**ABSTRACT RURAL HEALTH AND RESEARCH CONGRESS ARMIDALE 4-6 NOVEMBER 2015**

**Stream 5. Rural health research in practice – connecting for change**

**Title:**

Addressing the burden of disease: Is it possible to create and implement a structured Cardiac Rehabilitation program in a small rural village, which is effective and meets the expressed needs of clients

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**Background:**

Circulatory disease is identified as the leading cause of death for the Far West Local Health District. Access to Cardiac Rehabilitation is severely reduced for people living outside the major town of Broken Hill. This mixed methods study evaluated the implementation of a Cardiac Rehabilitation program in a small rural village in Far Western NSW.

**Approach**

Pre and post program 6 minute walk test and a Borg self-assessment were completed. Patients were interviewed about their experience of the program and details of changes in exercise and dietary habits collected. Health professionals in the program were surveyed about their views on the program.

**Outcomes/results**

Participants improved in exercise capacity and diet and their families were supportive of the program.The program was acceptable in terms of content, venue, accessibility and flexibility. Health professionals reported the program fitted their visiting schedules and were supportive of its continuance.

**Take Home Message**

This program is effective, acceptable, sustainable and transferrable.

It is recommendedthat the FWLHD considers replicating this Cardiac Rehabilitation program across the remote sites.