

# Welcome

## Cardiac Rehabilitation Program “Hearts In Motion”

*A program designed to provide quality care to the adult patient who may be in varying stages of cardiovascular disease*

## Introduction

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**Kincardine**

Family Health Team

# Cardiac Rehabilitation Program

## Cardiac Rehabilitation Programs

- \* Emphasize prevention strategies targeted at reducing the major risk factors associated with heart disease
- \* Designed to help patients and families achieve or maintain a heart healthy lifestyle

### Core Components

**Education**



**Exercise**



# Education

Education has benefits



Education helps you to gain the knowledge and skills to manage your condition on a day to day basis



# Cardiac Rehabilitation



**“In order to learn people need to participate”**

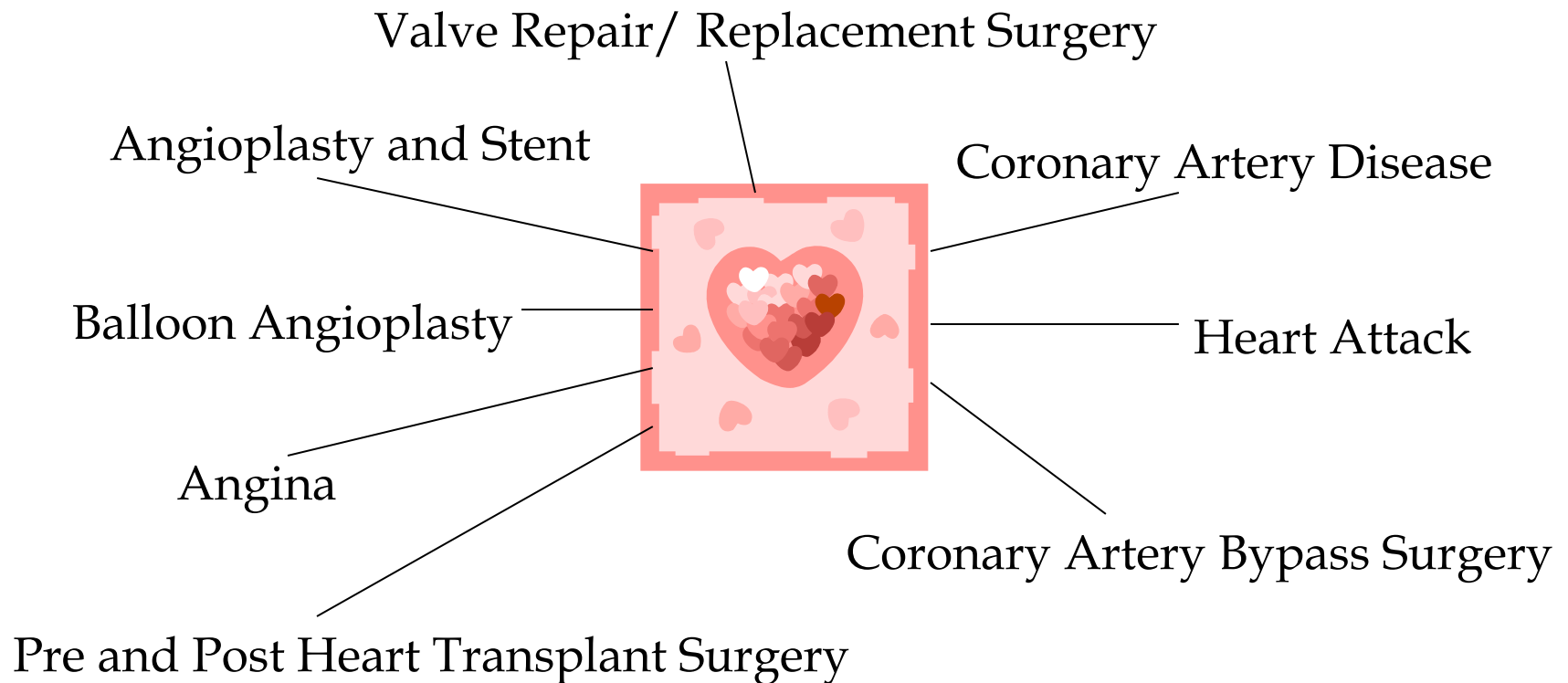
Your questions are important!



