

## **Evaluation Framework:**

This evaluation aims to measure the immediate impact of the program on the participants and to what extent the goals were achieved. After each session, were the participants feeling less stress post-session when compared to pre-session? And then, did the acute stress interventions and education impact cardiac outcomes? In this evaluation, it may be possible to recruit a control group who participates in the typical cardiac rehab programming for comparison. Ultimately, this evaluation will advise us on whether we should modify or expand the program or if we should eliminate or replace specific interventions.

### Step One - Engage Stakeholders:

This program evaluation will not only involve participants in the program but also key stakeholders. Some of these stakeholders could include families or loved ones that live with or are close to the participants, cardiac rehab specialists, cardiologists, stress management specialists, CAM practitioners, philanthropists of the hospital, healthcare organization staff, and healthcare leadership. These stakeholders will provide different perspectives to help strengthen the evaluation's credibility. What matters most to these evaluators will be obtained before the evaluation is complete. These likely are that cardiac patients have fewer readmits, faster recovery, and prevention of another event. The evaluation will support this focus and other needs of the stakeholders and improve the program.

### Step Two – Describe the Program:

The CAM for Stress Management in Cardiac Rehab program aims to provide education and experiences involving complementary and integrative health modalities to those in Phase II of a cardiac rehab program. The program intends to change the attitudes and beliefs about the importance of stress management as part of the cardiac rehab process and encourage non-

pharmacological methods to reduce stress resulting in fewer readmits, a shorter recovery, and fewer second events for cardiac patients.

The program consists of six weeks of education and experiences in various CAM modalities provided by specialists in each field. Once the participants learn about each modality and are supplied with an initial experience, they will have the opportunity to participate in that modality throughout the week, either in person or virtually. This program will be part of Phase II cardiac rehab program. It will add variety and opportunity for patients in this program to explore new avenues for recovery. Once this program is completed, the hope is to offer a community component for Phase III to maintain heart health through the same CAM services.

Logic Model:

Problem	Investment	Activities	Short-Term Outcomes	Long-Term Outcomes
Cardiac Rehab programs currently put little to no emphasis on stress management	If: There is an investment made by the hospital and CAM resources	To offer education and experiences of CAM modalities for stress management	Then: Cardiac rehab patients will use CAM services to manage stress with better outcomes	Then: Fewer readmits, shorter recovery time, and fewer second events for cardiac patients

Focus of Evaluation Design:

The focus of the evaluation design will be to provide stakeholders with a look at the impact the program had on the short-term and long-term goals of the program. This evaluation

will use a quasi-experimental design as randomization will be difficult and generalizing the results to other patients in the hospital. There will be an experiential and control group available without too much risk of violating ethics, as the traditional cardiac rehab program does involve a stress management component.

#### Gather and Analyze the Evidence:

The tools utilized during this evaluation include both quantitative and qualitative data. Measuring the acute relief of stress by participants would be done via a Likert-type scale pre and post-session. Other quantitative data might include how often participants used the programing at home and how satisfied they were with the overall program. A survey would collect qualitative data to determine the personal impact each session had on participants and how effective they were at helping to reduce stress. At the end of the entire program, we can measure the overall impact via a mixed methods questionnaire. Questions can be asked regarding changes in knowledge, attitudes, and behaviors can be addressed. It's also possible to survey or gather focus groups of stakeholders to evaluate the potential for program changes and practices of the cardiac rehab program to include this CAM program for future cardiac rehab patients.

#### Justify Conclusions:

The evidence of results will be considered from the perspective of a variety of stakeholders. Since the central short-term objective is for participants to report a decrease in feelings of stress by 2 points post-program, this can be compared to the control group when making judgments about the program. The central long-term objective is to reduce the number of second cardiac events by 20% by 2027. The stakeholder's interpretation and critique of these results will strengthen or weakness the significance of the outcomes. The results will be interpreted to make sense to all stakeholders and reflect what is important to them. The

evaluation results will also include a draft of recommendations and options and will be offered to be reviewed by multiple stakeholders.

Ensure Use and Share Lessons Learned:

The evaluation procedures and results will be communicated clearly to the stakeholders via presentation and documents of results throughout the program and at the end of the program. The progress of the program results will be shared in real-time during the program's running. We will discuss how these findings might affect decision-making in the future and the positive and negative implications of the results. The stakeholders will be reminded of the intended use of the results and what was learned by applying the evidence to the questions from the focus of the evaluation. A staff member will follow up on the discussion to keep the focus on essential evaluation results. These results will then be turned into action, influencing program decisions, policy, and future initiatives.