



CARDIAC WELLNESS INSTITUTE  
OF CALGARY

# EARLY CARDIAC ACCESS CLINIC RESOURCE TOOLKIT FOR HEALTH PROFESSIONALS

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**CACRC** 2011

In 1996, the Cardiac Wellness Institute of Calgary (CWIC) began providing secondary prevention services to residents of Alberta Health Services - Calgary and Area. In 2011, the organization brought their experience to primary prevention, offering heart health assessments, lifestyle programs and self-managed behavioural change support services.

Our multidisciplinary team of physicians, registered nurses, clinical exercise specialists, registered dietitians and administrative staff are led by cardiologists from Cardiology Consultants - one of the largest community practice groups in Canada.

We have developed a unique and innovative approach to heart health, from our evidence-based medical interventional cardiac rehabilitation program to our risk screening and lifestyle programs to improve health outcomes. Unlike most programs, our physician staff of cardiologists, internal medicine specialists and family doctors are on site to assess, as well as intervene, on risk factors and symptoms.

Through education classes, risk screening, individual counseling and exercise training, our aim is to empower clients to make positive lifestyle changes by providing them with the knowledge, skills and motivation to do so. Our model challenges us to tailor our service based on individual client need.



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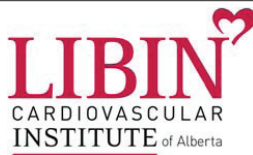
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# LETTER FROM THE HEAD OF THE LIBIN CARDIOVASCULAR INSTITUTE



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October 13, 2011

Attendees  
Cardiac Rehabilitation Symposium  
Canadian Cardiovascular Congress 2011

Re: Early Cardiac Access Clinic

Growing literature strongly supports the long held belief that cardiac rehabilitation particularly after a cardiac event has a number of benefits for it's participants. This includes risk factor modification, education about one's disease, and return to work. Canadian data including information from the University of Calgary also confirms that cardiac rehabilitation is associated with a lower overall mortality and rate of hospitalization.

One of the stumbling blocks had been timely access to rehabilitation and a standard care pathway for individuals with acute coronary syndromes in the hospital. In 2008, the Cardiac Wellness Institute of Calgary in conjunction with the Libin Cardiovascular Institute, embarked on a program of early cardiac access. This began as a pilot project where individuals with ST elevation myocardial were automatically triaged to an early discharge clinic and were seen promptly after discharge. Full cardiac rehabilitation then occurred in an expedited fashion. This early cardiac access clinic has been a large success and we feel it is a model that should be expanded to the ACS population and in other centres. This has been an effective joint model between Alberta Health Services, the Libin Cardiovascular Institute, and the Cardiac Wellness Institute, and has provided very positive benefits for our participants. The logistics of setting up this model will be discussed in detail at the symposium and are not trivial. This model has also provided opportunity for expanded research in this area that is yielding very positive initial results. Dr. Aggarwal and his team are to be congratulated for spearheading this initiative and trying to move it forward in a number of other jurisdictions. I am confident that interesting exchange will occur at the symposium that will allow a general expansion and improvement of rehabilitation ideas throughout Canada. I wish you the best for this interesting and important symposium.

Regards,

A handwritten signature in black ink, appearing to read "Todd Anderson".

Todd Anderson, MD, FRCPC  
Professor and Head,  
Dept of Cardiac Sciences/University of Calgary  
Director, Libin Cardiovascular Institute



*Taking excellence to heart*

# PROGRAM RESOURCES & LIFESTYLE EDUCATIONAL MATERIALS

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EARLY CARDIAC ACCESS CLINIC TOOLKIT  
CARDIAC WELLNESS INSTITUTE OF CALGARY

PATIENT RESOURCES

# WELCOME LETTER



## EARLY CARDIAC ACCESS CLINIC

CARDIAC WELLNESS INSTITUTE OF CALGARY

Welcome to the Cardiac Wellness Institute of Calgary (CWIC). The cardiologist who saw you in the hospital as a result of your recent heart event has referred you to our clinic for follow-up evaluation, which includes today's appointment with one of our program cardiologists, as well as a second appointment for an exercise stress test.

During your appointment today, you will meet with one of our program cardiologists to review your recent cardiac history, evaluate your current health status, and to determine what follow-up is required. Your next appointment at CWIC will be an exercise stress test unless the cardiologist who saw you today would like another follow-up appointment with you prior to your exercise stress test. If, during your appointment today, the cardiologist feels that your heart requires further follow-up tests, our administration staff will book the necessary tests for you. Once the test(s) have been reviewed and you have been re-assessed, you will be booked for your exercise stress test. The results from your appointments at CWIC will be sent to your family doctor and cardiologist.

This package includes information that we need you to review and complete. Below is a checklist for what needs to be done and for when.

- 1. At today's appointment, please review, complete/sign and return to our front desk:**
  - Patient Information Form
- 2. Prior to your Exercise Stress Test appointment:**
  - Please review the attached document '*Preparing for Your Exercise Stress Test*' which outlines why this test is done, what it involves, and how to properly prepare.
- 3. Please arrive 15 minutes early for your exercise stress test to complete two health questionnaires.**

### YOUR NEXT APPOINTMENT IS SCHEDULED FOR:

\_\_\_\_\_

at \_\_\_\_\_ a.m. p.m.

for a:  Exercise Stress Test

Doctor Follow-up Appointment

#### Please come to:

Talisman Centre (CWIC office)  World Health Club

Cardiac Wellness Institute of Calgary | 2225 Macleod Trail S. Calgary, AB T2G 5B6 | p: 403-571-6950 | f: 403-571-6974

# CARDIAC REHABILITATION PROGRAM OVERVIEW



## CARDIAC REHABILITATION PROGRAM

Cardiac Wellness Institute of Calgary, Inc.

The Cardiac Wellness Institute of Calgary's (CWIC) cardiac rehabilitation program is a customized exercise and education program to help you recover from your recent heart event. Studies have shown that participating in cardiac rehabilitation can help you:

- regain strength and improve overall fitness;
- prevent your condition from worsening;
- reduce your risk of future heart problems by identifying your risk factors and changing lifestyle habits that put you at risk (i.e. losing weight, quitting smoking)
- decrease the chance of a second heart attack or heart event; and,
- improve quality of life.

During your participation in our program, you will be followed by a team of doctors, registered nurses, certified clinical exercise specialists and registered dietitians who will work closely with you to help you recover from your heart event, through:

- **Medical Follow-Up:** Ongoing medical follow-up is an important part of our program. Through doctor's appointments and medical monitoring, your healthcare team is able to tailor an exercise and lifestyle change program that is safe and effective for you.
- **Supervised Exercise Program:** Our 12-week medically-supervised exercise program helps to improve your cardiovascular fitness through walking, cycling and other endurance activities. Exercise sessions are held twice a week at Talisman Centre to help you establish an exercise routine that you will be able to maintain on your own. You'll be taught proper exercise techniques, such as warming up and stretching, how to use exercise equipment safely and the importance of target heart rate in exercise.
- **Support for Lifestyle Change:** Our program also offers individual appointments with a registered dietitian, along with a variety of classes that are free to CWIC clients for up to two years following your 12-week exercise program. From seeking advice about heart healthy eating or managing stress to getting support for quitting smoking, our healthcare team can work with you to set goals for lifestyle change and help you work towards them.
- **Long-term Support:** Several programs are available for those who want ongoing support of lifestyle changes, including the *Lean on Me* weight management support group and the *Lifestyle Maintenance Exercise Program*. There is an additional fee for these programs.

Enclosed you will find the informational DVD, *Cardiac Rehabilitation - Your Journey to Heart Health*. Before your exercise stress test, please take a moment to watch this video and review the attached pages that provide additional information about our program.

Joining a cardiac rehabilitation program is an important step on your road to recovery. We look forward to working with you to achieve your heart health goals.

Yours in heart health,

A handwritten signature in black ink, reading "Sandeep G. Aggarwal".

Medical Director, Cardiac Wellness Institute of Calgary

Cardiac Wellness Institute of Calgary | 2225 Macleod Trail S. Calgary, AB T2G 5B6 | p: 403-571-6950 | f: 403-571-6974

# RISK FACTOR HANDOUTS

## A Sample of Educational Resources Given to ECAC Patients

### BLOOD PRESSURE



#### BLOOD PRESSURE:

Blood pressure refers to the amount of pressure your blood pushes against the arteries as it flows through. The larger number is your systolic blood pressure – the pressure at the moment your heart pumps blood into your arteries. The lower number is your diastolic blood pressure – the pressure when your heart is relaxed (i.e. in between heartbeats).