Family members may attend all group education classes and all individual assessments

# Cardiac Rehab Participants

All participants in the cardiac rehab program have experienced a change in heart health within the past 2 years.



# Cardiac Rehab Team

Nurse Practitioner

Medical Lead

Receptionist

Registered Nurse



Exercise Specialist

Registered Dietitian

Social Worker

As the participant you are at the center

It is the sum of all these parts which makes the program a success!

# Education Series

- \* Delivered by members of the Cardiac Rehab Team (Nurse, Dietician, Exercise Therapist, Nurse Practitioner and Social Worker)

## Topics:

- \* Introduction to the Program
- \* The Risk Factors and Heart Disease
- \* Exercise for a Healthy Heart
- \* Managing Stress and Depression
- \* Medications for a Healthy Heart
- \* Diet for a Healthy Heart

# Education Series

- ❖ Participants are encouraged to attend all education classes
- \* *The clinic secretary will reschedule a class if missed or a repeat visit is requested*
- \* **While attending education classes**
  - \* There are 4 additional individual appointments to schedule prior to starting the exercise program

***Refer to “Pink “ appointment sheet provided***

# Getting Started

- ❖ Bring the “pink” appointment sheet to clinic secretary to schedule your appointments
- ❖ Appointments can be also be scheduled by telephone
- ❖ Refer to program address and telephone number at top of sheet

# EXERCISE

*The first step*

*Attend exercise class*

**Exercise twice per week -1 hour - 4 months**

Monday and Wednesday

# **“Pink Sheet” Appointments**

**Individual assessment times are scheduled with:**

- 1.The Nurse or Nurse Practitioner
- 2.Exercise Stress Test
- 3.Exercise Therapist
- 4.The Dietitian

**Schedule the appointments during the first week of education classes**

**Refer to the “pink” Sheet**

- \* **Time required for each appointment**
- \* **Preparation for each appointment**

# “Blue Sheet”

Managing Stress and Depression

Important for physical and emotional recovery

Key- Recognize it

- \* Is it Stress?
- \* Is it Depression?

Assessment Tool

- \* What are my stress symptoms
- \* HAD scale (Blue Sheet)

Review and discuss your result at Nursing Assessment

# Cardiac Rehab Program

- \* Regular attendance is tracked at all visits

Planned absence (appointments, vacation): inform staff directly or telephone message is acceptable

- \* A call of concern will be placed if program is not informed of absence

**Discharge due to noncompliance will be considered if no reply to call of concern after 3 weeks**

- \* Inform staff of any change in medical status or medication

The program will be extended due to unstable status or change in medical condition

# Conclusion

- \* Scent Free Policy
- \* Facilities
- \* Water to replace fluid, a small towel if desired
- \* Footwear
- \* Hand hygiene
- \* Clean Equipment
- \* Change in health status (colds, flu, unwell)
- \* Change in medication or treatment

# Thank you...

## Questions?

Presentation material is available at

[www.smgh.ca](http://www.smgh.ca)

