

## **HOME PROGRAMME AND EDUCATION**

A home program of exercise prescribed for patients unable to attend outpatient exercise sessions, or in addition to these sessions, is an important component of rehabilitation.\

### **Prescription considerations**

components of fitness –

- warm up/cool down ,
- stretching -
- mode of activity/method of training ,
- (continuous, cumulative, interval) -
- functional capacity
- cardiovascular conditioning:
  - duration
  - frequency
  - intensity
- muscular conditioning:
  - muscular strength
  - endurance
  - flexibility
- progression of task
- home program
- safety issues
- simulated work/ home/ leisure tasks -
- work conditioning

## **Home based needs**

home based work conditioning

- facilitate graduated return to work
- community services eg. home help
- presence of equipment or assistive devices

Helping patients and families understand the diseases condition and build skills to alter lifestyle factors that negatively impact on health, involves education, behavior modification techniques and counseling.

Assisting patients and their families to reduce significant levels of negative emotions is an essential part of rehabilitation, which will improve not just their quality of life but also their health outcomes.

## **Education**

Education involves more than the transfer of information. It is not confined to formal education sessions, but is an integral component of physical activity and exercise prescriptions, counseling sessions and informal gatherings.

To be effective, information should be presented in a manner that enhances learning for all.

To achieve this, health professionals should:

- employ adult learning principles
- encourage group disclosure and sharing of experiences
- understand group work principles
- encourage the group to generate their own solutions to encourage ownership of knowledge
- use theories and strategies for behavior change
- tailor the education mode to suit individual needs

- assess knowledge and learning style/ preferences
- address misconceptions
- establish/provide a supportive learning environment
- address knowledge, attitude, beliefs and skills of the individual
- develop client-set, client-focussed learning objectives in collaboration with the health professional
- provide written confirmation of information provided
- regularly conduct process, impact and outcome evaluations

### **Education topics**

#### **About the disease:**

how the heart / lung works

- atherosclerosis -
- angina –
- conduction disorders -
- valvular disease -
- diseases of the heart muscle -
- heart attack and the healing process
- causes and symptoms
- difference between heart attack and cardiac arrest

pulmonary symptoms

mechanics of lung

breathlessness

Exertion and health

- myths and misconceptions
- cardiac symptoms and their management
- what to expect during recovery

### **Risk factors**

modifiable risk factors • smoking -,

- raised lipids
- nutrition and diet
- high blood pressure –
- overweight and obesity -
- physical inactivity
- alcohol intake
- stress

### **Non modifiable risk factors**

- age
- sex
- diabetes
- positive family history

### **Physical activity/exercise**

- definition of physical activity
- definition of exercise,
- type, duration, frequency, intensity,
- how to monitor the level of exertion
- benefits

- how to manage angina while doing activity
- appropriate clothing and footwear

orthopaedic and musculoskeletal problem

- barriers to exercise

### **Activities of daily living**

- outline of recovery process and anticipated timeframes
- general principles regarding resumption of activity
- self-monitoring of exertion and symptoms
- how to resume general activities using:
  - principles of work simplification
- guidelines for return to self-care, home, work and leisure activities
- use of assistive equipment

### **Nutrition**

- healthy weight range
- healthy eating
- modification of diet to achieve appropriate body weight and maintain micronutrient adequacy
- dietary fats – types, role in heart/lung disease
- salt, fibre
- other nutrients in foods
- cholesterol
- food selection/shopping
- eating habits/meal patterns

- food preparation/cooking
- eating out/takeaway
- food labelling
- recipe modification
- hydration during exercise

### **Smoking cessation**

- association of smoking and heart disease
- benefits of quitting ,
- nicotine dependence
- methods of quitting (behaviour change)
- resources available
- medications available for nicotine addiction

### **Medications**

- knowledge and understanding of medications
- cost
- method of administration
- strategies for compliance with medications

### **Stress management**

- link between stress and disease
- resources available
- stress management strategies
- relaxation techniques
- time management

- setting priorities
- balancing work, family and leisure
- resources available

#### Investigations and procedures

- explanation of test they have had and procedures - electrocardiography -
- echocardiography -
- blood tests
- coronary angiography
- explanation of management (medical or interventional) eg.:
- thrombolytic therapy
- cardiac heart surgery/ lung surgery
- angioplasty
- pacemaker implantation
- address and discuss anxieties associated with the above