

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

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e We are well into autumn and heading towards winter, and the feasibility study of the programme is soon completed. Did you know that this time, we have tested eCardiacRehab not only for patients in Bergen, but also in Voss and at Helse Førde! Skilled team members are working steadily and diligently on recruitment, start-up days, and follow-up throughout the programme.

e In collaboration with the eHealth Section and the ROS team at Helse Vest IKT, we have received approval for activity trackers (smartwatches) for eCardiacRehab!

e Don't miss this year's Annual eCardiacRehab Meeting on **4th December**. This is something you do not want to miss! See registration at the bottom of the

e page. Interview: Get to know the leader of the work package on digital ethics, Associate Professor Leonora Onarheim Bergsjø.



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What has happened since last time?

e This year's PROCARD conference took place in September, featuring international guests Professor Heather Allore (US), Heather Hadjistavropoulos (CA), Robyn Gallagher (AUS), and Maria Bäck (SE), who also serves on the Scientific Advisory Board for eCardiacRehab!

[More pictures here!](#)



On 14 October, Hanne Flagtvedt gave a presentation for Hjertelaget on quality of life among patients with heart failure and implanted defibrillators, as well as a talk about eCardiacRehab! Haugaland Hjertelag has contributed financially to Hanne's master's degree and is a valuable contributor to better heart health in Helse Fonna.

[Read about Haugaland Hjertelag here!](#)



e Project leader Tone M. Norekvål presented eCardiacRehab at the Norwegian Society of Cardiology's Autumn Meeting 2025!

[More info here!](#)



Velkommen til
NCS Høstmøte
2025!

Radisson Blu Alna Hotel,
Oslo, 23.-25. oktober
www.ncs-hostmote.no



[Read: Trond R Pettersen at ESC Congress 2025 – promoting digital tools in cardiac rehabilitation](#)



Trond Røed Pettersen presented new research from the TRACKER study at the European Society of Cardiology (ESC) Congress 2025. The TRACKER study, led by Robyn Gallagher from the University of Sydney, focuses on the use of smartwatches in rehabilitation.

FB Event



Stormøte 2025

4th desember - 09.45-15.00 - Bikuben, Haukeland universitetssjukehus

Påmelding: janicke.bergh@helse-bergen.no

Portrait interview with Leonora Onarheim Bergsjø



Tell us a bit about yourself

I research and teach digital ethics. I am an Associate Professor at Østfold University College and at the Centre for e-Health, University of Agder. I also lead the Norwegian Council for Digital Ethics (NORDE).

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

My role is to highlight and discuss how we can ensure that digital solutions for rehabilitation are inclusive, equitable, and socially sustainable – in short, ethically responsible. The study of ethically responsible technology, also called digital ethics, is a field within applied ethics that focuses on the ethical design, development, and use of digital technology – from chatbots like ChatGPT to e-health platforms such as eCardiacRehab.

We already know that the digitalisation of solutions can replicate and even amplify bias, meaning the unequal treatment and disparities that already exist in society and in healthcare. We also know that there have long been – and still are – certain undesirable disparities, particularly regarding heart disease. For example, there are differences in how the disease manifests in women and men, when and how treatment is provided, and the effects of medications. The work in this project is part of a larger effort to ensure that digital solutions help reduce such undesirable disparities.

Currently featured in:

-  Presentation at the [FHS Research Conference 2025 – Western Norway University of Applied Sciences](#) kl 10:45–11:15, on **3rd December**, with the talk “Digital Ethics, Digital Judgment, and Responsible **Digitalisation**.”
-  Nomination for Østfold University College’s Communication Award 2025! Read more here: [The nominations for the Communication Award at HiØ – Østfold University College](#).

Why is this project important?

There is strong political pressure for digital solutions to take over more healthcare services, but eCardiacRehab exemplifies a different kind of digitalisation. It is about providing a good, quality-assured service to everyone who cannot access on-site rehabilitation – a service that is highly recommended and has documented effectiveness.

There can be many reasons why patients do not complete on-site rehabilitation, such as living too far away, lack of available places, or other practical or social reasons. This applies to many people in Norway, which is why this project is extremely important.

What does your work package entail?

I lead the ethics work package. We say that digital solutions are “responsible” when they are legal, safe, and ethically sound. Privacy and security are already well addressed in the project, so our ethics work focuses particularly on inclusion and equity.

I will conduct workshops where we carry out ethical risk assessments of the digital rehabilitation solution. In an ethical risk assessment, we work together in interdisciplinary teams with good representation from users and other relevant stakeholders, mapping out motivations for using the systems, concerns, and the expected effects – both positive and negative. Based on this, we analyse the need for measures that can 1) prevent undesirable effects, 2) uncover possible effects that are unintended or unforeseen while the system is in use, and 3) enhance positive effects.

Fun Fact!

I love teaching! In addition to lecturing in digital ethics and other subjects at universities and colleges, I have run courses in everything from leadership and conflict management to belly dancing and snowboarding.