Regional Cardiac Care Center



# Cardiac Rehabilitation Program

## “Hearts In Motion”

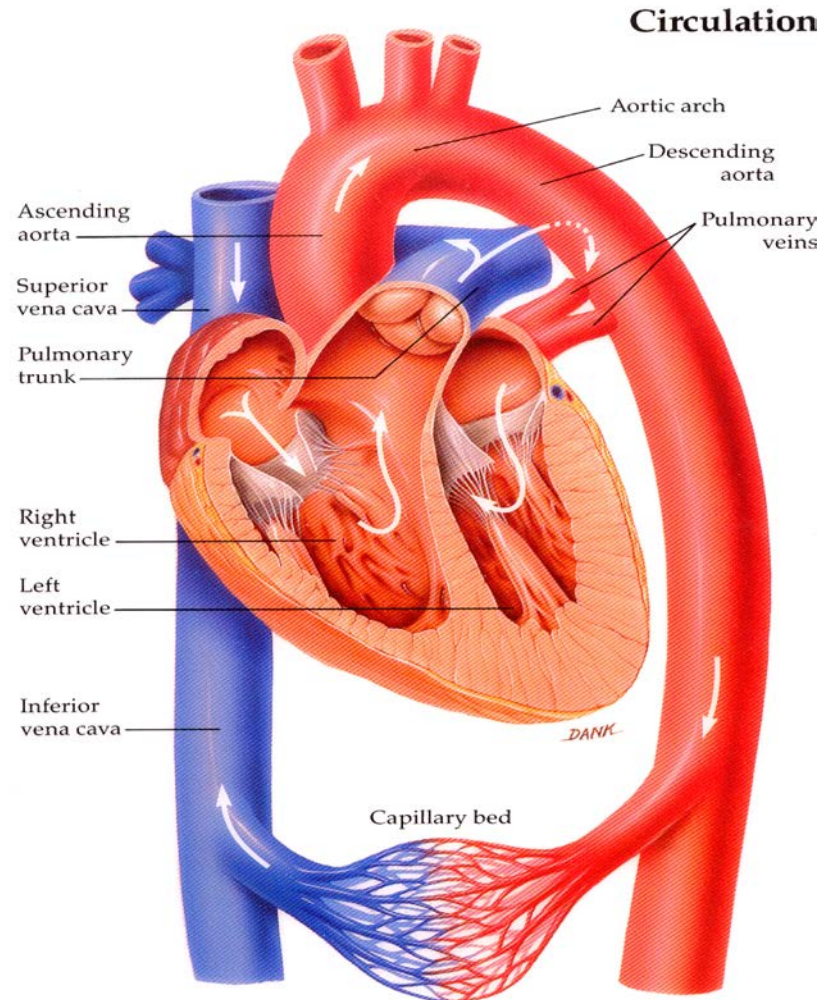
### Your Heart and Risk Factors



# The Heart and How It Works

**The heart is a muscle**  
**The heart is a pump**

**A pump with a big job  
to do!**



# The Heart and How It Works

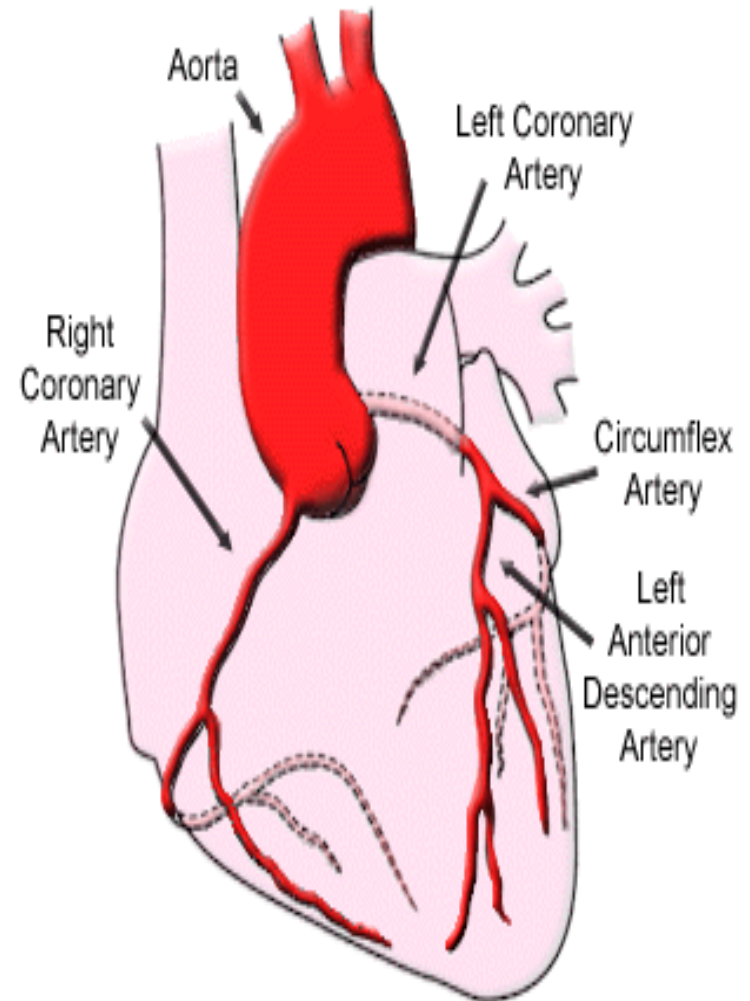
- \* The heart is vital to life
- \* The heart pumps blood through blood vessels called arteries
- \* Oxygen is carried in the blood delivered to every cell of the body



