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Development process of a yoga-based cardiac rehabilitation programme (Yoga-Care)

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Abstract

Cardiac rehabilitation (CR) programmes are found to be highly effective in reducing morbidity and mortality in cardiac patients. However, large multidisciplinary teams required for CR programmes are considered unaffordable in developing countries such as India. Yoga practice improves physical fitness, reduces stress and brings about lifestyle change (similar to CR programmes), but requires considerably fewer resources. A yoga-based CR programme will be developed, which will be evaluated through a large multi-centre randomised controlled trial in India.

Identification of yogic pose, breath control, meditation and relaxation, and lifestyle change items which are recommended in heart diseases will be performed through: review of the literature published by the governmental yoga institutions (India); and qualitative interviews of yoga experts. Based on this, quantitative questionnaires will be developed for CR experts' consultation (representing a typical CR multidisciplinary team to determine safety) and cardiac patients' consultation (to determine acceptability). A four-point Likert scale will be used for this purpose, and the items marked as strongly agree or somewhat agree will be used to make a shorter list of agreed items. These items will be incorporated into a summarised CR framework (developed after reviewing various CR guidelines). This proposed programme will be discussed at the Intervention Development Steering Group (above mentioned yoga experts, CR experts and patients) meeting. Afterwards, an International External Advisory Panel (experts with scientific or practical background and interest in CR or yoga) consultation of this programme will be conducted. The programme will be finalised after piloting among yoga teachers and cardiac patients.

Biography

Dr. Kaushik Chattopadhyay is a Research Fellow at the London School of Hygiene and Tropical Medicine, UK. He has completed (A) Postgraduate Certificate in Research Skills, St. George's Medical School, UK (B) European Master in Public Health, a dual degree sponsored by the European Commission (Erasmus Mundus): Master of Public Health (Distinction), The University of Sheffield, UK and MSc Public Health (Health Economics and Financial Management), Jagiellonian University, Poland (C) Bachelor of Ayurvedic Medicine and Surgery, University of Calcutta, India. He has also worked in other renowned academic institutes such as King's College London and St. George's Medical School, UK.