

Effectiveness of remote rehabilitation programs based on nurses on elderly patients with myocardial infarction: A Systematic Review

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Background and objectives

One of the common diseases in this period is heart disease, especially, Myocardial Infarction that impose a high cost on health care systems. Nurses are widely recognized as one of the health care providers who provide comprehensive care to patients during post-hospitalization rehabilitation. The need for telenursing is very important and in recent years, telerehabilitation has opened a new way for nurses to manage chronic diseases remotely, and considering that patients with myocardial infarction need follow-up after discharge. The aim of this study is to systematically review the effectiveness of nurse-based remote rehabilitation programs on elderly patients with Myocardial Infarction.

Methods

A systematic review and meta-analysis were conducted using 6 databases (PubMed, Scopus, Web of Science Embase, Consensus, and Google Scholar) for articles published from 2014 to 2024. The search is based on remote nursing, Myocardial Infarction in elderly patients and rehabilitation. Inclusion criteria were articles that examined the effect of nurse-based telerehabilitation programs on elderly patients with myocardial infarction. Conversely, studies that did not meet these criteria or were outside the publication date range were excluded. Out of 20 articles found, 15 articles were included in this study and from the analysis of these articles, conclusions were drawn on the role of remote nursing in the care of the elderly and rehabilitation in Myocardial Infarction.

Results

The analysis of 15 selected articles showed that nursing-based telerehabilitation increases the quality of life, physical health, peace of mind of the elderly, medication compliance, and reduces complications and re-hospitalization. In some studies, follow-up was done through the Internet and some through phone calls and text messages, which were successful in all of these follow-ups. These results show the potential of

telenursing as a new tool in post-discharge care of the elderly and provide nurses and health care systems with a suitable solution to many challenges caused by aging.

Conclusion

This systematic review emphasizes the significant benefits of telenursing in addressing rehabilitation in elderly patients with myocardial infarction. Through the detailed analysis of recent studies, it is evident that remote nursing increases the quality of care in elderly patients. The findings of these studies support the integration of remote nursing in the post-discharge care of the elderly and suggest a new way to improve the quality of care for elderly patients. As the world's population continues to age, the adoption of remote nursing can be effective in reducing re-hospitalization, recurrence and complications of Myocardial Infarction patients.

Key Words: Rehabilitation, Telenursing, Myocardial infarction