# Coronary Arteries

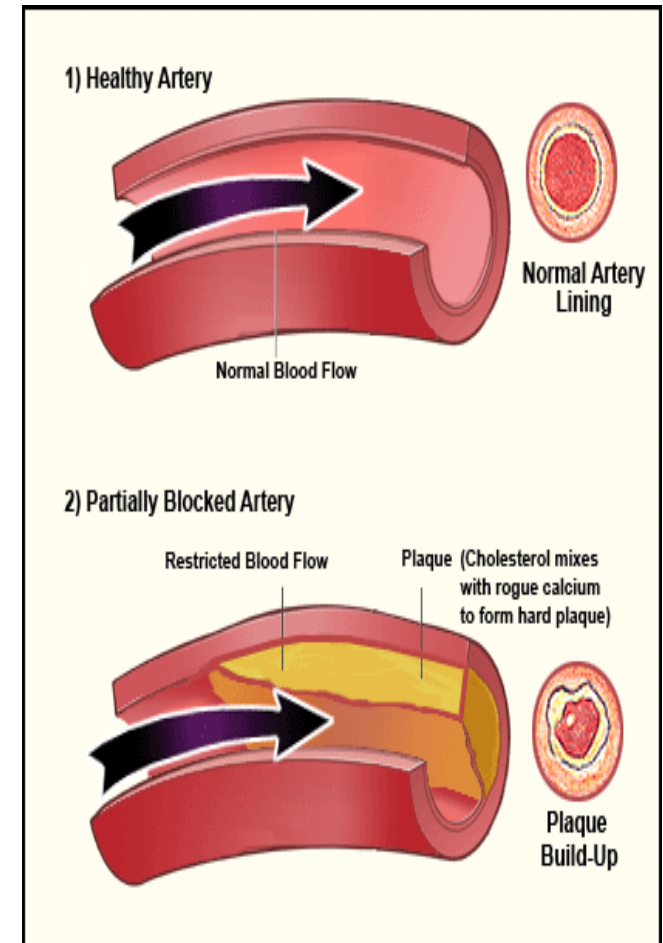
The heart has its own arteries to feed the heart muscle

The Coronary Arteries



# How Your Heart Works

Coronary Artery Disease (Heart Disease) occurs when these arteries become narrowed or blocked with a build up of fatty deposits called plaque.