	TARGET OPTIMAL RANGE	HIGH NORMAL RANGE	RANGE FOR MOST ADULTS	TARGET RANGE FOR INDIVIDUALS WITH DIABETES OR CHRONIC KIDNEY DISEASE
<b>Systolic Blood Pressure</b>	Less than 120 mmHg	130 – 139 mmHg	Less than 140 mmHg	Less than 130 mmHg
<b>Diastolic Blood Pressure</b>	Less than 80 mmHg	85 – 89 mmHg	Less than 90 mmHg	Less than 80 mmHg

Source: 2008-2009 Blood Pressure Canada, Heart and Stroke Foundation of Canada, Canadian Hypertension Education Program (CHEP), Canadian Hypertension Society

Regular blood pressure monitoring is important if your blood pressure is between 130/85 mmHg and 140/90 mmHg. This is called 'high normal' blood pressure. More than half of people with 'high normal' blood pressure develop hypertension within four years unless lifestyle changes are made.

Your blood pressure can be affected by many factors and can vary greatly throughout the day. Even a change in posture or anxiety level can alter your blood pressure. Other lifestyle factors, including diet and exercise, also influence your blood pressure.

***Know your blood pressure and have it checked regularly.***

#### STIPS YOU CAN TAKE TO MANAGE YOUR BLOOD PRESSURE

##### ***Check out the DASH (Dietary Approaches to Stop Hypertension) Diet***

The DASH Diet is a healthy eating plan that has been shown to help lower blood pressure. To download a PDF version of the DASH diet, visit: [http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf). Following the DASH diet has a greater effect on lowering blood pressure than a low sodium diet alone.

##### **(a) Increase vegetables and fruit**

Vegetables and fruit are rich in potassium, magnesium, and fibre, which are nutrients that can help to lower blood pressure. Start gradually by adding one serving to your usual daily intake (i.e. one vegetable or one fruit).

##### **(b) Choose low fat milk products**

Milk, fortified soy beverage, and yogurt are high in calcium, which has been found to help lower blood pressure. Choose fat free (skim), low fat (1%) milk or fortified soy beverage and low fat yogurt (<2% M.F.). Choose cheese with less than 20% M.F. and keep to no more than 4 ounces per week.

##### **(c) Eat moderate amounts of nuts, seeds, and legumes**

Eat 1 oz. of nuts up to five times per week. Some examples of a 1 oz. serving of nuts include: 14 walnut halves, 22 almonds or 19 pecan halves. Enjoy legumes, such as beans, lentils, or split peas at least 1-2 times per week.



**(d) Reach for whole grains**

Grain products, particularly whole grains, are a source of fibre and are typically low in fat. Start by exchanging one serving of white grain products such as bread, rice, or pasta for one serving of a whole grain product each day. It is recommended that at least half your Grain Product choices are whole grain.

**(e) Enjoy fish and lean poultry**

Keep meat, poultry and fish to 4-6 ounces per day. Remove the skin from poultry; choose leaner cuts of meat and limit processed and deli meats. Enjoy fish at least twice per week. You may benefit from a fish oil supplement – talk to your dietitian to find out more.

**(f) Limit your alcohol consumption.**

Drinking too much of any type of alcohol can raise the levels of some fats in the blood (triglycerides) and may lead to high blood pressure, heart failure and stroke. Moderate alcohol intake is 1-2 standard drinks per day for men (maximum 14 per week) and 1 standard drink per day for women (maximum 9 per week).

**SERVICES AVAILABLE AT  
CARDIAC WELLNESS INSTITUTE:**

- Book an IC appointment and consultation with one of our Registered Dietitians
- Attend our *DASH to Lower Blood Pressure* to learn about foods to lower blood pressure
- Register for our *Heart Healthy Targets* class to learn more about your risk factors
- Sign up for *You and Your Medications* class

**What is a standard drink:**

- One, 12-ounce bottle of beer/wine cooler
- One, 5-ounce glass of wine
- 1.5 ounce shot hard alcohol (80 proof spirits)

**Choose foods lower in salt (sodium)**

Most of the salt (sodium) we eat is hidden in processed foods such as fast foods, ready to eat meals and frozen prepared foods, deli meats, and canned foods. The daily sodium recommendation is 1500 to 2400 mg, depending on your health condition. The food label will tell you how much sodium is in the foods you eat – low sodium foods are less than 140 mg of sodium per serving. Compare products and choose the one with less sodium.

**Exercise and maintain a healthy body weight.**

If you are overweight, losing as little as 10 pounds can significantly lower your blood pressure. Regular physical activity can help you to lose weight and also reduces the risk of high blood pressure, stroke, and coronary heart disease. Aim for 30 minutes of moderate activity most days of the week. Remember, this can be accumulated in smaller periods of time throughout the day (i.e. brisk walking, two times a day for 15 minutes each). Walking is a great way to increase your level of physical activity. Start by walking a minimum of 4000 steps daily. Increase the steps by at least 200 steps per day each week. Sixty minutes of physical activity equals about 10,000 steps. A pedometer is a great tool to help you along the way.



**Practice short bouts of relaxed breathing, from 30 seconds to 3 minutes, at least twice a day.**

Making the time to relax is an important way to reduce your risk of heart disease and stroke. People who experience high stress levels, anxiety or depression may make lifestyle choices that increase their risk of high blood cholesterol and increased blood pressure, such as avoiding exercise or eating poorly.



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# CHOLESTEROL



## CHOLESTEROL:

Cholesterol is a substance in our body that is needed for cells to be healthy. Almost 80% of the body's cholesterol is produced by the liver. The other 20% of cholesterol in the body comes directly from foods we eat. Although cholesterol in foods does impact your blood cholesterol levels, the type and amount of fat in your diet has the greatest effect. Eating too much saturated and trans fat cause the liver to produce more cholesterol. It is important to limit total dietary fat, saturated fat, trans fat and cholesterol to reduce cholesterol levels.

Cholesterol does not dissolve in the blood but is transported to and from the cells by carriers called lipoproteins. When your cholesterol is measured, using a blood sample, it is broken down into four values:

- *Total Cholesterol (TC)* is the total amount of cholesterol.
- *Low Density Lipoprotein (LDL)* is known as **bad** cholesterol. LDL is responsible to delivering cholesterol to our arteries and tissues. When too much cholesterol is delivered, plaque formation occurs.
- *High Density Lipoprotein (HDL)* is known as **good** cholesterol. It is believed that HDL protects against plaque build up and atherosclerosis by helping remove cholesterol from the arteries and taking it back to the liver for disposal.
- *Triglycerides* are a type of fat found in your blood. When you eat, your body uses the calories it needs for quick energy. Any extra calories are turned into triglycerides and stored in fat cells to be used later. If you regularly eat more calories than you burn, you may have high triglycerides. High levels of triglycerides are linked to heart disease in some people and may be a result of other diseases, such as untreated diabetes.

### Cholesterol Targets – With known Cardiovascular Disease (CACR 2009 Guidelines)

Total Cholesterol (TC)	<4.0
Triglycerides (TRIG)	<2.0
High Density Lipoproteins (HDL)	>1.0
Low Density Lipoproteins (LDL)	<2.0
TC/HDL Ratio	<4.0

Remember:  
The lower the LDL and  
the higher the HDL the better.

Cholesterol becomes a health concern if your levels of total cholesterol and LDL ('bad') cholesterol are too high and/or your levels of HDL ('good') cholesterol are too low. Your ratio of total cholesterol to your good HDL cholesterol – referred to as your TC/HDL ratio – is the number that tells how much of your cholesterol is 'bad' versus 'good'. The lower your TC/HDL ratio the more 'good' cholesterol you have in your body.

## STEPS YOU CAN TAKE TO OPTIMIZE CHOLESTEROL AND TRIGLYCERIDE LEVELS

### **Increase your level of physical activity**

Aim for a minimum of 30 minutes of moderate intensity activity 5 to 7 days a week. You should be breathing more quickly and deeply, but still able to carry on a conversation. This is sometimes called the "Talk test". Try going for a brisk walk, jog or a bike ride on some of the pathways throughout the city. Sixty minutes of brisk walking is equal to about 10,000 steps – a pedometer is a great tool to help you!

### **Control portion sizes and try to limit second helpings**

Cutting down on your portion sizes each day can help to cut calories and reduce weight. Try using a smaller plate or cup to reduce the amount you are tempted to eat and drink. Excess weight can lower the amount of good cholesterol and increase the amount of bad cholesterol in your body. A weight loss of 10 kg (22 lb) can increase your HDL levels by as much as 8%.

### **Quit smoking**

Within 30 days of quitting smoking, your HDL levels can increase by approximately 15-20% (0.2 mmol/L).

### **Increase soluble fibre in your diet**

- Eat a source of soluble fibre daily, such as All Bran® Buds cereal, ground flax seeds, oatmeal, oat bran, barley, beans or other legumes, and fruits such as pears, apples, or oranges.
- Be sure to drink plenty of fluids as you increase your fibre intake.

### **Reduce the amount of saturated and trans fat in your diet.**

Both saturated and *trans* fats raise 'bad' LDL cholesterol. *Trans* fats may also lower 'good' HDL cholesterol.

