

Action Plan:

<u>Inputs</u>	<u>Activities</u>	<u>Outcomes</u>			<u>Goals</u>
		<u>Short-term</u>	<u>Intermediate</u>	<u>Long-term</u>	
Equipment	Education and Trainings	To increase the knowledge of participants about the effects of stress on cardiac health	To increase knowledge of CAM stress management strategies of participants	To decrease reported stress	Reduce second cardiac events
Funding	Creating Curricula and Resources			To decrease the number of second cardiac events	To change the cardiac rehab process to include out program
Supplies	Securing space for sessions	To decrease reported stress pre to post session	To change attitudes of participants about benefits of CAM stress management strategies		
Materials	Meeting with participants			To decrease the number of hospital readmissions for cardiac recovery	
Partnerships	6 Sessions – A. Alternative Medical Systems				
Space	B. Mind/Body		To increase participant consistent use of CAM stress management strategies by 50%		
Technology	C. Biologically Based				
Staff	D. Manipulative and Body-Based				
	E. Energy Based				
	F. Review				
	Accessing interventions in between sessions				
	Creating and accessing online sessions				
	Short-term outcome reports				
	Follow up with participants				
	Final Eval.				

