**HEARTFIT: PRELIMINARY RESULTS OF A PILOT CARDIAC OUTPATIENT SELF-MANAGEMENT PROGRAMME**

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*Objectives*: This study aims to evaluate the effectiveness of a cardiac outpatient self-management group programme.

*Methods*: Participants were cardiac patients (n = 8; mean age = 67) recruited from a large acute-care hospital, with primary diagnosis of acute myocardial infarct. Participants attended five sessions of a lifestyle redesign programme. Modules included: Understanding Cardiac Symptoms and its Impact on Daily Activities, Application of Work Efficiency Principles, Stress Management and Sexuality. Standardised and validated self-report measures: The Self-Efficacy for Managing Chronic Disease 6-Item Scale (SEM-CD) and RAND 36-Item Health Survey 1.0 (SF-36) were administered on Session 1 and Session 5.

*Results*: For SF-36, there was an average increase of 15 points from 49 to 64 for Physical Functioning, an average increase of 16 points from 44 to 60 for General Health, an average increase of 29 points from 5 to 34 for Role Limitations due to Physical Health, an average increase of 13 points from 37 to 50 for Role Limitations due to Emotional Problems, an average increase of 11 points from 59 to 70 for Emotional Well-being, an average increase of 14 points from 59 to 73 for Social Functioning, an average increase of 13 points from 73 to 86 for Pain and an average increase of 10 points from 49 to 59 for Energy. For SEM-CD, there was an average increase of 1.5 points from 5.2 to 6.7.

*Conclusions*: Participation in HeartFit led to an improvement in quality of life and an increase in self-efficacy in management of heart disease.