

### From the Editor's Desk.

#### Are you keeping up with the beat?

Welcome to the first edition of the ACNC Newsletter. With so much information accessible these days it is hard to know what is important and where to find it. The aim of our newsletter is to help you keep up with cardiovascular nursing news and reduce the hours "Googling" or trawling through Medline, Cinahl or other electronic resources. We hope to include recent research, heart health in the mainstream media and also up and coming events of interest.

You will find in each edition a clinical question, and you will have time to work on this as the answers will be provided in the next quarterly edition.

We'd love this to be a collaborative newsletter. If you have published any research, think we should explore a cardiovascular health issue, or you have a great clinical case to share please contact us on the e-mail address below. We are also eager to know about relevant conferences, workshops and your education events. Let us know via email at [Natasha\\_Eaton@health.qld.gov.au](mailto:Natasha_Eaton@health.qld.gov.au)

This edition is looking at Smartphone and how they have meaningful uses aside from chatting, texting and angry birds – who would have thought?!

I hope you enjoy this first edition newsletter and look forward to the 2<sup>nd</sup> edition just before our conference in February 2012. Remember you can keep up with all the ACNC news at [www.acnc.net.au](http://www.acnc.net.au).

**Until next time- keep on beating!**

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### Heart Stopping News **ABSTRACT**

Development and Feasibility of a Smartphone, ECG and GPS based system for Remotely Monitoring Exercise in Cardiac Rehabilitation.  
*C Worringham 9/2/11*

**Background** Despite its efficacy and cost-effectiveness, exercise-based cardiac rehabilitation is undertaken by less than one-third of clinically eligible cardiac patients in every country for which data is available. Reasons for non-participation include the unavailability of hospital-based rehabilitation programs, or excessive travel time and distance. For this reason, there have been calls for the development of more flexible alternatives.

**Methodology and Principal Findings** We developed a system to enable walking-based cardiac rehabilitation in which the patient's single-lead ECG, heart rate, GPS-based speed and location are transmitted by a programmed Smartphone to a secure server for real-time monitoring by a qualified exercise scientist. The feasibility of this approach was evaluated in 134 remotely-monitored exercise assessment and exercise sessions in cardiac patients unable to undertake hospital-based rehabilitation. Completion rates, rates of technical problems, detection of ECG changes, pre- and post-intervention six minute walk test (6 MWT), cardiac depression and Quality of Life (QOL) were key measures. The system was rated as easy and quick to use. It allowed participants to complete six weeks of exercise-based rehabilitation near their homes, worksites, or when travelling. The majority of sessions were completed without any technical problems, although periodic signal loss in areas of poor coverage was an occasional limitation. Several exercise and post-exercise ECG changes were detected. Participants showed improvements comparable to those reported for hospital-based programs, walking significantly further on the post-intervention 6 MWT, 637 m (95% CI: 565–726), than on the pre-test, 524 m (95% CI: 420–655), and reporting significantly reduced levels of cardiac depression and significantly improved physical health-related QOL.

**Conclusions and Significance** The system provided a feasible and very flexible alternative form of supervised cardiac rehabilitation for those unable to access hospital-based programs, with the potential to address a well-recognised deficiency in health care provision in many countries. Future research should assess the longer-term efficacy, cost-effectiveness and safety in larger samples representing the spectrum of cardiac morbidity and severity.

**SMARTPHONES AND HEART HEALTH IN THE MEDIA** A Smart Phone prevented an ED presentation:  
<http://www.smartphonehc.com/tag/cardiac-electrophysiology/>

Read about AF Stat Releasing Smartphone App Upgrade for patient education on living with AF at [www.afstat.com](http://www.afstat.com) 27/9/11

Read about a Project using Smartphones to send Heart Monitor Reports to Doctors 7/9/11 (this has implications for our regional and remote health services) <http://www.cellular-news.com/story/50791.php>

# Meet Your ACNC Executive

## Upcoming Events

### ACNC Annual Conference

Feb 24-25<sup>th</sup> 2012

Crowne Plaza Coogee Beach  
Abstracts and the travel & clinical  
awards now open via  
[www.acnc.net.au](http://www.acnc.net.au)

### The JBI International Convention,

Mission: Impossible? Evidence Based and  
the future of Global Health 7-9 Nov 2011  
Adelaide more info email  
[katrinamcguffie@adelaide.edu.au](mailto:katrinamcguffie@adelaide.edu.au)

### International Congress of Nursing

“Women in Health” Bangkok October  
2012 more info at  
<http://www.icowhi.org/>

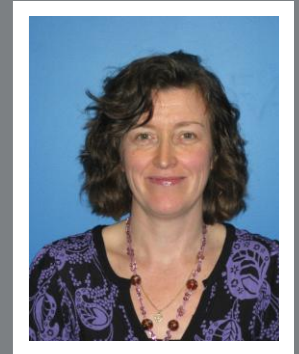
### Communicating Nursing Research

Jan 21 2012 Honolulu, Hawaii more info:  
[http://www.wshep.com/Program\\_Agenda.pdf](http://www.wshep.com/Program_Agenda.pdf)

Name:

**Jackie Colgan**

Role in ACNC Executive:  
Clinical representative



My first experience in  
Cardiovascular Nursing  
was working in the Coronary Care Unit at  
Dudley Road Hospital Birmingham UK

I am now Cardiac CNC in the Central Coast  
Local Health District in New South Wales  
The thing I enjoy most about my work is the  
people.

