

# 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

