



Community-based cardiac rehabilitation program for Chinese migrants in Australia

Researchers from Western Sydney University's NICM Health Research Institute, Macquarie University, and the University of Sydney are interested in finding out the feasibility and acceptance of a co-designed community-based cardiac rehabilitation program for Chinese migrants in Australia.

This cardiac rehabilitation program includes health education, shared medical appointment and virtual Tai Chi classes and will explore Chinese migrants' acceptance, participation, completion, satisfaction of, and the health benefits gained from a 24-week program.

Findings from this study will help inform the design of a large-scale study to determine the cost-effectiveness of the cardiac rehabilitation program and the health benefits gained from a 24-week program.



Human Research Ethics Committee Approval: This project has been approved by Western Sydney University Human Research Ethics Committee (Approval Number: H15154). This study is supported by NICM Health Research Institute and Western Sydney University. Recruitment end date: 30 June 2023

Who can join?

People aged over 18, who:

- Are an Australian citizen or permanent resident
- Are of Chinese ancestry, speak Mandarin or Cantonese at home, and can read Chinese (traditional or simplified)
- Have had myocardial infarction, heart failure or a heart surgery
- Being discharged home for at least 12 weeks
- Have a mobile phone and the capacity to receive and understand text messages
- Have access to the Internet

What's involved?

- Read the participant information sheet and provide consent
- Take a demographic and medical history survey
- Participate in a 24-week cardiac rehabilitation program
- Undertake your blood tests at local Laverty Pathology
- Complete some questionnaires about your health
- Monitor your cardiovascular risk factors using provided wireless devices
- Participate in a satisfaction interview

Interest in participating in this study?

For more information, please contact
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