- Choose fat free (skim), low fat (1%) milk or fortified soy beverage and low fat yogurt (<2% M.F.). Choose cheese with less than 20% M.F. and eat no more than 4 ounces per week.
- Keep meat, poultry and fish to 4-6 ounces per day. Choose leaner cuts of meat and poultry without skin.
- Choose non-hydrogenated margarine instead of butter. Limit added fats, such as margarine, butter, oil, dressing and mayo to 3-6 teaspoons per day.
- Read the label and choose foods that contain no *trans* fat.
- Choose foods prepared with low fat cooking methods, such as poaching, steaming, baking, broiling, or microwaving, and limit foods that are deep fried.

### **Include small amounts of heart healthy monounsaturated and polyunsaturated fat.**

Mono and polyunsaturated fat can help to lower 'bad' LDL cholesterol when used in place of saturated and *trans* fats. *Remember that eating too much of any type of fat can raise total cholesterol and provide excess calories which may lead to weight gain.*

- Aim to eat at least 2 servings (8 oz. cooked) of low mercury cold water fish each week, such as salmon, herring, trout, char, sardines, and tuna.
- Eat 1 oz. of nuts up to five times per week. Some examples of a 1 oz. serving of nuts include: 14 walnut halves, 22 almonds or 19 pecan halves.
- Choose oils that are liquid at room temperature (olive, canola, safflower, sunflower, corn, or sesame)

### **Limit foods high in cholesterol.**

- Keep egg yolks to no more than 4 per week. Egg whites do not contain cholesterol.
- Choose organ meats (eg. liver, kidney) no more than once per month.

### **Include sources of omega-3 fats**

- Aim to eat at least 2 servings (8 oz. cooked) of cold water fish each week.
- Include small amounts of plant sources of omega-3 fats: ground flax seed and flax oil, canola and soy products, nuts and seeds (walnuts, pine nuts, pumpkin seeds).
- You may benefit from a fish oil supplement – talk to your dietitian to find out more.

### **Reduce intake of added sugar**

This includes sugar from desserts and candy, as well as sugary drinks such as fruit juice, soft drinks.

### **SERVICES AVAILABLE AT CARDIAC WELLNESS INSTITUTE:**

- Sign up for our *Fats & Fibre* class to learn what you need to know about fats, cholesterol and fibre in your diet
- Attend our *Heart Healthy Targets* class to learn more about risk factors
- Book an IC appointment and consultation with one of our Registered Dietitians



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# BLOOD GLUCOSE



## **BLOOD GLUCOSE:**

Most of the food we eat – like bread, potatoes, rice, pasta, milk and fruit – is broken down into glucose in our body. Glucose is the form of sugar in the blood and is the body's main source of fuel.

After digestion, glucose enters your bloodstream where it travels to cells throughout the body to be used for energy. In order for your cells to use this glucose they need insulin – a hormone to break down the sugar into energy your body can use.

Diabetes is a condition in which the body cannot properly store or use blood sugar (glucose) for energy either because your body (pancreas) does not make enough insulin or the cells in the muscles, liver, and fat do not use insulin properly, or both. As a result, the amount of glucose in the blood increases. Over time, high blood glucose levels damage blood vessels and nerves, leading to conditions such as heart disease, stroke and other health issues such as blindness, kidney problems and amputations. Diabetes is the leading cause of cardiovascular disease.

The main types of diabetes include:

### *Type 1 Diabetes*

Usually diagnosed in children and adolescents, Type 1 Diabetes is also referred to as Juvenile Diabetes or insulin-dependent diabetes. It occurs when the pancreas is unable to produce insulin.

### *Type 2 Diabetes*

Type 2 diabetes usually develops in adulthood. It occurs when the pancreas does not produce enough insulin or when the body does not properly use the insulin that is made. If you have Type 2 diabetes, glucose builds up in your blood instead of being used for energy by your body.

Blood tests are used to monitor blood glucose levels and include:

**Fasting Blood Sugar (FBS):** This test is usually done first after a 10-hour fast (but not longer than 16-hour fast). It is done at a laboratory (i.e. Calgary Lab Services) or by using a glucometer.

**Non-Fasting Blood Sugar:** This test can be done at any time of day and does not require fasting.

**Oral Glucose Tolerance Test (OGTT):** This test is done in a lab and tests blood glucose after a period of fasting and again two hours after drinking a glucose-rich drink.

## **STEPS YOU CAN TAKE TO MANAGE BLOOD GLUCOSE**

### ***Get walking***

Walking is a great way to incorporate physical activity into your day. Thirty minutes of physical activity is ideal – remember this can be accumulated throughout the day (i.e. three separate 10 minute walking sessions). Start out with a minimum of 4,000 steps daily and try to increase the steps by at least 200 steps per day each week. A pedometer is a great tool to help you along the way.



### **Eat regular meals**

Eat three meals per day, ideally at regular times. Start each day with breakfast, and space meals no more than 6 hours apart. Eating meals at regular times throughout the day provides your body with the energy it needs and helps control blood glucose levels.

### **Manage portion sizes**

To achieve a balanced meal and keep portion sizes in check, divide your plate into 3 sections:

- Fill half your plate with vegetables or salad.
- Fill one quarter of your plate with starchy foods such as potatoes, pasta, rice, or other whole grain choices. A healthy portion of starchy foods is about the size of a closed fist.
- Fill the remaining quarter of your plate with lean meat, poultry, fish or legumes. One serving of meat, poultry or fish is the size of a deck of cards.
- Finish your meal with a glass of low fat milk and a piece of fruit for dessert.

### **Increase fibre in your diet**

Fibre makes you feel full for longer and helps to control blood glucose after a meal. Try these tips:

- Reach for whole grains. Exchange one serving of white grain products such as bread, rice, or pasta for one serving of a whole grain product each day. It is recommended that at least half your Grain Product choices are whole grain.
- Increase the amount of vegetables and fruit you eat. Start gradually by adding one serving to your usual daily intake (i.e. one vegetable or one fruit).
- Eat a source of soluble fibre daily, such as All Bran Buds® cereal, ground flax seeds, oatmeal, oat bran, barley, beans or other legumes, and fruits such as pears, apples, or oranges.

### **Choose foods lower in fat**

Eating too many high fat foods can lead to weight gain – increased weight is a risk factor for diabetes.

To reduce the amount of fat in your diet, try the following:

- Choose foods prepared with low fat cooking methods, such as baking, broiling, or steaming, and limit foods that are deep fried or sautéed in oil.
- Limit added fats, such as margarine, butter, oil, dressing and mayo to 3-6 teaspoons per day.
- Keep meat, poultry and fish to 4-6 ounces (cooked) per day. Choose leaner cuts of meat and poultry without skin. Limit consumption of processed meats.
- Choose fat free (skim), low fat (1%) milk or fortified soy beverage and low fat yogurt (<2% M.F.). Choose cheese with less than 20% M.F. and keep to no more than 4 ounces per week.

### **Limit sweets and added sugar**

This includes sugar from desserts and candy, as well as sugary drinks such as fruit juice and soft drinks. It is best to eat your fruit rather than drink it in order to gain the fibre benefit and prevent spikes in blood glucose. The best beverage to quench your thirst is water. Artificial sweeteners may be used in moderation to provide a sweet taste without raising blood glucose.



### **SERVICES AVAILABLE AT CARDIAC WELLNESS INSTITUTE:**

- Book an IC appointment and consultation with one of our Registered Dietitians
- Attend our *Heart Healthy Targets* class to learn more about your risk factors
- Join our *Grocery Store Tour* or register for one of our Nutrition Education Classes to learn about heart healthy eating



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# BODY MASS INDEX & WAIST CIRCUMFERENCE



## BODY MASS INDEX:

Body Mass Index (BMI) is a ratio of weight-to-height. It is calculated by measuring your weight in kilograms and your height in metres.

$$\text{BMI} = \frac{\text{Weight (kg)}}{(\text{Height in metres})^2}$$

BMI can be classified into ranges associated with health risk. There are four categories of BMI ranges in the Canadian weight classification system: underweight (BMI < 18.5); normal weight (BMI 18.5 to 24.9); overweight (BMI 25 to 29.9); obese: (BMI 30 and over).

Adults who carry extra weight (BMI ≥ 25) often have a high percentage of body fat. Excess body fat is associated with increased risk of health problems such as diabetes, heart disease, high blood pressure, gallbladder disease and some forms of cancer.

## WAIST CIRCUMFERENCE:

Waist circumference (WC) is one of the methods used to measure the amount of fat an individual is carrying in their abdominal region. Higher levels of fat around this area – also referred to as an 'apple' body shape – is associated with greater health risk for heart disease, high blood pressure and diabetes. Even if the BMI of an individual is in the 'normal weight' range, a high WC indicates some health risk.

