



Brockton Area and Kincardine
Family Health Teams



Your "Hearts In Motion" Nursing Team

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**Welcome to Cardiac
Rehab**



Welcome

“Hearts In Motion”

Cardiac Rehabilitation Program

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

www.bakfht.ca

Cardiac Rehab Team



As the participant you are at the center

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

Education Overview



Day 1	Day 2	Day 3
Introduction (RN) <ul style="list-style-type: none">- Program overview- Heart Disease risk Factors- Goal setting Medication Diet (RD)	Exercise for the Heart Muscle (Kin) Diet (RD)	Stress and the Heart (SW) Diet (RD) *Surveys

Individual Assessments

Individual assessment
times are scheduled
with:

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



Refer to the “pink” Sheet
Time required for each
appointment
Preparation for each
appointment



Group Gym Classes

- ✓ 2x per week
- ✓ 60 minutes each
- ✓ 4 months
- ✓ BP, HR, BS monitored
- ✓ RN or NP, Kin

Monday and Wednesday
9am or 10:30am



Policy Overview

- Hospital-wide scent-free policy



- Attendance



- Change in medical status or medication

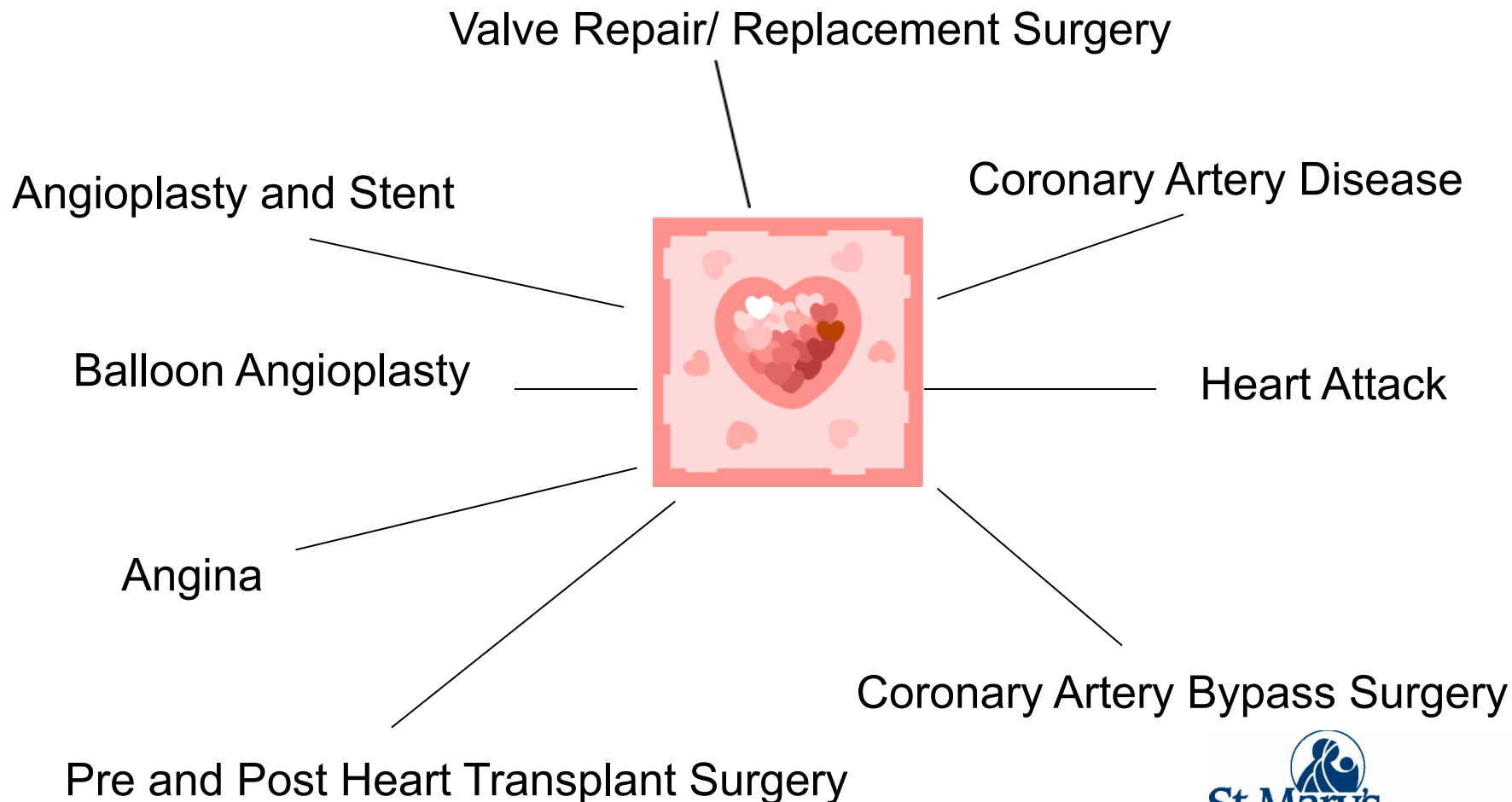


Questions?