# What is Angina

When the arteries are narrowed, the blood cannot flow freely through them

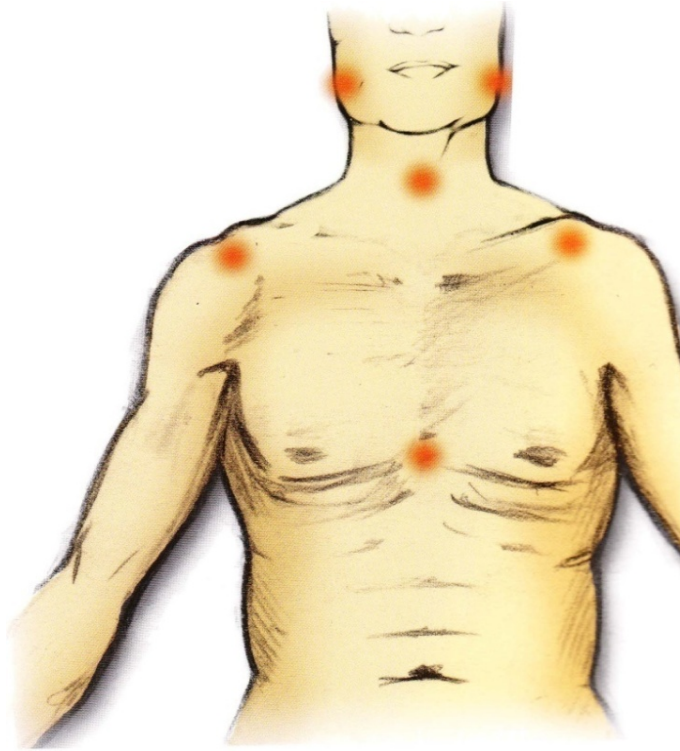
**Angina is a symptom**

Squeezing

Pressure

Tightness

Burning



Shortness of breath

Banding sensation

Heaviness in the chest

Toothache

Feelings of nausea

# Angina

Symptoms can be different for women

- Fatigue
- Nausea
- Shortness of breath
- Shoulder pain

Symptoms often ignored

**Know what to report to the Doctor**



# **Is It Angina or Heart Attack?**

# Angina

- \* Is brought on by a brief period of poor blood supply to the heart muscle
- \* Does not cause permanent damage to the heart
- \* Symptoms last just a few minutes and are usually relieved by rest and/or medications. Symptoms include chest pain or discomfort, shortness of breath, palpitations, faster heart rate, dizziness, nausea, extreme weakness and sweating.
- \* Symptoms are relieved by rest and/or medications within a few minutes
- \* Does not require emergency medical attention; however, it is important to call your doctor if this is the first time you've experienced angina, if you have new symptoms or if they become more frequent or severe

# Heart Attack

- \* Heart Attack
- \* Onset with exertion or rest
- \* The blood supply to the heart muscle is blocked
- \* Results in permanent damage to the heart muscle
- \* Chest pain or discomfort that lasts for more than a few minutes
- \* Difficulty breathing or shortness of breath; sweating , fullness, indigestion or choking feeling; nausea or vomiting; light-headedness; extreme weakness; anxiety; rapid or irregular heartbeats
- \* Symptoms are not relieved by rest or oral medications
- \* Requires immediate emergency attention” 911"

# Coronary Artery Disease

## Diagnosis:

- \* Medical history (your history)
- \* Electrocardiogram (EKG)
- \* Exercise Stress Test (EST)
- \* Angiogram- Angioplasty (PCI)
- \* Bypass Surgery (CABG)
- \* Other surgical intervention (Valve, aneurysm)

# How Your Heart Works

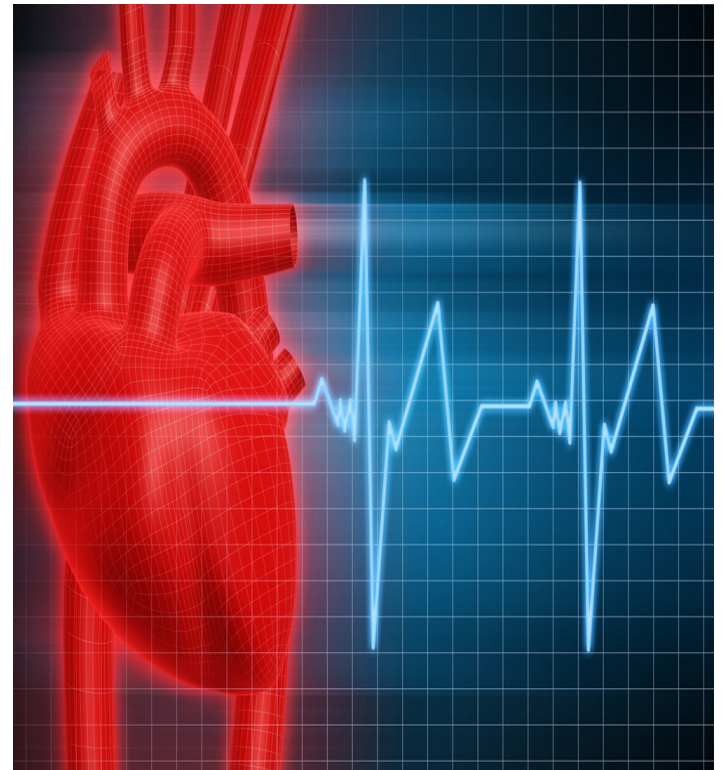
- \* Heart disease is the number 1 cause of death and disability in Canada and worldwide.
- \* 1 in 4 Canadians suffers from some form of heart disease.

