Which subjective factors determine the self-rated negative occupational prognosis of patients in cardiac rehabilitation?

A qualitative study

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Background

• A negative self-rated occupational prognosis hinders patients’ return to work after cardiac rehabilitation (CR)
• These patients often show reduced physical capacity as well as higher psychosocial burden

Objective

➢ To identify and describe subjective factors determining the self-rated negative occupational prognosis of patients in CR

Methods

• Explorative single-centric study
• In-depth Interviews in 20 patients (age 18-60) with the self-rated negative occupational prognosis and 5 with non-impaired prognosis
• Theoretical sampling
• All interviews were recorded, transcribed, coded and organized in major themes

Conclusions

• The self-rated occupational prognosis is determined by a complex set of individual factors that can be divided in umbrella and cardiology-specific themes.
• Despite the negative self-rated-occupational prognosis the majority of patients intended vocational reintegration in the future.
• Acute cardiac event triggers rethinking towards health behavior and personal priorities.
• Affected patients are likely to require a multidisciplinary rehabilitation program with social workers and psychologists to address the specific themes in particular.

Qualitative Research Results

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Qualitative Research Results

- "I am a medical specialist. Skilled personnel is needed everywhere. I don’t think I’ll have any problems finding a new job."
- "Like I said, my colleagues emphasized that I should take my time. And my partner has my back as well."
- "Self-confidence, definitely self-confidence. Otherwise, it wouldn’t work. Also, I am always open for new experiences. Gaining knowledge and never stop or pretend to know everything already."
- "There’s no use crying over spilt milk. Life goes on and one should be happy about being alive and that things didn’t go worse."
- "I have never been sick before. Despite a cold every now and then. And suddenly, this happened."
- "Sometimes you’re busy for 8h in a row. That’s not healthy. That can’t be healthy."
- "It’s sad, that something negative had to happen. But this is a new chance to change my life."
- "I want to take more time for me and my body. Endurance training, gym, jogging and also in terms of nutrition. I want to do this on a regular basis."
- "I don’t see myself as a sick person."
- "It’s not possible to do that much. You can’t reach the full 100 percent again."
- "I will try to handle the load of the wares differently, if I stay in my job. I will not move them in a hurry anymore."
- "That means to have well-regulated working hours, to qualify further and not to get stuck somewhere."
- "If possible, I would like to return to work. But the professor told me that it doesn’t look good at the moment. Because I got diagnosed with cardiac insufficiency and further comorbidities."
- "I am still afraid of stair climbing. I hope it’s getting better within the next one or two weeks."

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