Nursing Session Outline

- Your heart and how it works
- Managing your risk factors for prevention
- Goal setting with SMART goals
- Medications

Why are you here?

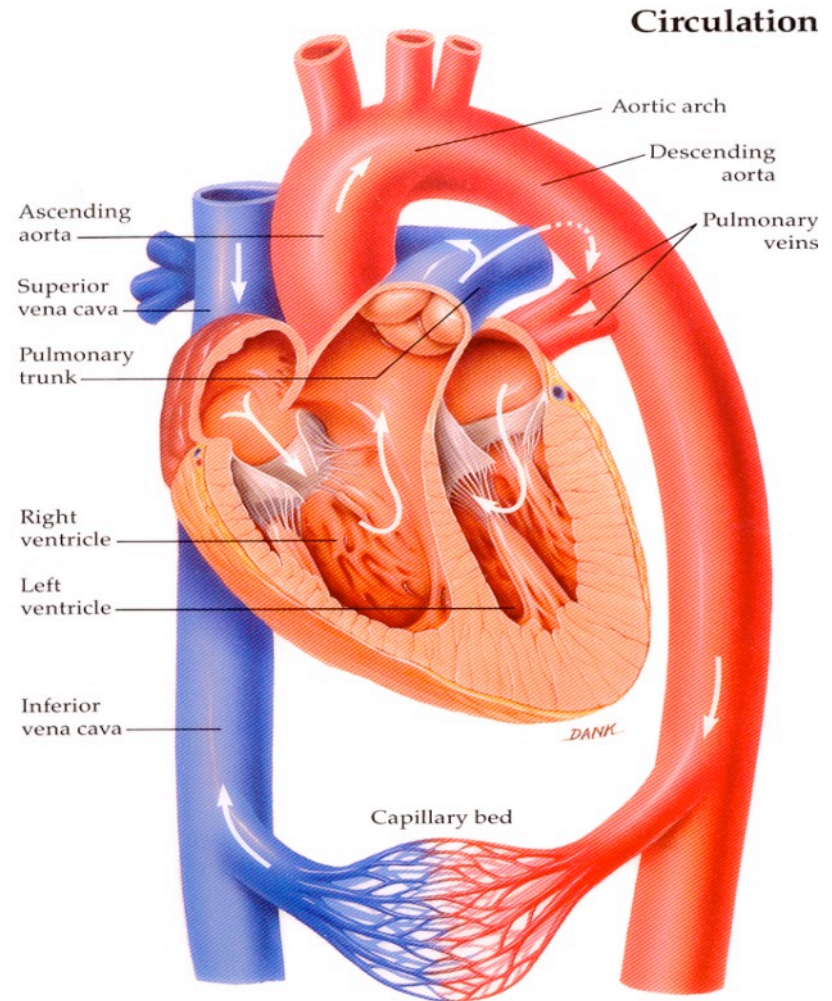


Your Heart

The heart is a muscle...

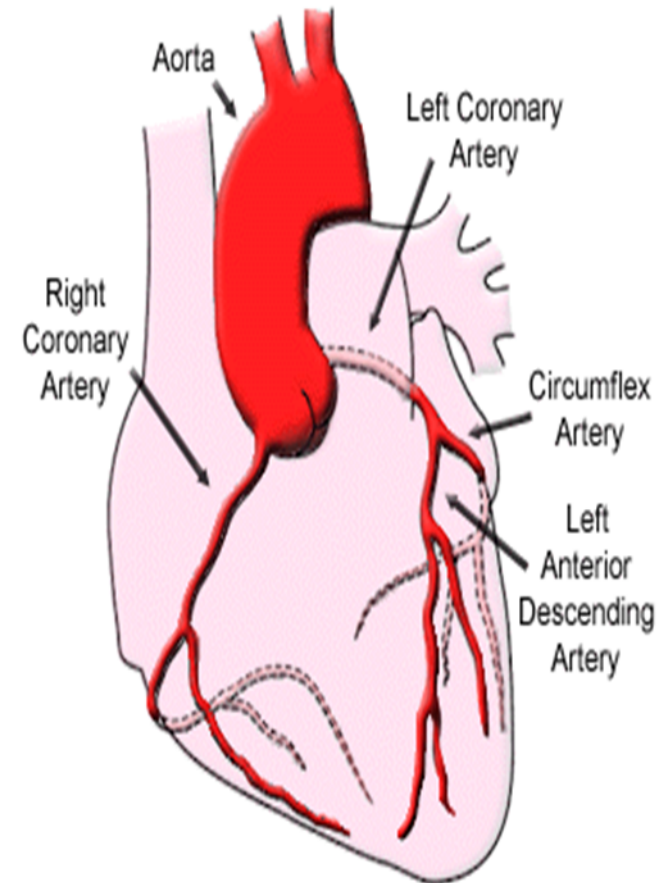
The heart is a pump...

