

Cardiac Rehabilitation Interventions in Caregivers of a patient with cardiac disease: Scoping Review Protocol

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Introduction: Cardiac Rehabilitation (CR) is a multi-component intervention generally composing of structured exercise training, psychological support and education to promote positive lifestyle changes in patient with different heart disease. However, it's not possible to forget the role of patient's caregivers in their health. They contribute substantially to patient's management of and recovery from cardiovascular disease. In this context of cardiac disease, caregivers provide support to people living with long-term conditions, so it's essential to know the evidence of interventions that support caregivers in their role. In addition to their role, it is clear that in some cardiac diseases, there is a genetic / hereditary component and that risk behaviors are often shared between cohabitants. So, it is also essential to understand whether a cardiac rehabilitation intervention is also necessary for the family / caregiver.

Objetives: Examine and map which cardiac rehabilitation interventions have been implemented and evaluated that support caregivers of patient with cardiac disease in their role and health.

Methods : Scoping reviews developed by the Joanna Briggs Institute

Results and Discussion:

Types of participants

• This scoping review will consider all studies that focus on caregiver of patient with medical or surgery heart disease, assisted by cardiac rehabilitation teams.

Concept

• This scoping review will consider all studies that focus on caregiver of patient with medical or surgery heart disease, assisted by cardiac rehabilitation teams.

Context

• This scoping review will consider all studies that focus on cardiac rehabilitation interventions implemented to provide the caregiver role.
• This scoping review will consider all studies that address cardiac rehabilitation interventions implemented to provide not only the role but also address quality of life of caregiver, and levels of anxiety, depression, stress and fatigue that are concepts associated caregiver with role.

Types of sources

• This scoping review will consider quantitative, qualitative studies and reviews. Quantitative designs include any experimental study designs and observational designs.
• Qualitative designs include any studies that focus on qualitative data such as, but not limited to, phenomenology, grounded theory, and ethnography designs.

Conclusions Caregivers of patients with heart disease have the same right to be cared for as their sick family members, for a healthy transition, an adequate exercise in their caregiver role and maintenance/improvement of their health. It is, therefore essential to understand which interventions and contexts are suitable for cardiac rehabilitation programs targeted to caregivers.

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