

cardiac rehab programme

St Michael's Hospital



Cardiac Rehab for the Elderly Phase IV

*St Michael's Hospital
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The Elderly: Reasons for Special Treatment

- Physiological changes
- Reduced exercise tolerance
- Arthritis
- Respiratory limitations
- Lifestyle adaptation
- Economic status

Overall Programme Objectives

- Patient education
- Risk factor modification
- Improvement in functional capacity
- Decrease morbidity and mortality
- Psychological adaptation to chronic disease
- Return to work, hobby or previous activity
- Improve compliance
- Stress management and relaxation
- Restore confidence
- Improvement in quality of life

Phase III, Programme Overview

- 6 week intensive programme
- Two group sessions per week
- One hour dedicated to exercise
- Second hour dedicated to an educational lecture
- Prior to commencing Phase III, individual assessment with risk factors measurement & modified Bruce EST.

Phase IV for the Elderly

- We have had a version of Phase IV since commencing our Cardiac Rehab Programme in 2001
- 6 & 12 month assessments
- Annual educational review since 2005

Outline of Phase IV for the Elderly

- Individual Assessment
- Group Sessions
- Annual Reflection Programme

Individual Assessment

- 6 & 12 month post phase III assessments
- Risk factor analysis
- BMI, waist circumference
- Individual review with Dietitian & O.T.

Group Sessions

- Started in July 2006
- Group session located in S.M.H. every 6 – 8 weeks
- All past patients who have completed phase III are invited
- 2 hour session on individual topics

Group Sessions cont.

Topics Covered

- Benefits of exercise
- Practical exercise session
- Stress management & relaxation techniques
- Medications & treatment compliance
- Eating for a healthy heart & practical demonstrations
- Basic C.P.R. review
- Risk factor analysis

Risk Factor Analysis

- Individual appointment
- Full lipid profile measurement
- Weight / B.M.I.
- BP
- Glucose
- Fast tracked to our clinic for urgent review & management when needed

Annual Reflection Programme

- First meeting held in 2005
- Held at The Pavilion Theatre
- All partners & spouses are invited
- Individual lectures from team members and invited speakers
- Time for questions & answers
- Refreshments & social interaction

Summary

- Feedback questionnaire – Phase IV has proven to be very popular and patients have found it to be of great benefit
- 317 attended Phase IV in 2006
- To date in 2007, 438 have attended

Conclusion

- The special needs and associated medical problems of the elderly, merit a separate specialised cardiac rehab programme

Conclusion

- Our modified phase IV programme fulfills the special needs of the elderly, is simple and practical and can cater for the ever increasing number of elderly patients requiring cardiac rehab
- It is relatively inexpensive, does not require a commercial gym and is of no cost to the patient