HEALTH RISK CLASSIFICATION ACCORDING TO WC AND BMI				
	WAIST CIRCUMFERENCE	BMI 18.5 – 24.9	BMI 25 – 29.9	BMI 30+
Female	< 88 cm / 35 in.	Least Risk	Increased Risk	High Risk
	> 88 cm / 35 in.	Increased Risk	High Risk	Very High Risk
Male	< 102 cm / 40 in.	Least Risk	Increased Risk	High Risk
	≥ 102 cm / 40 in.	Increased Risk	High Risk	Very High Risk

*It is also important to note that BMI and WC are only one part of a health risk assessment. To further clarify risk, other factors need to be considered as well.*

The classification system may underestimate or overestimate health risks in certain adults. Talk to your healthcare professional for more information.

## STEPS YOU CAN TAKE TO ACHIEVE AND MAINTAIN A HEALTHY BODY WEIGHT

### Get walking:

Walking is a great way to incorporate physical activity into your day. Thirty minutes of physical activity each day is ideal – remember this can be accumulated throughout the day (i.e. three separate 10 minute walking sessions). Start out with a minimum of 4,000 steps daily and try to increase the steps by at least 200 steps per day each week. A pedometer is a great tool to help you along the way.



### **Eat regular meals:**

Start your day with breakfast to provide energy and jump-start your metabolism. Skipping breakfast can increase your appetite and lead to overeating later in the day. Eating meals and small snacks regularly throughout the day provides your body with a steady supply of energy and can help prevent food cravings.

### **Manage portion sizes:**

To achieve a balanced meal and keep portion sizes in check, divide your plate into 3 sections:

- Fill half your plate with vegetables or salad.
- Fill one quarter of your plate with starchy foods such as potatoes, pasta, rice, or other whole grain choices.
- Fill the remaining quarter of your plate with lean meat, poultry, fish or legumes.
- Finish your meal with a glass of low fat milk and a piece of fruit for dessert.

### **Quench your thirst with water:**

Water is the natural choice when you are thirsty. Limit intake of soft drinks, sports drinks, energy drinks, fruit drinks, punches, and other sweetened beverages. Alcoholic drinks are very high in calories and excess intake can have negative effects on your overall health.

### **Increase fibre in your diet:**

Fibre provides many health benefits and helps you feel full for longer, preventing the desire to eat too soon after a meal. To increase fibre in your diet, try these tips:

- Reach for whole grains. Exchange one serving of white grain products such as bread, rice, or pasta for one serving of a whole grain product each day. It is recommended that at least half your Grain Product choices are whole grain.
- Increase the amount of vegetables and fruit you eat. Start gradually by adding one serving to your usual daily intake (ie. one vegetable or one fruit).

### **Choose foods lower in fat**

Fat adds flavour to foods, but is very calorie dense. Try the following tips to reduce your fat intake:

- Choose fat free (skim), low fat (1%) milk or fortified soy beverage and low fat yogurt (<2% M.F.). Choose cheese with less than 20% M.F. and keep to no more than 4 ounces per week.
- Keep meat, poultry and fish to 4-6 ounces (cooked) per day. Choose leaner cuts of meat and poultry without skin. Enjoy fish at least twice per week. Try meatless meals with beans, lentils, or other legumes, at least 1 to 2 times per week.
- Limit added fats, such as margarine, butter, oil, dressing and mayo to 3-6 teaspoons per day.

### **Keep a food journal**

People who track their food intake have greater success achieving and maintaining a healthy body weight. Writing down everything you eat and drink increases your awareness of your eating habits and calorie consumption. A food journal can also help you identify potential triggers to unhealthy eating habits and help you think about steps you can take to stop yourself from responding with food when you are "triggered". For example, if upsetting feelings/stress is your trigger try going for a quick walk around the block (new response without food).

### **Beware of fad diets**

Fad diets are usually overly restrictive, difficult to adhere to over the long term, and can lead to weight regain once you go back to your normal eating habits. Following a healthy eating pattern, based on Canada's Food Guide to Healthy Eating, can help you maintain lifelong healthy eating choices to achieve and maintain a healthy body weight.



### **SERVICES AVAILABLE AT CARDIAC WELLNESS INSTITUTE:**

- Book a consultation with one of our Registered Dietitians
- Register for *Move & Lose, Food & Mood and Eat More, Lose More* classes to learn about food triggers and weight loss.
- Sign up for our *Grocery Store Tour* to learn about reading food labels and become a heart-healthy shopper
- Book an IC appointment



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# PHYSICAL INACTIVITY



## PHYSICAL ACTIVITY

Daily activity is an important part of staying healthy. Regular physical activity reduces the risk of high blood pressure, stroke and heart disease. Physical activity can help you lose weight and trim inches from your waistline even when the scale isn't budging. It can boost self-esteem, improve quality of life and even help to reduce stress.

## THE RISKS OF BEING INACTIVE

Physical inactivity can make your heart and other muscles inefficient. Your heart is about the size of a closed fist. If you are not physically active, your 'small'-sized' heart muscle has to work much harder to circulate oxygen to other muscles in your body. Muscles that are not in physical shape require much more oxygen than those that are in shape, which also puts extra demand on your heart. Your heart ends up working overtime to pump the higher amounts of oxygen the out-of-shape muscles need, which can lead to increased heart rate and high blood pressure.

Being inactive also makes it harder to control your weight and puts you at risk for weight gain. Uncontrolled weight gain puts you at risk for developing diabetes or can make it more difficult to control existing diabetes.

## BENEFITS OF REGULAR PHYSICAL ACTIVITY

<b>HEART HEALTHY BENEFITS</b>	<ul style="list-style-type: none"><li>- Improve heart's ability to deliver oxygen to body's muscles and organs</li><li>- Can help to lower blood pressure</li><li>- May increase 'good' HDL cholesterol and decrease 'bad' LDL cholesterol</li><li>- Helps achieve or maintain a healthy weight</li><li>- Improves your body's ability to use sugars – this may help to prevent or control diabetes</li></ul>
<b>EMOTIONAL BENEFITS</b>	<ul style="list-style-type: none"><li>- Relieves mental and physical tension, which can help to reduce stress/anxiety</li><li>- Improves ability to relax</li><li>- Improves ability to fall asleep and makes sleep more restful</li></ul>

## STEPS YOU CAN TAKE TO IMPROVE PHYSICAL ACTIVITY

### Get walking

Walking is a great way to incorporate physical activity into your day. Try to accumulate thirty minutes of physical activity on most, if not all days of the week. Remember, you don't have to do it all at once – three separate 10 minute walking sessions adds up to 30 minutes of activity.

You should be able to carry on a conversation and not feel short of breath when walking. This is sometimes called the "Talk Test". A pedometer is a great tool to help you!

### SERVICES AVAILABLE AT CARDIAC WELLNESS INSTITUTE:

- 12-week medically-supervised exercise program
- Lifestyle Maintenance Exercise Program
- Move and Lose Education Class

**You will receive personalized guidelines for physical activity after your first exercise stress test.**



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# STRESS & ANXIETY



## STRESS & ANXIETY:

It is quite common to feel down after you have had a heart event or finding out you have a heart condition. Some common feelings that you may experience after a heart event or diagnosis of a heart condition:

- Sadness
- Anxiety/ worry
- Feeling tired all the time
- Lack of energy
- Frustration
- Isolation
- Shock/denial
- Tearfulness
- Poor appetite or overeating
- Difficulty falling asleep
- Anger

When you have a stressful situation, your body reacts by releasing a hormone called adrenaline which makes your breathing more rapid, speeds up your heart rate and causes your blood pressure to rise. These physical reactions prepare you to deal with the stressful situation by confronting it or by running away from it — also known as the "fight or flight" response.

Research shows that emotional wellness is strongly linked to cardiac health. People who experience high stress levels, anxiety or depression may also make lifestyle choices that increase their risk of high blood cholesterol and increased blood pressure – such as avoiding exercise, overeating, eating unhealthy foods or smoking.

Feeling down every once in a while is a normal part of life, but sometimes stress/anxiety levels become excessive or occur over a period of weeks or even months and can interfere with daily life. Learning to reduce the negative effects of stress in healthy positive ways is an important part of heart health.

## STEPS YOU CAN TAKE TO MANAGE STRESS/ANXIETY

### ***Practice short bouts of relaxed breathing, from 30 seconds to 3 minutes, at least twice a day.***

Taking the time to relax is an important way to reduce your risk of heart disease and stroke. Relaxation also helps to lower adrenaline levels.

