

JACARDI Cardiovascular Health Pilot – Implementation in Malta

JACARDI (Joint Action on Cardiovascular Diseases and Diabetes) is a major European public health initiative coordinated by the European Commission. It aims to strengthen cardiovascular and metabolic health across Member States by piloting, evaluating, and scaling up best practices.

Malta is one of the countries selected to pilot a cardiovascular rehabilitation model under Work Package 10 (WP10), which focuses on cardiac secondary prevention. The local pilot, launching later this year, is a collaborative effort led by the Health Promotion and Disease Prevention Directorate, in partnership with the Mater Dei Hospital Cardiac Rehabilitation Unit.

Malta's Pilot

Self-Management in Cardiovascular Disease: A Digital Platform.

The intervention will involve approximately 360 patients over one and a half years. Participants will be allocated to one of three groups:

- A digital arm, using smartwatches and online platform with daily exercises through weekly educational modules.
- A physical rehabilitation arm, attending in-person sessions without digital tools.
- A comparator group participating in baseline and follow-up assessments only (those that refuse to take part)

The programme includes physical activity, education, and coaching tailored to each group. Wearables will monitor heart rate, ECGs, and user-inputted blood pressure data. Training and materials will be provided, with follow-up planned for up to 12 months to monitor revascularisation, arrhythmias, and hospital readmissions.



Implementation Timeline and Support

Recruitment will roll out in waves, with legal agreements and logistics for wearable technology already underway. All participating patients will be provided with initial one-to-one guidance and monitored by a dedicated clinical team. If participants encounter any difficulties, they will be given a dedicated telephone number and email address for support.

JACARDI offers an opportunity to trial scalable, hybrid rehabilitation in a real-world setting and gather insights that may inform future health policy and service delivery.

For more information or to express interest in supporting the pilot, please contact the Health Promotion and Disease Prevention Directorate and Cardiac Rehabilitation Unit.