

## Cardiac rehabilitation and caregivers challenges A scoping review

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**Objective:** Map the interventions directed to the caregiver of heart disease (HD) patients in cardiac rehabilitation programs (CRP) that promote their role and health.

**Methods:** Scoping Review guided by the Joanna Briggs Institute method. Two independent reviewers assessed articles for relevance and extracted and synthesized data. Inclusion criteria comprised articles published in English, Spanish and Portuguese since 1950. The following databases were searched: CINAHL Complete (Via EBSCO); Medline (via PubMed); Scopus, PEDro, e Repositórios Científicos de Acesso Aberto de Portugal (RCAAP).

**Results:** From 351 articles retrieved, ten were included in the review. Different interventions were identified directed to the caregiver of HD patients: educational interventions and lifestyle changes, physical exercise, psychological interventions/stress management, and a category "Other" with training interventions in basic life support, elaboration of guidelines/recommendations and training for the role of caregiver. Regarding the population, heart failure patient caregivers are the primary intervention targets, followed by caregivers of patients with ischemic disease and integrated into CRP. Regarding the context, there is a concern that the professional intervention with the caregivers should be mainly at home (home-based), using face-to-face and telehealth monitoring, often combined, with references also to the hospital context, primary health care and rehabilitation center.

**Conclusions and implications for the clinical practice:** It was found that most of the identified cardiac rehabilitation interventions are aimed at the dyad HD patient and caregiver/family. Including specific interventions targeting caregivers improves the caregiver's health and empowers him/her. Patients care planning should include interventions specifically aimed at them that result into health gains for caregivers and patients, aiming at the quality of care.