#### *Tips for Relaxed Breathing:*

- Tune into your breathing
- Count the number of 'beats' of your inhale and the number of 'beats' of your exhale
- Slow down either your inhale or your exhale so they are equal in length
- Continue at this pace for 3 breaths
- Slowly lengthen your inhale and exhale, which slows down your breathing. Continue at this pace for a few more breaths
- This exercise should not feel forced or uncomfortable – go at your own pace

Think about some places in your day-to-day life you could begin to use as an opportunity to practice, such as:

- Waiting in line at lunch or the checkout
- Every time at the bus or C-train stop
- When waiting for the microwave or toaster

### **Get moving**

Regular physical activity helps to relieve mental and physical tension. It also helps your body use adrenaline which can help deal with stress. Walking is a great way to incorporate physical activity into your day. Thirty minutes of physical activity is ideal – remember this can be accumulated throughout the day (i.e. three separate 10 minute walking sessions). Start out with a minimum of 4,000 steps daily and try to increase the steps by at least 200 steps per day each week. A pedometer is a great tool to help you along the way.

### **Embrace laughter**

Laughter makes you feel good and is your body's built-in method for stress release. The next time you hear a funny joke or read something funny, laugh out loud – even when you are alone.

### **Get enough sleep**

Try to get six to eight hours of sleep each night. If you have difficulty falling asleep, try to relax or practice breathing. Often worrying about not being able to fall asleep is a main reason for poor sleep.

### **Do something that makes you feel good**

Go for a walk, meet a friend for lunch, read a book or listen to music. Taking the time to enjoy things that make you happy is a great way to let your worries go.



### **SERVICES AVAILABLE AT CARDIAC WELLNESS INSTITUTE:**

- Discuss how you are feeling with your family doctor or a doctor at Cardiac Wellness
- Sign-up for our *Stress Management or Routes to Relaxation Education* Classes.

## **EMOTIONAL WELLNESS RESOURCES**

### **Access Mental Health: 403-943-1500**

This services connects you to a broad range of community-based services and resources. It operates Monday to Friday from 7:30 am to 7:00 pm.

### **Distress Center or Alberta Mental Help Line**

If you are feeling distressed at any time, you can also call the Distress Centre 24 hours a day, seven days a week at 403-266-1605 or the Alberta Mental Health Help Line at 1-877-303-2642.

## **SUPPORT GROUPS**

### **Heart to Heart Support Society of Calgary:**

Heart to Heart Support Society of Calgary is a non-profit organization that offers support and encouragement to individuals with heart disease, their family and friends. Heart to Heart group meetings are held the third Wednesday of each month at Care West Colonel Belcher (1939 Veterans Way NW) at 7:15 p.m. These meetings offer an opportunity to share experiences, learn from guest speakers and meet others affected by heart disease.

### **Women to Women:**

This group focuses on the unique issues women with heart disease are faced with. They meet on the first Tuesday of the month and their meetings and topic presentations are planned a year in advance. For more information, please contact Janet at 403-282-4411.

### **The Phoenix Club**

This special interest group is for younger men with heart disease who meet to discuss: career, family, exercise, lifestyle changes and contemporary issues in a supportive environment. They meet every second Tuesday between 6:00 and 8:00 p.m. at different locations. For more information, please call George at 403-257-7023 or 403-861-7181.



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# SMOKING CESSATION



## SMOKING:

Smoking has many negative effects on the heart:

- it reduces the amount of oxygen in the bloodstream so that angina can occur more easily
- it increases your heart rate and blood pressure causing your heart to work harder
- it increases your LDL 'bad' cholesterol levels and contributes to the development of blood clots
- it contributes to atherosclerosis – hardening of the arteries – that can lead to heart disease and stroke

When you smoke, your blood actually prefers to carry the chemicals inhaled from a cigarette to your body muscles, including your heart, instead of oxygen.

All of this adds up to increased risk for heart disease and progression of existing heart disease. Smokers who have a heart attack are less likely to survive than non-smokers who have a heart attack.

## BENEFITS OF QUITTING:

Quitting is the single most important thing you can do for your heart health. The negative effects of smoking on the heart are reversed within two years of quitting.

AMOUNT OF TIME AFTER QUITTING	BENEFIT
20 Minutes	Your heart rate drops
8 Hours	The carbon monoxide level drops in your body and the oxygen levels in your blood increases to normal
48 Hours	Your chances of having a heart attack start to go down and your sense of smell and taste begin to improve
3 Days	Your lung capacity increases and breathing becomes easier
2 Weeks – 3 Months	Your blood circulation improves and lung function increases 30 percent
6 Months	Coughing, sinus congestion, fatigue and shortness of breath improve
10 Years	The risk of dying from lung cancer is cut in half
15 Years	The risk of dying from a heart attack is equal to a person who never smoked

Quitting smoking isn't easy. It takes a person an average of 7-9 attempts before quitting for good. For most people trying to quit, the first 72 hours are the most difficult.

Many people successfully quit by gradually cutting back on the amount and how often they use tobacco products. Others have quit cold turkey without any support. Smokers who receive support to quit have a higher success rate than those who use self-quit methods alone. Combining support with smoking cessation aids such as nicotine replacement therapy (patch, gum, and inhaler) further increases successful quit rates.

## STEPS YOU CAN TAKE TO CURB YOUR CRAVING

### **The Four D's:**

Consider these ideas from Health Canada while you think about why you smoke and what you want to achieve by quitting:

- Delay lighting up when you get the urge to smoke
- Distract yourself until the craving stops with thoughts and activities that take your mind off smoking
- Drink water to occupy your hands and mouth
- Deep breathing will help you stay focused and relaxed.

### **Exercise Regularly:**

Regular exercise helps the body release a chemical that helps with nicotine withdrawal. Walking is a great way to incorporate physical activity into your day. Thirty minutes of physical activity is ideal – remember this can be accumulated throughout the day (i.e. three separate 10 minute walking sessions). Start out with a minimum of 4,000 steps daily and try to increase the steps by at least 200 steps per day each week. A pedometer is a great tool to help you along the way.

### SERVICES AVAILABLE AT CARDIAC WELLNESS INSTITUTE:

- Book an IC appointment
- Speak to one of our Program Nurses about a referral to the Smokers Helpline
- Book an appointment with one of our Registered Dietitians to discuss concerns you may have related to your weight and quitting
- Register for our *Heart Healthy Targets* class to learn more about your risk factors
- Sign-up for our *Routes to Relaxation* class to learn breathing and relaxation techniques

## SMOKING CESSATION RESOURCES & SUPPORT

### **AHS Smokers' Helpline: 1-866-332-2322**

This confidential telephone services is staffed by trained counselors who can help you develop an individual quit plan, offer information or refer you to services available in your community. The Helpline operates from 8:00 am to 8:00 pm – outside of these hours you will receive general support from information staff who can arrange to have a tobacco counselor call you back.

### **QuitCore – Tom Baker Cancer Centre Smoking Cessation Program: 1-866-710-QUIT (7848)**

QuitCore is a free group cessation support program led by trained professionals that provide smokers with information and tools they need to quit smoking. The program teaches support techniques such as self-hypnosis, behaviour modification and relaxation. The program consists of 8 sessions over a period of 14 weeks and is available at locations across Alberta. Visit [www.quitcore.ca](http://www.quitcore.ca) for more information.

### **Lung Association of Alberta & NWT – Alberta Quits: 1-888-566-LUNG (5864)**

The website, [www.albertaquits.ca](http://www.albertaquits.ca), offers quitting tips and advice from expert counselors and peer support from the QuitNet online community.

### **Quit 4 Life (Q4L): [www.quit4life.com](http://www.quit4life.com)**

Q4L is a program from Health Canada, organized around four central steps: Get Psyched, Get Smart, Get Support, Get On With It. Each week, you will be asked to complete 3-5 activities online which will help you learn more about why you smoke, how to quit and how to stay quit once you get there.



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# ECAC FREQUENTLY ASKED QUESTIONS



## FREQUENTLY ASKED QUESTIONS AFTER A HEART EVENT

The following pages outline some commonly asked questions that are common among people who have experienced a heart event. We encourage you to understand your condition and to be an active participant in your recovery. If you have any medical questions or concerns, please contact a member of your healthcare team.

### **What are all of my medications for?**

After a heart event cardiac medications are prescribed to minimize complications and to prevent future heart events. The most common medications that are prescribed after a heart event are described below.

