



---

## Heart Health in Older Adults

Last reviewed September 2022

### **Feasibility of Home-based Cardiac Rehabilitation in Frail Older Patients: A Clinical Perspective**

<https://www.tandfonline.com/doi/full/10.1080/09593985.2022.2025549>

Home-based cardiac rehabilitation is an alternative for frail older adults who are unable to participate in hospital-based cardiac rehabilitation. The objective of this study was to investigate physiotherapists clinical experience with a guideline-centered, home-based cardiac rehabilitation protocol for frail older patients. (OPEN ACCESS)

### **Facilitators of and Barriers to mHealth Adoption in Older Adults with Heart Failure**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6086749/>

This descriptive, explanatory study assessed the perceptions of older adults with heart failure regarding mobile technology use and identified potential facilitators of and barriers to mHealth adoption. (OPEN ACCESS)

### **Analysis of Apps with a Medication List Functionality for Older adults With Heart Failure Using the Mobile app Rating Scale and the IMS Institute for Healthcare Informatics Functionalist Score: Evaluation Study**

<https://mhealth.jmir.org/2021/11/e30674/>

Managing the care of older adults with heart failure largely centers on medication management. This review aimed to: (1) review apps with a medication list functionality; and (2) assess the quality of the apps included in the review using the Mobile App Rating Scale (MARS) and the IMS Institute for Healthcare Informatics functionalist scale. (OPEN ACCESS)

### **Exercise-based Cardiac Rehabilitation for Adults with Heart Failure**

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD003331.pub5/full>

This study sought to determine the effects of exercise-based cardiac rehabilitation for individuals with heart failure, as they experience substantial burden that includes low exercise tolerance, poor health-related quality of life, increased risk of mortality and hospital admissions, and high healthcare costs. (OPEN ACCESS)

## Heart Health in Older Adults

### Domain Management Approach to Heart Failure in the Geriatric Patient: Present and Future

<https://www.jacc.org/doi/abs/10.1016/j.jacc.2018.02.059>

This paper discusses a model of caring for older adults with heart failure through a 4-domain framework that can address the unique multidimensional needs and vulnerabilities of this population. (OPEN ACCESS)

### Frailty in Heart Failure: Implications for Management

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125710/>

Frailty is highlighted as a complex clinical syndrome associated with aging and chronic illness, resulting from multiple organ impairments, physiological reserves decrease, and vulnerability to stressors increase. This review summarises the literature on frailty in heart failure and highlights indications for its management. (OPEN ACCESS)

### Anxiety and Depression Predicted Quality of Life among Patients with Heart Failure

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6071625/>

Anxiety and depression have been found to be prevalent among patients with heart failure. This study aimed to test the effect of anxiety and depression on the quality of life among patients with heart failure. (OPEN ACCESS)

### Physical Rehabilitation for Older Patients Hospitalized for Heart Failure

<https://www.nejm.org/doi/full/10.1056/NEJMoa2026141>

This study conducted a multicenter, randomized, controlled trial to evaluate a tailored and progressive rehabilitation intervention to address physical frailty in older adults. (OPEN ACCESS)

### Mobile Health and Cardiac Rehabilitation in Older Adults

<https://onlinelibrary.wiley.com/doi/pdf/10.1002/clc.23306>

This review highlights the potential for mHealth uptake for older adults with cardiovascular disease, with a focus on mHealth cardiac rehabilitation (m-Health-CR) and research being generated in this field. (OPEN ACCESS)

### Older Adults' Views of Cardiac Rehabilitation Programs: Is it Time to Reinvent?

<https://journals.healio.com/doi/abs/10.3928/0098-9134-20060201-10>

This descriptive study used a sample of 40 older adults experiencing an acute cardiac event to identify patients' views of cardiac rehabilitation programs. (PAID ACCESS)

### Physical Activity Level and Perspectives of Participants Transitioning from Onsite to Virtual Cardiac Rehabilitation during the Early COVID-19 Pandemic: A Mixed-Method Study

<https://www.mdpi.com/2077-0383/11/16/4838>

This mixed-method study aimed to compare physical activity patterns to explore barriers and facilitators of participants transitioning and engaging in virtual cardiac rehabilitation. (OPEN ACCESS)

## Heart Health in Older Adults

### The Roles of Health Literacy and Social Support in Improving Adherence to Self-care Behaviours among Older Adults with Heart Failure

<https://onlinelibrary.wiley.com/doi/full/10.1002/nop2.599>

This cross-sectional descriptive study describes the associations between health literacy, social support, and self-care behaviours in older adults with heart failure. **(OPEN ACCESS)**