

PHASE II CARDIAC REHABILITATION EXERCISE PROGRAMME: by Jacques Rousseau

Massey University, Wellington, provides an individualised clinical exercise programme for Phase II cardiac rehabilitation patients. The Sport and Life Science Cluster, Institute of Food, Nutrition and Human Health (IFNHH), Massey University, deliver the programme and it takes an individual approach due to the wide range of ages and fitness levels of participants. Patients are monitored so that they become aware of their own capacities and confident of their ability to continue their recovery.

The exercise programme is safe and scientifically based and is available to referred patients only. The initial programme duration is 12 weeks and is based on international and New Zealand Guidelines. At the end of the 12-week programme participants will be offered the opportunity of joining the on-going heart maintenance programme.

The programme is being run parallel to the education programmes already well established at the Wellington and Wakefield Hospitals and concerns itself solely with the exercise elements of recovery and rehabilitation. During the past three years over 150 clients have successfully been through the programme and have progressed to a more independent exercise programme and in doing so have significantly improved their quality of life.

While participating on the programme, many clients have been referred back to their medical practitioners as a result of the identification of abnormal haemodynamic responses during exercise. This referral process has led to improved medication management and the identification of other underlying problems such as additional coronary artery blockages which have led to corrective surgery for the identified client. Had these clients not been on a cardiac rehabilitation exercise programme, these problems would have gone undetected with the possibility of a secondary event taking place.

Each week consists of three one-hour sessions, 7.30am – 8.30am Monday, Wednesday and Friday. Each session consists of a consultation, measurement of normal vital signs and then the exercise programme. The exercise programme consists of an aerobic session (stationary cycling, treadmill walking, etc.) and light resistance training (resistance training focusing on functional strength). This means that when entering into the initial Phase II cardiac rehabilitation programme a total of 36 hours of cardiac rehabilitation exercise will be had. This is essential for developing a good individual exercise regime and helping to understand the importance of exercise and the type of exercise suitable for each specific individual.

Staff involved in the programme are:

Dr Suzanne Broadbent (Clinical Exercise Physiologist)

Jacques Rousseau (Clinical Exercise Physiologist)

Wilma Tielemans (Cardiac Nurse)

The following safety precautions are on site:

Emergency trolley (medication, defibrillator, oxygen)

Direct line to ambulance and emergency services

Pre operation familiarisation:

Any one who is due to have heart surgery is welcome to visit us and discuss the programme. This is also an excellent opportunity to meet people who have had their surgery and may be able to put your mind at ease regarding any questions you may have.

Feel free to call Jacques Rousseau at Massey University (04) 801 2794 ext 6779 for more information.