

## Heartbeat Exercise Program Guidelines

### Suggestions for Stratification

It is recommended that choice of the most suitable exercise program is based on recent medical history and other factors as described below.

#### **Group 1. Home Exercise\***

- No desire to attend supervised exercise program
- Transport difficulties

#### **Group 2. Community Exercise (Low clinical risk for future cardiac events)\***

- Good exercise tolerance
- Well preserved confidence
- No significant ischaemia, LV dysfunction or complex arrhythmias
- Transport difficulties in attending RPH
- Post surgical patients (at least four weeks post op) with no additional clinical contraindications

#### **Group 3. Hospital Exercise (Moderate/high risk for future cardiac events)**

- Cardiogenic shock or CHF during recent cardiac event (< 6 months)
- Severely impaired LV function EF < 30%
- Recent cardiac event complicated by serious ventricular arrhythmias
- Survivors of cardiac arrest
- Triple vessel disease, severe left main disease
- Poor exercise tolerance (<300m on 6 minute walk)
- Low confidence

#### **Group 4. Requiring medical stabilisation before commencing exercise**

- Resting unstable angina
- Uncontrolled hypertension > 200/105
- Uncontrolled arrhythmias resulting in haemodynamic compromise (at rest or during exercise)
- Severe aortic stenosis
- Uncompensated heart failure

Patients in Group 3 may progress to Group 2 following initial hospital based exercise.

\* Patients in Groups 1 & 2 will have received a home exercise program whilst an in-patient at RPH.

If you require further assistance in selecting the most suitable exercise option for your RPH patients please contact Andrew Maiorana, Exercise Physiologist on 9224 1392.