## The Good News:

There are things you can do to prevent or delay the process

# Manage Heart Disease

**Learn about the factors that  
increase your risk**



# Risk Factors

Risk  
Factors  
=  
Lifestyle  
behaviors

8 /10 Canadians have at  
least one of the major  
cardiovascular risk  
factors

The choices we make on a  
day to day basis

# Risk Factors

## Risk factors we cannot change

- \* **Age**
- \* **Gender**
- \* **Family History**



*You are more likely to develop heart disease if your parents had it themselves and particularly if before age 55. (premature heart disease)*

# Risk Factors



Manage the underlying factors  
that can be changed to reduce  
risk

Prevention - a lifelong goal

# Risk Factors

## Risk factors we can change

- \* High Blood Pressure
- \* Unhealthy Cholesterol Levels
- \* Excess Weight and Obesity
- \* Diabetes
- \* Smoking
- \* Stress



# Blood Pressure



## The “Silent Killer”

- \* Usually no symptoms or early warning signs until damage is already done to the body
- \* Blood pressure that goes up and stays up on several occasions **greater than 140/90** is called high blood pressure or hypertension

# High Blood Pressure

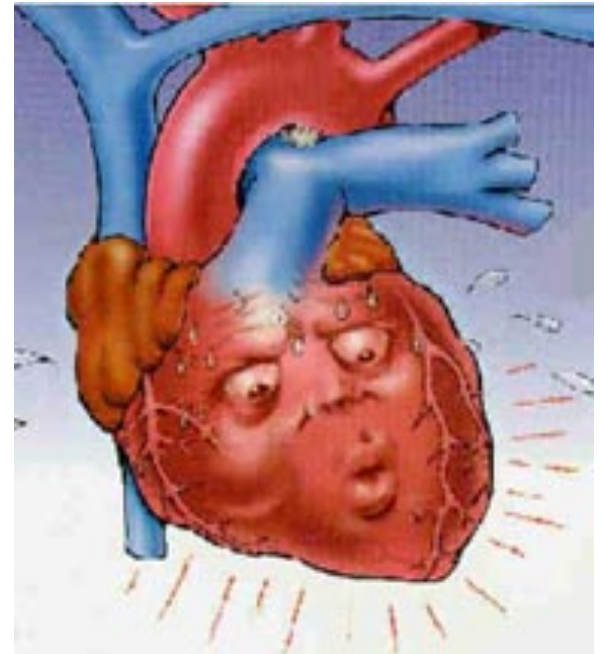
- \* The heart works harder
- \* High blood pressure damages blood vessels

