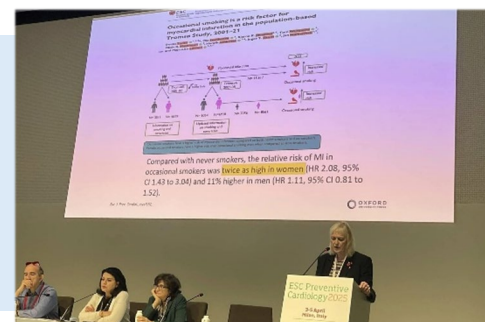
Good solutions require dialogue across disciplines! With *From Idea to Development of eCardiacRehab*, Irene Valaker represented eCardiacRehab at the 2025 Health Innovation Conference “*The Power of Collaboration!*” – a cross-disciplinary meeting place for those working with innovation and value creation in the healthcare sector. [Read more here.](#)



Project leader Tone M. Norekvål attended the ESC Preventive Cardiology 2025 in Milan, where cardiac rehabilitation for older adults was among the topics on the agenda, along with the prevention and treatment of cardiovascular diseases in women.

[Here are more pictures from the event](#)

and [here you can read about the programme.](#)



The brilliant group of PhD fellows in eCardiacRehab had a productive working meeting on 26–27 March, where they discussed the progress of their work, shared experiences, and planned further research activities.



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Portrait interview with Christian Moltu



Tell us a bit
about
yourself

My name is Christian Moltu, and I am Research Director at the Division of Mental Health Care in Helse Førde, and Professor II at the Western Norway University of Applied Sciences.

Can you tell us a little about your role in the project?

I am responsible for the work package that focuses on mental health. As a psychologist, I am particularly concerned with how mental health and wellbeing are a part of every area of life – including when illness strikes. In eCardiacRehab, I am responsible for developing and researching how mental health interventions within the e-rehabilitation programme can support, help, and empower those involved in their journey towards better health, a sense of safety, and improved quality of life. Hopefully, this work package will contribute to participants receiving a holistic approach to rehabilitation, where body and mind are seen as interconnected.



Why is this project important?

Cardiovascular disease can be a major crisis in a person's life. After successful treatment, many people need support and rehabilitation to regain the sense of safety and quality of life they had before the illness. No one should be left to cope alone after the acute phase, but we see that only a minority take part in physical rehabilitation programmes. Not receiving continuous support, help to build health literacy, and professional monitoring can pose risks for the individual. The time has come to offer better services – digitally!

What does your work package entail?

Mental health is not just about psychiatric disorders – it is about everyday processes like coping, finding meaning, feeling safe instead of afraid, and so on. It's completely normal to react with grief and worry when major events happen in life. This work package is not about illness, but about what's normal. And the everyday needs that arise in the wake of challenging life events and crises. I hope this work package can help everyone involved talk openly and honestly about the needs and reactions that come when life hits hard, in a way that supports and fosters recovery.

Fun fact!

I have a small farm by the sea, and I used to have goats. I absolutely loved spending time with them. When life calms down a bit, I will definitely have goats again – the best animals ever “invented”!