

# Effectiveness of “Mobile health augmented Cardiac rehabilitation” (MCard) on health related quality of life, clinical and behavioral outcomes in post-acute coronary syndrome patients

ACTRN12619001731189

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Status	RECRUITING
Sponsor	Aliya Hisam
Enrollment	160 participants

## Plain Language Summary

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After a heart attack (acute coronary syndrome, or ACS), patients need to make significant lifestyle changes — including healthier eating, more physical activity, and better medication adherence — to reduce the risk of another event. Cardiac rehabilitation programs are designed to support this, but many patients struggle to stay engaged. This study is testing a mobile health intervention called MCard, which delivers personalised health and lifestyle advice to patients via text messages sent through a specially designed software system.

Participants who have had a documented heart attack will be randomly assigned to either receive the MCard text message program on top of their usual cardiac care, or continue with usual care alone. Researchers will measure quality of life, physical outcomes, and health behaviours over time.

You may be eligible if you are aged 35 to 65, have had a documented heart attack, have an ejection fraction above 25%, and own a mobile phone (or have a caregiver who can assist). Pregnancy, serious concurrent illness, dialysis, or a previous stroke would make you ineligible.

## Key Eligibility Criteria

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### Inclusion (7)

- Age eligibility: 35 till 65 years
  - Both Gender
  - Documented ACS evidence in the past
  - Ejection fraction of > 25
  - Mobile phone ownership or a caretaker who can assist in handling mobile
- ... and 2 more (see full listing online)

### Exclusion (8)

- Patients having any one of the following will be excluded
  - Not physically or mentally capable of handling mobile phone
  - Familial hypercholesterolemia
  - Cerebrovascular accident
  - Hemodialysis or peritoneal dialysis
- ... and 3 more (see full listing online)

## Locations (1 total)

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Punjab, Pakistan

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619001731189>

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