

Media Release for CSANZ and ACRA Telehealth Position Statement

A new position statement from the [Cardiac Society of Australia and New Zealand \(CSANZ\)](#) and the [Australian Cardiovascular Health and Rehabilitation Association \(ACRA\)](#) underscores telehealth as a critical tool for cardiovascular care, and provides best practice guidance for safe use by clinicians.

Cardiovascular disease affects more than 4.7 million Australians and New Zealanders ([Heart Foundation Australia](#), [Heart Foundation New Zealand](#)) and is a leading cause of death in both countries. Telehealth has the potential to increase access to quality cardiovascular care and improve outcomes for many people with cardiovascular conditions, especially those who have difficulty accessing traditional in-person services.

Telehealth is the delivery of healthcare services remotely using digital technologies. It allows patients to access care and specialty advice from doctors, nurses and allied health professionals within their home and community, rather than attending hospitals and health clinics.

The position statement, published in [Heart Lung Circulation](#), involved 38 authors from Australia and New Zealand, including senior author [Professor Sally Inglis](#) (University of Technology Sydney, Research Institute for Innovative Solutions for Well-being and Health) and co-first authors [Dr Susie Cartledge](#) (Monash University, School of Public Health and Preventive Medicine) and [Dr Jonathan Rawstorn](#) (Deakin University, Institute for Physical Activity and Nutrition).

The statement provides guidance for clinicians on how to use telehealth safely and effectively while meeting professional standards for adult cardiovascular care. It also helps patients, patient advocates and community groups understand how telehealth can improve access, support care delivery, and enhance patient outcomes.

Professor Inglis stated that *“Telehealth is a valuable way to deliver healthcare alongside in-person care. It can improve access to cardiovascular services and enhance the patient experience, especially when it’s designed with input from both patients and clinicians”*.

“In places like Australia and New Zealand, where distance can limit access to care, telehealth makes a real difference for people with cardiovascular conditions. Telehealth also helps urban patients who may face challenges attending in-person appointments” said Professor Inglis.

Dr Cartledge said, *“Our goal was to consolidate the latest, high-quality evidence on telehealth in cardiovascular care into a single, practical resource. It is designed to guide clinicians and researchers in effectively integrating telehealth into clinical practice, while also emphasising strategies for its long-term, sustainable implementation as an essential component of healthcare.”*

Dr Rawstorn said, *“We reviewed leading scientific evidence from around the world, but the position statement intentionally highlights local evidence to maximise relevance and context-specificity for stakeholders in Australia and New Zealand.”*

The position statement was developed in partnership with [hearts4heart](#), a health promotion charity and peak body that supports, educates and advocates for people living with heart

disease. CEO and founder Tanya Hall, who has lived with heart disease her whole life, is a co-author on the position statement, and a passionate advocate for patients.

“Telehealth is an essential tool for patient-centred cardiovascular care. Patient-led advocacy is vital for bringing lived experiences to the forefront by humanising telehealth care issues and shaping policy, research and practice to ensure it is both practical and patient-centred,” said Ms Hall.

The position statement highlights the importance of inclusivity and cultural safety, especially for communities who experience the greatest inequities including Māori, Pasifika, Aboriginal and Torres Strait Islander Peoples, and people with disability or complex care needs.

CSANZ President and New Zealand Cardiologist, Dr Mayanna Lund stated, *“this Position Statement offers evidence-based guidance for using telehealth in adult cardiovascular care to complement in-person services, promote equitable access, and deliver patient-centred, culturally inclusive multidisciplinary care”*.

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