

**Telehealth Intervention of Cardiovascular Diseases Patients: A
Qualitative Study**

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ABSTRACT

Introduction: Cardiovascular disease accounts for a significant proportion of deaths and healthcare costs in both men and women. Telemedicine is one of the new technological solutions used to facilitate treatment and intervention in patients with CVDs. Nevertheless, the implementation of this approach in Jordan faces many obstacles and challenges that need to be explored in order to identify the actual conditions and propose practical solutions.

Purpose: To explore the perspectives and experiences of patients with cardiovascular disease (CVD) and health professionals on how telehealth can help manage these critical and long-term CVD health problems.

Method: In this study, a qualitative, descriptive approach was employed. Individual interviews were conducted with 12 health professionals and 12 CVD patients at two hospitals and in different clinical areas.

Results: The analysis of collected data revealed a number of themes and subthemes. The first category of results is related to the challenges and advantages of using traditional CVD intervention. According to findings, traditional interventions are facing challenges such as ineffective procedures, the required time and effort of patients, and limited human and physical resources. Meanwhile, this way of treatment still has a preference from patients as it involves face-to-face interaction. The second category is related

to telehealth advantages and disadvantages. Telehealth deployment exhibited several advantages, including low costs and efforts, high satisfaction, low risk, and adequate privacy. On the other hand, it exhibited numerous drawbacks, including low physician privacy, low adoption from patients, improper use, low awareness, technological issues, and restricted follow-up. According to the results, CVD telehealth services might be improved by enhancing human resources and management, increasing deployment, and improving policies and regulations.

Conclusion: Telehealth deployment to treat CVDs is still a critical topic in Jordanian healthcare organizations. The current study identified many barriers, advantages and factors contributing to its deployment. With this study, stakeholders and Jordanian managers can better understand these issues and factors. This will enable them to improve the quality of care in their health organizations in the future.

Keywords: Telehealth, Cardiovascular diseases, Remote treatment, Jordan, qualitative.