Medication	Common Names	How it helps?	How long will you take it for?
<b>Beta Blockers</b>	Carvedilol Metoprolol Bisoprolol Atenolol	<ul style="list-style-type: none"><li>- Slow the heart rate and decrease the negative effect of too much adrenaline on the heart.</li><li>- When used after a heart attack or heart event, beta blockers can help improve survival rates.</li></ul>	<ul style="list-style-type: none"><li>- This drug is used for a minimum of one year after your heart attack/heart event.</li><li>- Depending on your heart function, this medication may be kept for a longer period of time.</li></ul>
<b>Aspirin</b>		<ul style="list-style-type: none"><li>- A type of blood thinner that works like Plavix but is not as strong.</li><li>- Aspirin has been shown to reduce the risk of recurrent heart attacks, and strokes</li></ul>	<ul style="list-style-type: none"><li>- This medication will be used indefinitely.</li></ul>

Medication	Common Names	How it helps?	How long will you take it for?
<b>Plavix</b>		<ul style="list-style-type: none"> <li>- Helps to prevent another heart attack or heart event.</li> <li>- It is a type of blood thinner that stops the clotting action of platelets. Platelets can be thought of as tiny plugs which circulate in the blood. They play a large role in forming clots at the site of ruptured plaques.</li> <li>- Prevents stents from forming clots.</li> </ul>	<ul style="list-style-type: none"> <li>- This medication is used for a minimum of one year from the time after a heart attack or 3 months after angioplasty (if no heart attack).</li> <li>- If you have a special stent called a 'coated stent' then this medication is kept indefinitely.</li> </ul>
<b>Angiotensin Converting Enzyme (ACE inhibitors)</b> <i>and/or</i> <b>Angiotensin Receptor Blocker (ARBs)</b>	<b>ACE:</b> Ramipril Enalapril Lisinopril Perindopril  <b>ARB:</b> Candesartan Irbesartan Losartan Valsartan Telmisartan	<ul style="list-style-type: none"> <li>- ACE inhibitors and ARBs are medications help the heart function better by reducing the resistance the heart has to pump against and preventing heart enlargement after heart attacks.</li> <li>- They are also known to reduce the risk of recurrent heart attacks, heart events and strokes.</li> </ul>	<ul style="list-style-type: none"> <li>- ACE inhibitors and ARBs are prescribed for a minimum of one year's time.</li> <li>- If your heart is not pumping well since your heart attack or heart event then they may be prescribed for a longer period of time.</li> </ul>
<b>Statins and other Cholesterol-Lowering Medications</b>	<b>Statins:</b> Lipitor Crestor Zocor Rosuvastatin Atorvastatin Simvastatin  <b>Other:</b> Ezetrol	<ul style="list-style-type: none"> <li>- Reduce the chance of a heart event</li> <li>- Help prevent and slow down the development of cholesterol-containing plaques and stabilize the plaques that exist.</li> <li>- Statins are the drug of choice for lowering cholesterol levels</li> <li>- Dosage may be adjusted according to your cholesterol levels. The goal for LDL (bad cholesterol) is &lt;2.0</li> </ul>	<ul style="list-style-type: none"> <li>- The cholesterol lowering medication that you have been prescribed will be an ongoing medication that you take</li> </ul>

**Nitroglycerin** is another medication that is usually prescribed. It increases blood flow to the heart muscle and is taken when you experience angina or chest pain. The proper way to use Nitroglycerin is as follows:

1. Stop what you are doing and rest for 5 minutes.
2. If chest pain remains, take one Nitroglycerin tablet/spray.
3. Wait 5 minutes.
4. If chest pain remains, take one Nitroglycerin tablet/spray.
5. Wait 5 minutes.
6. If chest pain remains, call 911 and take one Nitroglycerin tablet/ spray.
7. Once 911 has been called and if chest pain remains, continue taking one Nitroglycerin tablet/spray every 5 minutes.

**Nitroglycerin needs to be used with extreme caution when taking Viagra, Levitra and Cialis as it may cause a large drop in blood pressure:**

Do not take nitroglycerin within **24** hours of taking **Viagra**

Do not take nitroglycerin within **24** hours of taking **Levitra**

Do not take nitroglycerin within **48** hours of taking **Cialis**

***If you have chest pain or an angina take before it is safe to take your nitroglycerin based on the above guidelines, call 911.***

*Note:* It is important to 'prime the pump' of the Nitroglycerin bottle if it has not been used in a few days. Remember to be aware of the expiry date on the spray bottle.

#### **When can I drive?**

Weakness and fatigue following your hospital stay, along with side effects from some medications may slow your reaction time. As a result, the Canadian Cardiovascular Society recommends that you avoid driving for one month after you have been released from hospital following a heart attack or heart surgery. These guidelines will vary if you have a Class 1 or 2 or a commercial license, if there were complications following your heart attack or if you had angioplasty or bypass surgery. Please talk to your doctor to determine when it is safest for you to resume driving.

If you are a commercial driver, you will likely not be permitted to drive for at least 3 months after having had a heart attack or heart surgery. The Alberta Ministry of Transportation usually requires information from your doctor before reissuing your commercial license. Please talk to your doctor if you have any questions.

#### **When can I return to work?**

Back to work decisions are based on the type of work you do, your heart function and symptoms after your heart attack/event. Your family doctor usually coordinates your return to work using information from your hospital records, follow-up from your cardiologist, results from any diagnostic tests, including your exercise stress test and rehabilitation progress reports. Although CWIC does not complete insurance forms, we do provide information for your family doctor that can be used in the decision-making process.

**Should I get the annual flu (influenza) vaccine?**

After a heart attack or heart event, it is important to protect yourself from developing conditions which lead to inflammation responses in your body, such as a common cold, flu or pneumonia. Getting your annual flu shot, in addition to proper sleep, diet and physical fitness, is your best protection against illness. Several studies have shown that cardiac patients who get the influenza vaccine have fewer heart attacks. For more information on influenza, visit [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

**When can I travel?**

This will be determined by your family doctor and depends on your heart function, length of travel and your mode of transportation (i.e. airplane, car). If you are considered clinically stable to travel by your doctor, please ensure you take the necessary steps to get adequate travel insurance. Most insurance companies will require that you have stable medications for a minimum of 3-6 months (depending on the insurance company) before they will insure you for travel outside the country. Please consult your insurance company to confirm this information. You must tell them clearly that you have had a heart attack or heart event and when your last change in medications has been.

**Is it ok to consume alcohol?**

Drinking too much of any type of alcohol can raise the levels of some fats in the blood and may increase blood pressure. We recommend that you avoid alcohol or limit your intake to a maximum of:

Males: 1-2 standard drinks/day to a maximum of 14 per week  
Females: 1 standard drink/day to a maximum of 9 per week

**What is a standard drink:**

- One, 12-ounce bottle of beer
- One, 5-ounce glass of wine
- 1.5 ounce shot of 80 proof spirits (hard alcohol)

**When can I resume sexual activity?**

Many patients who have had a heart event worry about whether or not it is safe for them to resume sexual activity. The maximum heart rate during usual sexual activity is similar to other daily activities such as walking or climbing two flights of stairs and is usually safe for low-risk patients. If you have no symptoms during your stress test and if the doctor tells you that you can start exercise, then it is likely safe for you to resume sexual activity. If you have not had your exercise stress test but you are able to climb two flights of stairs without symptoms, talk to your doctor to decide if it is safe for you to resume sexual activity. If you cannot start exercise based on your exercise stress test results or for ongoing symptoms, check with your doctor to see when can resume sexual activity.

**How long after having a stent(s) inserted can I have dental work done?**

After a stent placement, it is generally recommended to wait four to six weeks before undergoing any dental work, including teeth cleaning, unless your cardiologist advises otherwise. For patients with various heart valve problems, including artificial heart valves, congenital heart disease and those who have previously experienced endocarditis, antibiotics may be necessary prior to undergoing dental work and should be discussed with your cardiologist.

*DISCLAIMER: This handout contains general recommendations and is based on clinical practice and Canadian Association of Cardiac Rehabilitation Guidelines. This information sheet attempts to address issues that meet the needs of most of our patients. However, the extent to which the information applies to you should be discussed with your cardiologist.*



# PROGRAM ADMINISTRATION TOOLS & RESOURCES

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EARLY CARDIAC ACCESS CLINIC TOOLKIT  
CARDIAC WELLNESS INSTITUTE OF CALGARY

HEALTH PROFESSIONALS

# CWIC REFERRAL FORM



Cardiac Wellness Institute of Calgary Inc.  
**CARDIAC REHABILITATION PROGRAM**  
**REFERRAL FORM**



PATIENT INFORMATION:					
Date:		Name:			
Street Address:			Home Phone:		
City:	Province:	Postal Code:	Work:	Cell:	
AHC#:		DOB (d/m/y):		Referring MD:	
				Family MD:	
				Primary Cardiologist:	
<input type="checkbox"/> Coronary Artery Disease	<input type="checkbox"/> Angioplasty/PCI	<input type="checkbox"/> STEMI			
<input type="checkbox"/> Congenital Heart Clinic Patient	<input type="checkbox"/> Heart Transplant (pre/post)	<input type="radio"/> Early Cardiac Access			
<input type="checkbox"/> Heart Surgery	<input type="checkbox"/> Thoracic Aortic Surgery	<input type="radio"/> Smoking Cessation Program			
<input type="checkbox"/> Heart Failure (EF < 40%)	<input type="checkbox"/> ACS				
<b>The Cardiac Wellness Institute program is a 12-week Cardiac Rehabilitation Program.                      Patients qualify once, unless they have a recurrent cardiac event.</b>					

