

**Title of Intervention:** Internet-based case management system for secondary prevention of heart disease

**Intervention Strategies:** Individual Education, Supportive Relationships

**Purpose of the Intervention:** To use an alternative internet-based program to provide risk factor management training and services to individuals with cardiovascular disease

**Population:** Individuals diagnosed with coronary heart disease or congestive heart failure

**Setting:** Southwestern Virginia; home-based

**Partners:** None mentioned

**Intervention Description:**

- Individual Education: Participants were asked to complete education modules assigned by their case manager. The education modules included interactive, multiple choice, self-tests. They were also asked to enter data into progress graphs assigned by their case manager. They provided immediate graphic feedback showing progress over time.
- Supportive Relationships: Participants were asked to log onto the site once a week for 30 minutes to communicate with a case manager. Subjects also had access to a registered dietitian regarding dietary issues. The dietitian gave feedback based upon the food diary.

**Theory:** None mentioned

**Resources Required:**

- Staff/Volunteers: Case manager, registered dietitian
- Training: Not mentioned
- Technology: Computer and internet
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Internet, education website
- Evaluation: Questionnaire, tools to measure weight, height, and lipoprotein, blood pressure, food diary

**Evaluation:**

- Design: Randomized trial
- Methods and Measures:
  - Website usage was tracked
  - Online questionnaires included the Dartmouth COOP Quality of Life, the Duke Activity Status Index (functional status), the Canadian Cardiovascular Society Angina grading system, MEDFICTS (dietary survey) and the Beck Depression Inventory
  - Biological measures collected included height, weight and blood pressure

**Outcomes:**

- Short Term Impact: Significant decreases in weight and body mass index were noted.
- Long Term Impact: Intervention participants had a lower major cardiovascular event rate.

**Maintenance:** Not mentioned

**Lessons Learned:** An internet-based case management system could be used as a cost-effective intervention for patients with cardiovascular disease, either independently or in conjunction with traditional cardiac rehabilitation.

**Citation(s):**

Southard, B. H., D. R. Southard, et al. (2003). "Clinical trial of an Internet-based case management system for secondary prevention of heart disease." J Cardiopulm Rehabil 23(5): 341-8.