## The Good News- Cardiac Rehab

- \* **Blood Pressure Education**
- \* **Blood pressure will be monitored**

## Counseling:

- \* Diet
- \* Exercise
- \* Medication



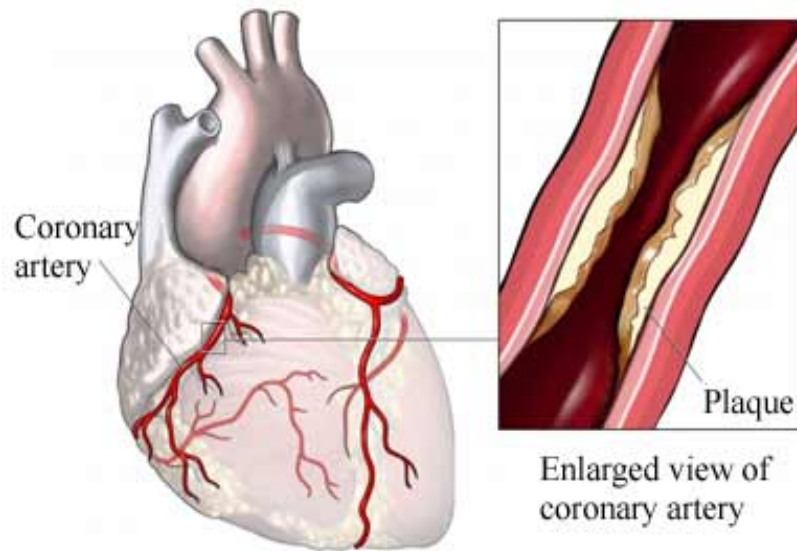
# Cholesterol



Your body needs cholesterol

The amount and type of cholesterol in your blood  
can affect your heart health

# Cholesterol



HDL: The healthy (good) cholesterol  
LDL : The unhealthy ( bad) cholesterol

Cholesterol becomes unhealthy when the different types are unbalanced

# Cholesterol

## The Good News:Cardiac Rehab

- \* ***Blood Cholesterol Education***
- \* ***Blood Cholesterol Review***

## Counseling

- \* **Diet**
- \* **Exercise**
- \* **Medication**



# Notes

## Pre-Diabetes –At Risk of Diabetes

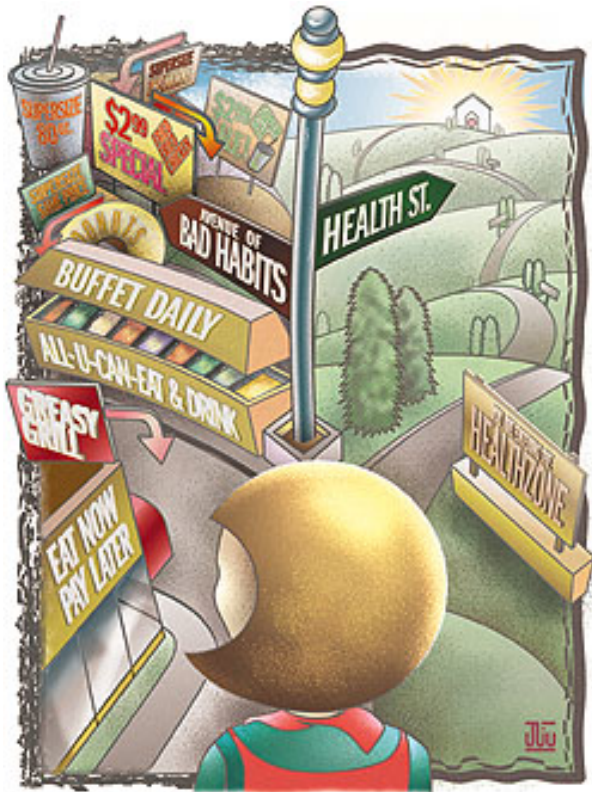
- \* Blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes
  - \* Normal Range: 4.0- 6.0
  - \* **Pre-Diabetes: 6.1- 6.9**
  - \* Diabetes: >7.0 ( 2 tests - Fasting)



## The Good News:

*There are things you can do to prevent diabetes or delay its onset*

# Diabetes



Making important choices today will help improve your health tomorrow

## The Good News- Cardiac Rehab

Counseling

Diet

Exercise

tes

## Diabetes is a condition that can have a serious impact on your health



- \* Type 2 Diabetes occurs when the body loses its ability to convert the blood sugar into energy
- \* The energy cannot get into the cells which leaves a build up of sugar in the blood

- \* 2 million Canadians are affected
- \* Prevalence in Ontario has jumped by 69% over past 10 years

There is no known single cause but certain factors increase the risk



## The Good News:

There are things you can do to prevent or delay the process and reduce your risk of complications

Testing blood sugar levels is very important

## Cardiac Rehab – Safe Exercise Parameters

- \* Bring Glucometer to all exercise classes
  - \* Self test:
    - \* Pre Exercise:  $< 14$
    - \* Post Exercise:  $> 4$
- (SMGH Hypoglycemia protocol)



- \* Testing blood sugar levels will help you track periods of high or low blood sugars and will let you see how the lifestyle choices you make affect your diabetes.