...a pump with a big job to do!



Coronary Arteries

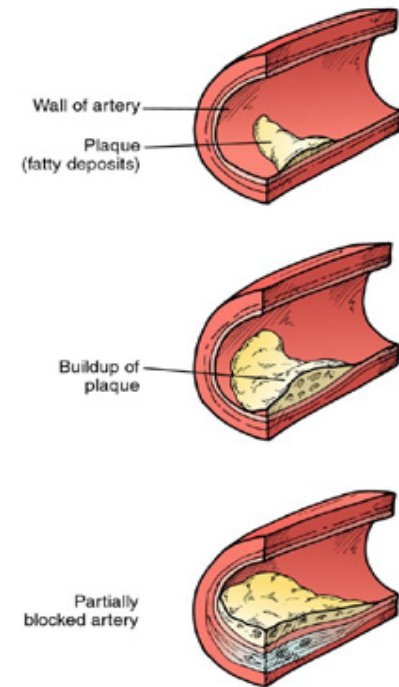
The heart has its own arteries to feed the heart muscle.



Coronary Artery Disease...

...arteries that supply oxygen-rich blood become narrowed or blocked by fatty deposits/plaque

Plaque Buildup in Arteries



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What is Angina?

....blood can't flow freely through your arteries
when plaque builds up.....

Angina is a symptom

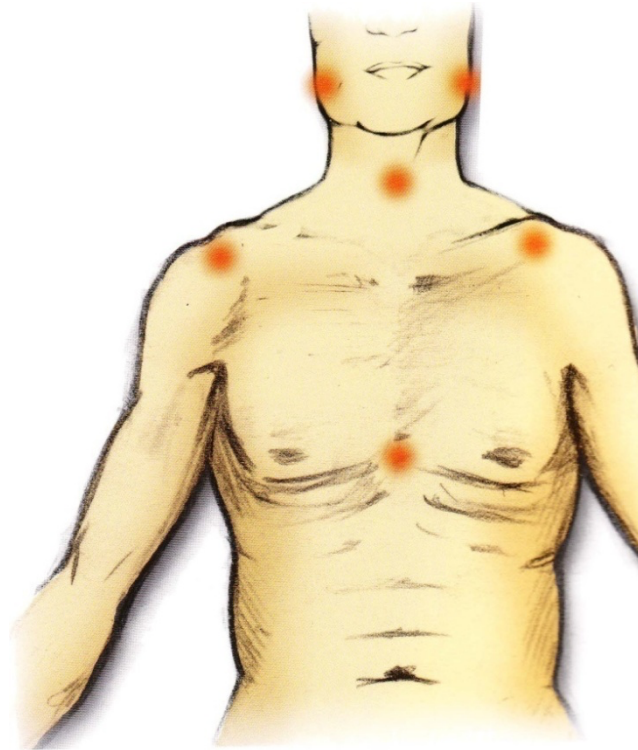
squeezing-

pressure-

tightness-

burning-

Nausea-



-shortness of breath

-banding sensation

-chest heaviness

-toothache

Angina in Women

Symptoms can be different for women:

- Nausea
- Fatigue
- Shortness of breath
- Shoulder pain

Symptoms are often ignored....

....Know what to report to the Doctor

Angina vs. Heart Attack

Angina	Heart Attack
<ul style="list-style-type: none">• Is brought on by 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 with rest and / or medication	<ul style="list-style-type: none">• Onset with exertion or rest• The blood supply to the heart muscle is blocked• Results in damage to the heart muscle• Chest pain or discomfort that last more than a few minutes

Know the difference ... refer to "Living Well with Heart Disease Book"

How to use your Nitro...

1. Sit down
2. Spray under your tongue
3. Wait 5 minutes
4. Repeat spray if still having chest pain
5. Wait 5 minutes
6. Repeat spray if still having chest pain and call 9-1-1




Risk Factors

Risk factors we can change

- high blood pressure
- diabetes
- smoking
- stress
- excess body fat
- unhealthy cholesterol levels
- alcohol intake
- inactivity

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).

High Blood Pressure

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

“The Silent Factor”

- heart works harder, increases blood pressure which damages blood vessels

Know your numbers!