I think Cardiovascular Nursing is a great  
specialty because it is a nice mix of high acuity  
nursing and lifestyle / health coaching.  
I'm excited about the future of Cardiovascular  
Nursing because it's constantly changing  
When I'm not at work I enjoy hanging out with  
my family.

My next holiday destination is the United  
Kingdom.

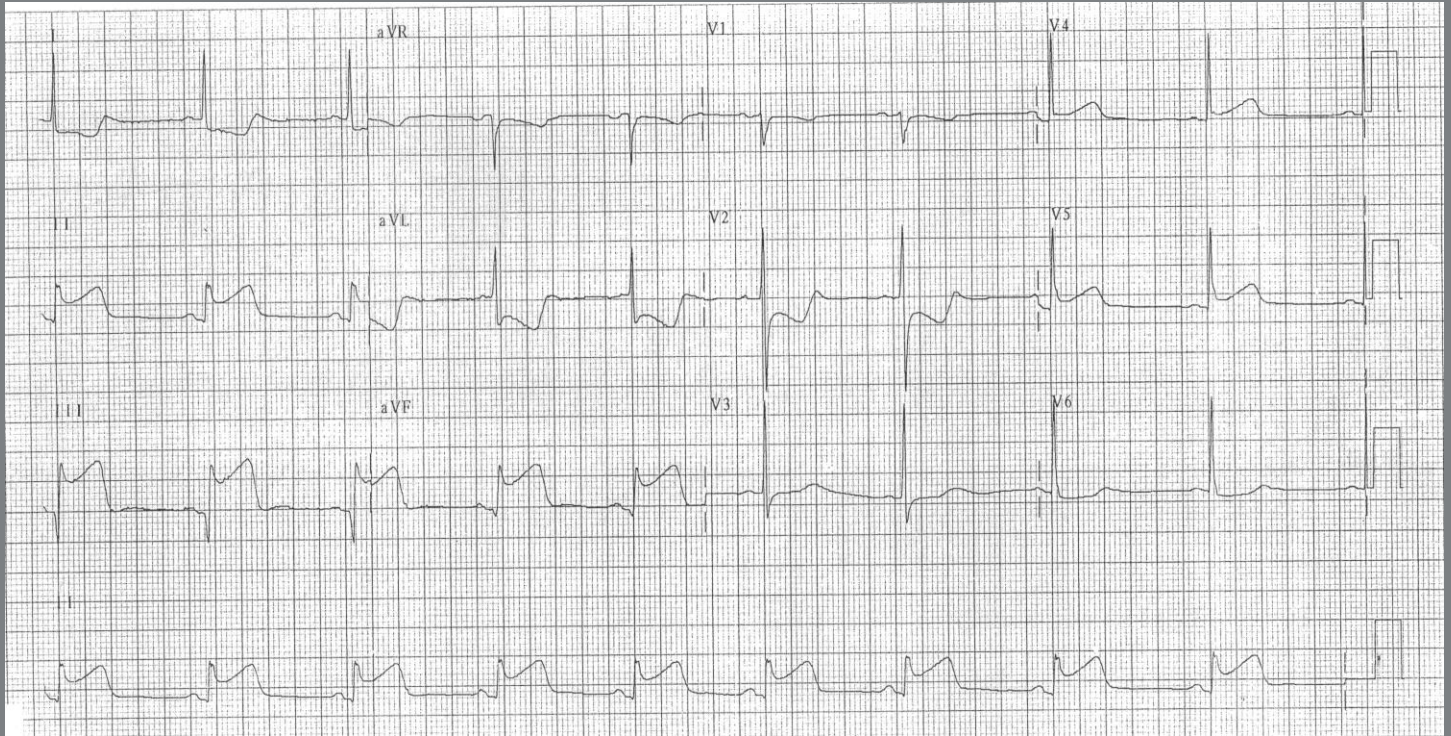
My favourite TV show is 30 Rock , the best  
line from it is "But, what can you do?  
Medicine's not a science" Dr Leo Spaceman.

The song I just can't help dancing to is Party  
Rock anthem.

A T-shirt slogan that describes me is "I want  
to go there" (30 Rock again)

If I'm lost you'll find me on Ebay!

# Clinical Corner: 74 yo ♀ c/o SOB, nausea & diaphoresis.



**Q** What is the rhythm? What is the 12 lead Interpretation? What are the next 3 things you do?

Write your notes & answer here and you can refer to it when we work through this question in the next edition.