eCardiacRehab

Newsletter eCardiacRehab – Summer 2025

Get the newsletter straight to your inbox! Subscribe here!

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

- Summer is on the doorstep, and that means vacation – but also intense work. We hope all of you following us have a wonderful summer, enjoy some great days, and recharge your energy for the autumn ahead. Wishing everyone a great summer!
- Starting in July, recruitment begins for participants in the intervention phase of the pilot study. Up until now, important testing and trials have been carried out with the control group and test patients. Now we are entering the truly exciting part of the project, where the entire program will be tested. Stay tuned – we will keep you updated!

- Interview: Get to know the leader of the work package on continuity of care, associate professor Irene Valaker.

eCardiacRehab

@eHjerteRehab

@eCardiacRehab

Click me!

PROCARD

@ProcardR

@ProcardForskningsgruppe

@ProcardResearchGroup

@ProcardResearchGroup

What has happened since last time?

- The ACNAP conference of the European Society of Cardiology (ESC) took place from June 12–14 at the European Heart House. eCardiacRehab was in top form, delivering six presentations. The team secured four finalist spots in two different categories – and won a prestigious award: the ACNAP Doctoral Student Award 2025!

Read ACNAP newsletter - speakers, nominations, and wins!

More pictures from the congress!

ARENDAL WEEK 2025

Week 33: Monday 11th – Friday 15th august.

Read about Arendal Week here

What does it mean for digitalization of healthcare services that health is not gender-neutral?

Eva Gerdts, Tone M. Norekvål, and Leonora O. Bergsjø will present the introduction to the panel discussion *Time to take women's heart health seriously?*

August 11th, 6:00 PM – 6:45 PM

- eCardiacRehab is seeking a new PhD research fellow in digital cardiac rehabilitation at Western Norway University of Applied Sciences. You will get to work with technology, health, and research – and be part of a forward-thinking research team!

Application deadline: August 10th.

Apply here!

Høgskulen på Vestlandet

Stipendiat knytt til ph.d.-programmet Helse, funksjon og deltaking

Stipendiat innan digital hjartehabilitering

PROCARD HELSE VEST Forskningsrådet

eCardiacRehab

Get the newsletter straight to your inbox! Subscribe here!

Portrait interview with Irene Valaker

Tell us a bit about yourself

My name is Irene Valaker, and I am an associate professor at Western Norway University of Applied Sciences. I teach and mentor students at bachelor, master, and doctoral levels, and lead a course in health promotion and prevention. I am also educated in business economics and specialized in cardiovascular nursing.

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

I am leading the work package on Continuity of Care between healthcare settings. Continuity of care is the degree to which a series of discrete healthcare events is experienced as coherent, connected and consistent with the patient's medical needs and personal context.

My doctoral work was part of the CONCARD^{PCI} study, where the goal was to develop knowledge of multidimensional concept of continuity of care across care levels, with a focus on patient experiences, instrument adaptation and factors associated with health outcome in patients after PCI. The thesis highlights that the follow-up strategy for patients needs to be integrated with acute treatment in hospital. This will be the focus of this work package, along with interventions to promote more cohesive health services. I will coordinate the activities within the work package and facilitate collaboration to promote synergies and ensure alignment with the overall research objectives.

Why is this project important?

The inadequate integration between acute hospital care and community follow-up services presents a significant challenge in many European countries, resulting in poor quality and inefficiency. Evidence suggests that digital home-based rehabilitation programmes can enhance accessibility and adherence. However, there is a need for more knowledge regarding the effects of these interventions on factors influencing patients' ability to manage health information and treatment recommendations.

What does your work package entail?

Many patients lack understanding of their medical treatments and the necessary lifestyle modifications. In addition, far too few patients are offered cardiac rehabilitation and feel unprepared for what to expect during their recovery. Digital home-based rehabilitation has the potential to create more coherent and tailored pathways for patient care. The overall aim of this work package is to provide knowledge on how eCardiacRehab can be integrated into existing care pathways for patients following PCI. Municipal health services play a vital role in the continuum of care, and close collaboration with the municipality will be essential.

Fun Fact!

I absolutely love the Western Norway region, where its majestic mountains provide me with endless opportunities for hiking and exploring nature, all while engaging in activities that promote health and well-being.

PROCARD HELSE VEST Forskningsrådet