Pre-Diabetes

Pre-Diabetes = being at risk of diabetes

- Normal Range: 4.0- 6.0
- Pre-Diabetes: 6.1- 6.9
- Diabetes: >7.0 (2 tests - Fasting)

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

Diabetes

- Type 2 Diabetes
 - no known single cause
 - body loses ability to convert blood sugar into energy
 - energy cannot get into cells
 - leads to a build up of sugar in the blood

Diabetes

Safe Exercise Range

- bring Glucometer to all exercise classes
- self test and record
 - Pre Exercise: < 14
 - Post Exercise: > 4
- tracking blood sugars helps you know how lifestyle choices you make affect your diabetes



Smoking

- affects your heart health
- addictive
- smoking cessation program
- support at cardiac rehab

The single most important thing you can do for your health is to QUIT!

Benefits of Quitting

Within 20 minutes:

Blood pressure and heart rate return to normal

Within 8 hours:

Poison levels (CO) in blood drop to normal

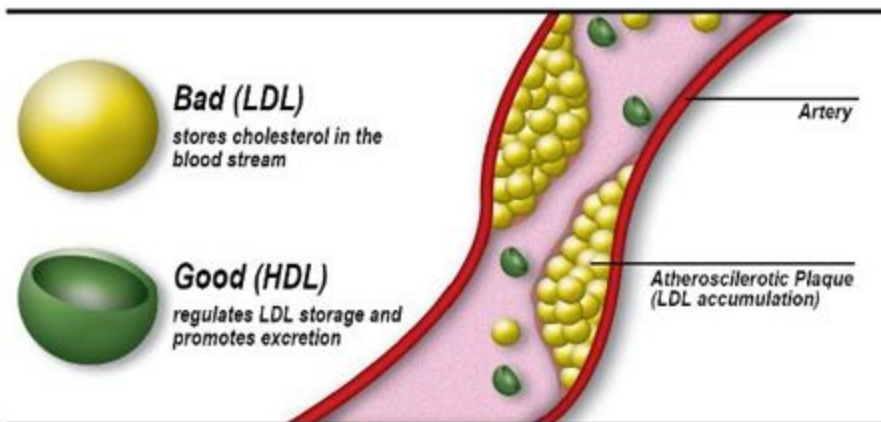
Within 24 hours:

Risk of heart attack reduces

It's never too late to ask for help to quit!

Unhealthy Cholesterol

- HDL: The healthy (Good) cholesterol
- LDL: The lousy (Bad) cholesterol
- Cholesterol becomes unhealthy when the different types are unbalanced



Excess Body Weight

- Adults who carry excess weight have greater chance of:
 - High blood pressure
 - Unhealthy cholesterol
 - Diabetes
 - Heart Disease

Other Risk Factors...

Diet and Exercise

A healthy diet and keeping active are essential to a healthy lifestyle



Changing any behaviour 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

SMART Goal-Setting

- SMART criteria include:
 - Specific
 - Measureable
 - Attainable
 - Realistic/Relevant
 - Timed elements



Doran, G.T. 1981. Management Review 70:11.
Paul J. Meyer's, "Attitude is everything." 2003.

SMART Goal-Setting



- “I want to change my eating habits” is a non-behavioural goal
- SMART: “I’m going to eat at least one whole fresh fruit at each meal every day”



SMART Goal-Setting



- "I want to exercise more" is a non-behavioural goal
- SMART: "I will walk through the streets in my subdivision for 30 minutes four mornings per week from 7:30-8am."



SMART Goal-Setting



- ◆ “I want to quit smoking” is a non-behavioural goal
- ◆ SMART: “ I will chew a piece of gum for 15 minutes each time I crave a cigarette”



Medications



- Mistakes can happen
- 2-4% ER patients have experienced issues with their prescriptions
- Studies show that people over 60 years of age take an average of 5 medications
- Know your meds and why you are taking them!

It's more than a list...

Top Tips to manage your meds:

1. Know name and strength of medication.
2. How often you take it?
3. Why? What is it doing?
4. How long should you take it?
5. Side effects to expect and possible drug or food interactions



Taking ownership...

1. Have a list and show your doctor and your team at cardiac rehab.
*Over the counter, Vitamins and herbal/natural products
2. At least once/year, "brown bag it"!
3. Use the same pharmacy
4. Talk to your pharmacist → *your medication specialist*
5. Talk to your doctor when "0" repeats

Cough and Cold Season

- Caution with Over the counter medications used to treat symptoms of cough and cold
 - Pseudophedrine
 - Anti-inflammatories

Double check all over the counter medications with your pharmacists or health care provider



Summary



Self managing your risk factors is key!

Prevention of another cardiac event is a lifelong goal!

**Thank you for your
time
Questions?**

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