Title: A Study about Barrier's in attending Cardiac Rehabilitation Programme Among Discharged Acute Coronary Syndrome (ACS) Patient's in Sarawak General Hospital Heart Centre

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Introduction: Cardiac Rehabilitation Programme (CRP) provide critically important resources for optimizing the care of cardiac patients after myocardial infarction and as secondary prevention. Default rate among ACS patient who attend CRP at Pusat Jantung Hospital Umum Sarawak (PJHUS) is increased in past few months though the objective of this study is to determine the barriers in attending cardiac rehabilitation programme among discharged Acute Coronary Syndrome (ACS) patients.

Methodology: A cross sectional study conducted among ACS patient who defaulted Cardiac Rehabilitation programme at PJHUS between January 2015 till April 2015. Telephone interview with a structured questionnaire was carried out with 60 respondents meeting the inclusion criteria. Descriptive analysis was used to examines the relationship between the socio demographic, logistic, comorbidities, time constraint and organizational barriers in attending CRP**.**

Results: 90 % of respondents are male and mean age is 55.18. The subject's comorbidities are the main barrier's, in attending CRP as 86.67 % subject's beliefs that they don't have energy to complete CRP session and 85% agreed that they find CRP exercise is tiring and painful. Also 81.67% agreed other health problems prevent them from attending CRP session. Besides that, shows that patient's own attitude and beliefs also a barrier as 80 % agreed that many people with heart problems don't go CRP and they are fine and 76.7% feels they can manage their heart problem their own. Results that subjects tends to have their own perceptions and beliefs about their heart disease. This may be related to less knowledge about the disease and management.

Discussion/Conclusion: As from results show, logistic and organizational issues are not a barrier for subjects' default CRP in PJHUS. Subjects comorbidities, beliefs and attitude has been a major barrier in attending CRP at PJHUS. It also could be due to lack of knowledge about the benefits of CRP and comprehensive risk reduction. Cardiac patients with comorbidities have greater burden of cardiac rehabilitation barrier overall.

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