Diabetes

## Diabetes Education

*The more you know about diabetes the better you will be able to prevent it or manage it if it has developed*

Manage ( A,B,C's )

**A** A1C

**B** Blood Pressure

**C** Cholesterol

Diet

Exercise

Medication



# Weight

- \* Excess weight is a growing health concern
- \* 60% of Canadians struggle with excess weight



# Weight

Adults who carry excess weight have a greater chance of:

- High Blood Pressure
- Unhealthy Cholesterol
- Diabetes
- Heart Disease



# Weight

## The Good News- Cardiac Rehab

### Learn your healthy weight

- \* Body Mass Index
- \* Body Composition

Counseling  
Diet  
Exercise



king

- \* Smoking affects your health and the health of your family



Quitting smoking

The single most important thing you can do for your health

ling

## Understand the forces behind the behavior

H	Highly
A	Addictive
B	Behavior
I	Intensely practiced over
T	Time

“In order to quit, we need to **develop a program that is stronger than the program to smoke**”  
(former smoker)

# Smoking

## The Good News- Cardiac Rehab

- \* Quitting smoking means immediate benefits to your health
- \* The day you have your last cigarette, your body begins to heal itself

*It's never too late*



# Smoking

Cardiac rehabilitation program provides the resource of support to increase readiness to quit smoking and maintain smoking cessation throughout participation in the program



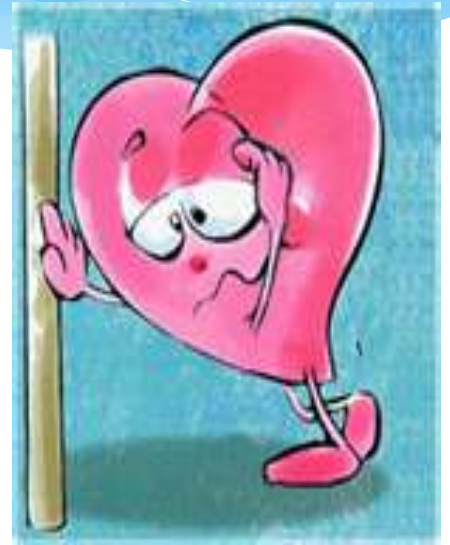


***It is now well established that stress and depression are linked to an increase in risk for cardiac disease***

“The everyday experience of strain, time pressure and tensions of coping with the demands of everyday life”

Recognize it and react in a healthy manner.

The best defense is a heart healthy lifestyle.



ression



Depression is serious

Depression can make it difficult to follow  
recommendations for healthy lifestyle changes

HAD scale

Treatment is safe and effective

You deserve to feel better

ision

**Cardiac rehab** provides support to assist you to appropriate resource for counseling

- A** Acknowledge your feelings
- S** Share your feelings with someone
- K** Know when and where to seek help



# Rehabilitation

Today, cardiac rehabilitation is endorsed internationally as the standard of care for all patients with cardiovascular disease

***... the enhancement and maintenance of cardiovascular health through individualized programs designed to optimize physical, psychological, social, vocational and emotional status.***



## Healthy Eating is a Lifesaver

### The Good News- Cardiac Rehab

- \* Group education
- \* Individual counseling



# Exercise



**Physical Activity and Exercise is a lifesaver**

**It is never too late to start**



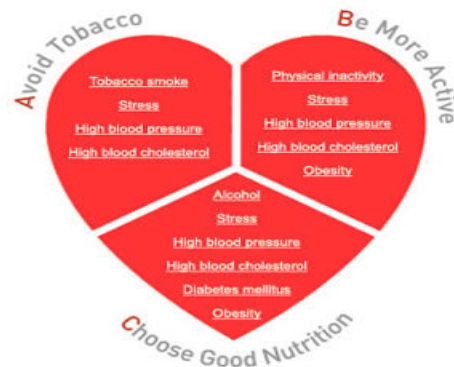
**The Good News- Cardiac Rehab**

- \* Group education
- \* Individual counseling



**Changing any behavior is a process - it doesn't happen overnight**

It may seem like a lot of changes



**The Good News - Cardiac Rehab**  
**Support to determine and realize individual goals**

# Goals



## Plan your way Set yourself up for success

- \* S: Smart - Choose the right goal
- \* M: Measurable - Set a realistic target
- \* A: Achievable – within reach
- \* R: Realistic – Do-able plan for the unforeseen
- \* T: Timely – Timeframe – Day, Week, Month...

# Setting Goals



**“When you see in your mind’s eye what you want to achieve, it becomes a self fulfilling prophecy”**

Thank You

Questions?



This presentation has been developed by the Cardiac Rehabilitation staff at the Regional Cardiac Care Center of St. Mary's General Hospital, Kitchener, Ontario