

Program Strategies:

1. Assist in promoting and implementing information sessions to encourage cardiac rehab patients in the UH, Cleveland hospital system to participate in the program.
2. Report on assessment surveys and focus groups on knowledge, attitudes, and behaviors of past cardiac rehab patients on stress management techniques.
3. Establish curricula and initiate program sessions and interventions.
4. Include education about the effects of stress on the cardiovascular system and adverse cardiac events in program sessions.
5. Include stress management education and CAM education in our presentations and classes, including information on how CAM methods affect stress in program sessions.
6. Include experiential via professionals in each area of CAM stress management techniques that are discussed.
7. Increase access to CAM strategies (for example online classes, videos, audio, transportation to local classes).
8. Include participation in the free use of interventions 2-3x per week in-between sessions.