\_\_\_\_\_  
**Referring Physician Signature**

\_\_\_\_\_  
**Please print Physician Name**

\_\_\_\_\_  
**Hospital Order MD Name / RN**  
*(No MD Signature required)*

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Phone Number**

Physician name and address:

\_\_\_\_\_  
 ULI# \_\_\_\_\_

- \*PLEASE RETURN THIS FORM ALONG WITH THE FOLLOWING REPORTS:**
- History/Admission Notes
  - Discharge Summary
  - Angio/POBA/Stent Reports
  - Cardiology Clinic Letters
  - Cardiac related Operative Records
  - ECG (most recent-one only), Lipids and Troponins
  - Any other test results or relevant information (i.e., Thallium, Echo, MUGA, Holter, etc)

*The Cardiac Wellness Institute requires the above relevant cardiac history information to process this referral.*

PATIENT RELEASE OF INFORMATION AUTHORIZATION	
I hereby authorize release of my medical records to Cardiac Wellness Institute by my Physicians and/or the hospital. If I live outside of the jurisdiction of the Alberta Health Services–Calgary and Area, my referral and records will be forwarded to the cardiac rehabilitation program in Alberta nearest to my home. If I do not qualify for this program, I authorize this referral to be sent to an appropriate program within Alberta Health Services (i.e. Living Well, Diabetes Hypertension and Cholesterol Centre) where appropriate.	
X _____	<b>Patient Signature</b>
X _____	<b>Printed Name</b>

Cardiac Wellness Institute of Calgary | Talisman Centre, Box 50, 2225 Macleod Tr. S., Calgary, Alberta T2G 5B6  
 Phone: (403) 571-6950 | Fax: (403) 571-6974 Revised May 2010

# ECAC PATIENT SCREENING CHECKLIST

PATIENT NAME: \_\_\_\_\_



## EDC AND ECAC SCREENING CHECKLIST

CARDIAC WELLNESS INSTITUTE OF CALGARY (CWIC)

FIRST APPOINTMENT DATE AT CWIC: \_\_\_\_\_  
 (7 Days From Admission Date to 14 Days From Discharge Date)  
 BLOOD WORK TO BE REPEATED IF ABOVE DATE IS AFTER: \_\_\_\_\_  
 (1 Month After Admission date)

### ACS

- STEMI**
- EDC Candidate
  - ECAC Candidate [  High risk  
 Low risk
- OTHER: ECAC Candidate** [  High risk  
 Low risk
- NSTEMI
  - Unstable Angina
  - Positive Thallium with medical management
  - Recent Angiogram/PCI

1. Residing within 100km of Calgary  YES

### EDC CANDIDATE

2. Confirmed diagnosis of a low risk STEMI
- PCI within 6 hours of chest pain onset  YES
    - Definitive chest pain of 6 hours or less to PCI
      - Review Admission History, APPROACH Admission Detail sheet, APPROACH Admission History sheet
  - If >6 hours of chest pain, confirm TnT < 0.05 at first draw  YES  
OR
  - TNK within 3 hours of chest pain onset  YES
    - Confirm TnT < 0.03 at first draw prior to TNK
- 
- Determination of low risk as per Cadillac Risk Score (0-2) at time of PCI  YES
    - Review Interventional Cardiology Physician's Progress Notes
3. Angiographic evidence of complete revascularization prior to discharge for index hospitalization.  YES
- Angioplasty completed  YES
  - If multivessel disease present  YES
    - Revascularized as an inpatient
    - OR
    - There is a plan if >80% disease in Cx, LM, LAD and RCA vessels
    - OR
    - Medically managed if < 80% vessel disease

### OFFICE USE ONLY:

BOOKING DETAILS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Exclusion criteria: **(MUST BE NO)**

- Prolonged hospitalization period  NO
  - Greater than 10 days from STEMI admission
- In-hospital complication(s) that would preclude early EST  NO
  - Untreated anemia, cardiogenic shock, pneumonia, in-hospital MI, CHF
- Require revascularization via coronary artery bypass grafting  NO
- Treated with thrombolytic therapy without subsequent angiography (unknown coronary anatomy)  NO
- Physical, neurological or mental illness that would preclude having a EST  NO
  - Fractured leg, severe asthma, dementia, stroke

**ECAC CANDIDATE**

**IF ABOVE POINTS 2 AND/OR 3 ARE 'NO' AND/OR POINT 4 IS YES = ECAC CANDIDATE**

TWO CATEGORIES FOR ECAC CANDIDATE	
HIGH RISK CANDIDATE	LOW RISK CANDIDATE
<ul style="list-style-type: none"> <li>○ Cardiac arrest during hospitalization</li> <li>○ Heart failure during admission</li> <li>○ Left ventricular thrombus</li> <li>○ Catheter related complication (retroperitoneal bleed, atrioventricular fistula, untreated pseudoaneurysm)</li> <li>○ Awaiting outpatient PCI or CABG</li> <li>○ Severe LV dysfunction (EF &lt; 35%)</li> </ul>	<p>None of those listed in the high risk candidate column</p>

PRIMARY OR RESCUE PCI – CADILLAC RISK SCORE (0-2 SCORE)	
RISK FACTOR	POINTS
LVEF <40%	4
Killip class 2/3	3
Renal insufficiency (estimated creatinine clearance <60mL/min)*	3
TIMI flow grade after PCI of 0 to 2	2
Age > 65 years	2
Anemia (hematocrit <39% in men and <36% in women)	2
Triple-vessel disease	2

\* eCr = (140-age) x kg x constant (1.23 for men or 1.04 for women) (serum) Creatinine μmol/L (Cockcroft-Gault formula for calculating eCr)

# SCRIPT FOR BOOKING APPOINTMENTS



## SAMPLE APPOINTMENT BOOKING SCRIPT

EARLY CARDIAC ACCESS CLINIC | CARDIAC WELLNESS INSTITUTE OF CALGARY

Hello. May I speak to [Mr/Ms patient name]

This is [name of person calling]. I am calling on behalf of Dr. [name of referring cardiologist] who looked after you while you were recently in hospital. He has asked that you been seen in the next 4 to 10 days for a follow-up appointment with one of our doctors here at the Cardiac Wellness Institute.

It is important for you to come to this appointment with the doctor to see how you are doing since leaving the hospital and make any necessary changes to your medical care that will optimize how you are doing. The information from the visit will be sent back to Dr. [cardiologist] and your family doctor to assist them in managing your long-term care.

The visit will be similar to doctor's appointment with your family doctor. The doctor will do a cardiovascular exam, where they will listen to your heart, take your blood pressure and review your medical history. We encourage you to bring a guest with you, as this is a great time to ask any questions you may have since leaving the hospital.

I can book this 30-minute appointment for you on [date of clinic visit].

We are located in the basement level of the Talisman Centre, 2225 McLeod Trail South (white tented building, along the river, across from the Saddledome). There is large parking lot, where you can park for free. We suggest patients use the south entrance of the building (near the far end of the parking lot from where you first drive in). There is designated handicap parking and during core business hours there is a parking lot attendant that can assist you with finding an ideal place to park if you need help.

Once in the building you need to go to the main customer service desk, which is in middle of the main level (past Good Earth and Jugo Juice). Just tell the customer service staff member that you are coming to Cardiac Wellness. They will ask that you sign in and will let you through the main entrance. Once at the bottom of the stairs (or lower level by elevator) signs will direct you to our office.

Following this initial doctor's appointment, the doctor will ask that you book an appointment for an exercise stress test. This test allows the doctor to determine how well your heart is doing and how some of your medications are working. The information from the test can also be used to give you a specific exercise program designed for your overall fitness and health. Results from this test are also sent to your family doctor to help guide return to work decisions.

At this appointment, the doctor will discuss your plans to modify any lifestyle factors that may help to improve your heart health. As Dr. [cardiologist] recommended, you will also be encouraged to take part in the cardiac rehabilitation program. At your first visit we will provide you with more information about the program to help you decide if you would like to attend.


Before I let you go I would like to confirm your appointment date and location: [date, location]. Please bring a guest, a list of your medications and your Alberta Health Card.

If you require further information before the appointment, please do not hesitate to call our office at 403-571-6950. We are open Monday – Friday from 7:30 – 4:30.

Do you have any questions at this point? Great, we will see you [date and time].

