

## Abstracts

## EH001 / #114

# RETURNING TO WORK AFTER CARDIOVASCULAR DISEASE: A REVIEW OF COMMON AND STROKE-SPECIFIC PREDICTORS

## E-POSTER HIGHLIGHTS: REHABILITATION

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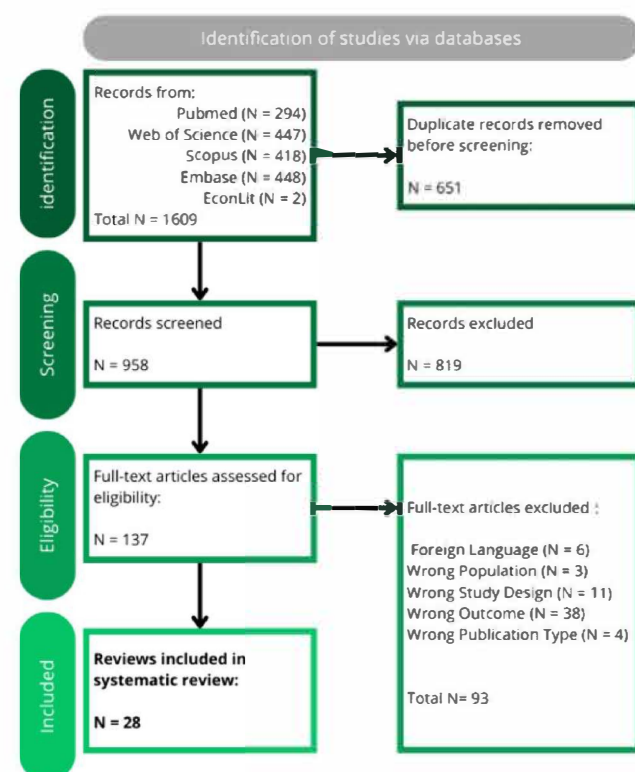
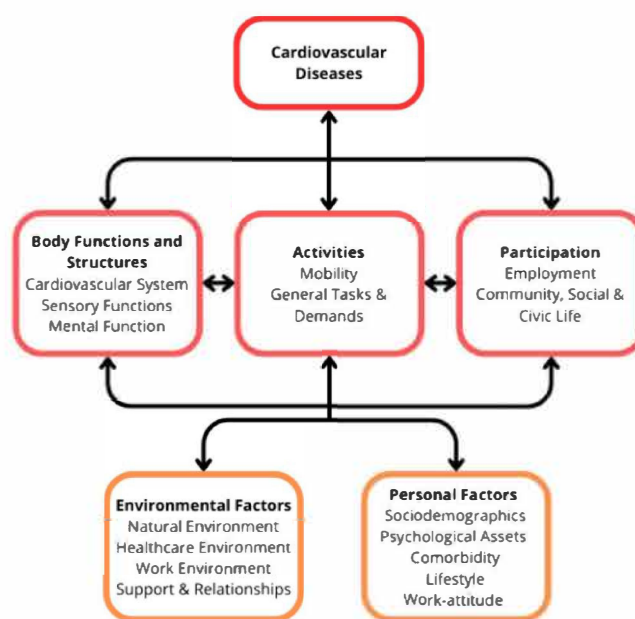
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**Background and Aims:** Returning to work (RTW) after cardiovascular disease (CVD) is a complex process that impacts both individual well-being and societal productivity. While most reviews on RTW predictors focus on a single diagnosis, recurring medical, psychosocial, and work-related factors suggest the presence of common predictors across CVDs. This systematic review synthesizes predictors of RTW across acute coronary syndrome (ACS), coronary artery disease (CAD), heart failure (HF), and stroke using the International Classification of Functioning, Disability, and Health (ICF) framework.

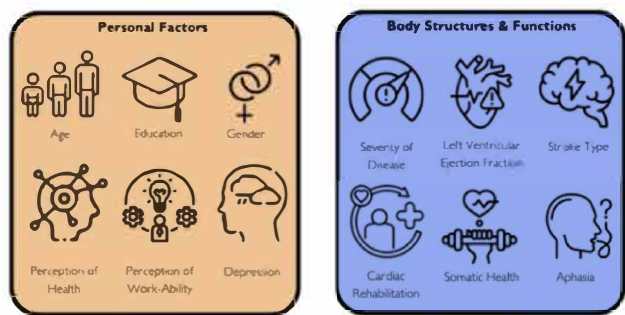
**Methods:** Following PRISMA guidelines, a systematic review of systematic reviews was conducted. A total of 28 reviews were included, with predictors categorized using the ICF framework (Body Structures, - Functions, Activities, Participation, Personal- and Environmental factors). Methodological quality was assessed using the AMSTAR-2 tool.

**Results:** Both common and disease-specific predictors were identified. Across all CVDs, RTW outcomes were strongly influenced by functional capacity, psychological well-being, job content, and social support. For stroke, environmental factors played a particularly crucial role. Workplace characteristics, employment policies, healthcare accessibility, and social



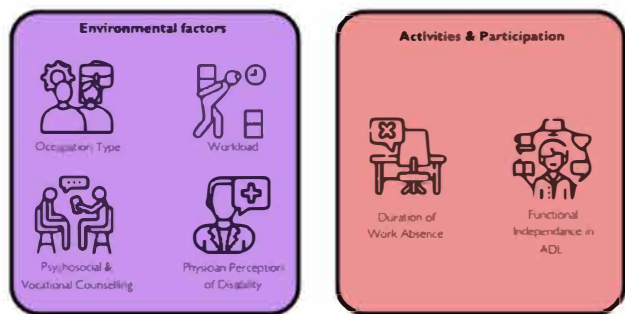
participation were key influences, with cognitive and mobility impairments further complicating reintegration.

**Conclusions:** Optimizing RTW outcomes requires a comprehensive approach addressing both common and disease-specific barriers. Workplace adaptations and a personalized, multidisciplinary, integrated rehabilitation pathway—involving patients, families, employers, and healthcare providers—along with clear communication and coordination between these stakeholders, is essential for successful reintegration. Future research should assess targeted interventions and explore how these predictors apply across other conditions to refine vocational rehabilitation strategies.



Which factors affect RTW?

Overview of RTW-Predictors with Meta-analytic Evidence



Abbreviations: ADL, Activities of Daily Living; RTW, Return To Work

eight of nine domains were moderate/strong. All domains showed moderate/strong correlations with at least one other PRM. Test-retest reliability was good for all domains (ICC>0.7). Feasibility feedback was positive. PETS-stroke scores significantly differed based on multimorbidity in three domains and in eight domains based on socioeconomic status. **Conclusions:** PETS-stroke is a valid and feasible PRM of treatment burden ready for testing in clinical trials.