# ECAC ADMINISTRATIVE PROCESS: DOCTOR APPOINTMENT

Date: _____	PATIENT LABEL:
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**ADMINISTRATIVE PROCESS: DOCTOR APPOINTMENT**  
EARLY CARDIAC ACCESS CLINIC | CARDIAC WELLNESS INSTITUTE OF CALGARY

**ADMINISTRATION TEAM ROLE FOR THE ECAC DOCTOR'S APPOINTMENT**

**PREPARATION FOR APPOINTMENT:**

- **Patient's Chart Prepped:**
  - Admin will put the chart together and place it in the pink 'Initial Charts for Exercise Stress Tests' chart slot
- **Paperwork available at front desk:**
  - Welcome letter
  - 'Preparing For Your Exercise Stress Test' sheet
  - 'Patient Information' sheet
- **Look on clinic's Daily Schedule to see which RN is assigned to clinic**
- **Chart is pulled by admin for the appointment**
  - Date is stamped on Progress Notes with reason for this upcoming appointment
  - Place the ECAC Cardiologist's Worksheet in manila chart in front of the Progress Notes

**START OF APPOINTMENT:**

- **Patient will arrive 15 minutes early**
  - Admin will request patient to arrive 15 minutes early for this appointment
- **Introduce self and welcome patient to CWIC**
- **Give patient:**
  - Welcome letter
    - Ask patient to read this letter while waiting to see Cardiologist
  - 'Preparing For Your Exercise Stress Test'
  - 'Patient Information' sheet
    - Refer patient to 'Patient Information' sheet
    - Collect this sheet before patient leaves clinic
  - If there is time, ask patient to read the 'Frequently Asked Questions' handout while waiting (common questions for the Cardiologist)
    - This 'Frequently Asked Questions' handout is in the waiting room and exam rooms
- **Take patient to exam room**
- **Explain to patient why they are at CWIC today**
  - **Dialogue:** You were referred to the Cardiac Wellness Institute of Calgary by the Cardiologist who saw you in the hospital. This is the first of 2 appointments. Today, you will be seen by Dr\* [Last Name], one of our Cardiologists, who will assess your

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PATIENT LABEL:

heart status. Your next appointment will either be an exercise stress test or further follow-up appointments based on his findings today.

- **Explain today's appointment to patient**
  - **Dialogue:** Dr. [Last Name] will do a cardiovascular (heart) assessment. I need to do an ECG and blood pressure to prepare you for your appointment with Dr. [Last Name]. Dr. [Last Name] will discuss his findings with you and your next step.
  
- **While patient is waiting for the Cardiologist, ask him/her to read the 'Frequently Asked Questions' handout.**
  - **Dialogue:** The medical staff has developed a 'Frequently Asked Questions Handout'. This handout provides an overview of some common questions that patients have following a heart event. If you have any questions about this handout, I can ask one of the nurses to assist you after the cardiologist sees you.
  - 'Frequently Asked Questions' handout in waiting room and exam rooms.

**END OF APPOINTMENT:**

- Meet patient at administration desk
- Review Cardiologist's orders/plan

**A) IF NEXT APPOINTMENT IS AN EXERCISE STRESS TEST:**

**Book Exercise Stress Test**

- Enter appointment in the designated ECAC Exercise Stress Test appointment spot in Mediplan
- Enter Exercise Stress Test in CWICstart
- Write the Exercise Stress Test date on the Welcome letter
- Refer patient to 'Preparing For Your Exercise Stress Test' sheet

**Book ordered tests(s)**

- If booking a Thallium test, ask patient weight and height
- Give patient the test brochure(s) that outlines the test prep(s) and reasons for the test(s)
- Write ordered test(s) date(s) on the test brochure(s)
- Enter test(s) in CWICstart

**Give the 'Cardiac Rehabilitation Program' letter and DVD to patient**

- **Dialogue:** This letter and DVD provides an overview of our Cardiac Rehabilitation program; please read this letter and watch the DVD (on your home computer or DVD player) prior to your exercise stress test appointment. Dr. [Referring Dr.] has recommended that you attend the program so please consider if you would like to proceed; we can book you into the program when you return for your exercise stress test appointment. We can also answer any questions that you may have about the program at that time.

**After the Cardiologist is finished with the chart, the chart is given to the designated Admin to:**

- Place all acquired sheets from appointment into chart
- Update the following from the 'Patient Information' sheet:

PATIENT LABEL:

- CWICstart, Mediplan and Referral worksheet
- File the 'Patient Information' sheet in the patient's green chart under the 'GXT and Exercise Adherence Data' sheet

**The ECAC Admin Clinic designate will:**

- Chart in the Progress Notes:
  - The exercise stress test appointment is booked
  - All of the appointments/tests that are booked
- Place chart in the pink 'Initial Charts for ESTs' chart slot

**The ECAC Admin Clinic designate will assign patient to ES and RN Care Team at the end of the week:**

- Enter patient's Exercise Specialist and RNs into CWICstart
- Send an email to the Exercise Specialist and RNs with their ECAC patient list

**B) IF NEXT APPOINTMENT IS ECAC DOCTOR'S FOLLOW-UP APPOINTMENT:**

**Book ECAC Doctor's Follow-Up appointment:**

- Enter appointment in the designated ECAC Doctor's appointment spot in Mediplan
- Enter ECAC Doctor's Follow-Up appointment date in CWICstart
- Write the Doctor's Follow-Up appointment date on the Welcome letter

**Book ordered tests(s):**

- If booking a Thallium test, ask patient weight and height
- Give patient the test brochure(s) that outlines the test prep(s) and reasons for the test(s)
- Write ordered test(s) date(s) on the test brochure(s)
- Enter test(s) in CWICstart

**Give patient 'Cardiac Rehabilitation Program' letter and DVD:**

- **Dialogue:** This letter and DVD provides an overview of our Cardiac Rehabilitation program; please read this letter and watch the DVD (on your home computer or DVD player) prior to your exercise stress test appointment. Dr. [referring Dr.] has recommended that you attend the program so please consider if you would like to proceed; we can book you into the program when you return for your exercise stress test appointment. We can also answer any questions that you may have about the program at that time.

**After the Cardiologist is finished with the chart, the chart is given to the designated Admin to:**

- Place all acquired sheets from appointment into chart
- Update the following from the 'Patient Information' sheet
  - CWICstart, Mediplan and Referral worksheet
- File the 'Patient Information' sheet in the patient's green chart under the 'GXT and Exercise Adherence Data' sheet

**The ECAC Admin Clinic designate will:**

- Chart in the Progress Notes:
  - The ECAC Doctor's Follow-Up appointment is booked
  - All of the appointments/tests that are booked
- Put chart on the RN team's desk



PATIENT LABEL:

- RN will put the patient on HOLD
- RN will notify Admin staff when patient off of HOLD

**The ECAC Admin Clinic designate will assign patient to ES and RN Care Team at the end of the week**

- Enter patient's Exercise Specialist and RNs into the CWICstart
- Send an email to the Exercise Specialists and RNs with their ECAC patient list

**NOTE:**

- Patient is NOT given the red resource binder until the exercise stress test appointment
- At the second ECAC (or more) Doctor's follow-up appointment(s), follow from above as necessary:
  1. If next appointment is *Exercise Stress Test*
  2. If next appointment is *ECAC Doctor's Follow-Up Appointment*

**C) IF PATIENT NOT INTERESTED IN CONTINUING WITH THE ECAC PROGRAM:**

**Give patient the red resource binder:**

- Explain that this binder has educational material and information about our program
  - **Chapter 2** reviews what coronary artery disease is, overview of risk factors and commonly asked questions from patients such as when you can drive, return to work etc.
  - **Chapter 4** has nutrition education
  - **Chapter 5** reviews exercise and heart disease

**After the Cardiologist is finished with the chart, the chart is given to the designated Admin to:**

- Place all acquired sheets from appointment into chart

**The ECAC Admin Clinic designate will:**

- Chart in Progress Notes that patient is not interested in the ECAC Program at this time
- Email the RN and Exercise Specialist team that the patient is not interested in the ECAC Program at this time
- Give chart to designated admin for discharge process to be completed

**NOTE: THIS ECAC PROCESS DOCUMENT**

- Will be filed in the patient's manila chart behind the blue 'Medication Record' sheet
- Always work off the original process document; a second process document is not to be started
- Check off and initial each box when the boxed section is complete
- If your entry is on a different date from when the patient's document was originally dated, date your new entry along with your initials

# ECAC DOCTOR ASSESSMENT SHEET

<b>EARLY CARDIAC ACCESS CLINIC</b> <small>CARDIAC WELLNESS INSTITUTE OF CALGARY INC.</small>	
PATIENT HISTORY	CURRENT SYMPTOMS
<input type="checkbox"/> STEMI <input type="checkbox"/> PCI: <input type="checkbox"/> NSTEMI <input type="checkbox"/> DES: LAD LCx RCA <input type="checkbox"/> Stable CAD <input type="checkbox"/> BMS: LAD LCx RCA <input type="checkbox"/> Unstable Angina <input type="checkbox"/> Medical Management	<input type="checkbox"/> None <input type="checkbox"/> Acute angina <input type="checkbox"/> Dyspnea <input type="checkbox"/> Palpitations <input type="checkbox"/> Presyncope/Syncope <input type="checkbox"/> Other: _____
PHYSICAL EXAM	
HR _____ BP _____ JVP _____ Heart Sounds: _____ Chest: _____ Peripheral Edema: _____ Vascular Access Site:      Radial: <input type="checkbox"/> Normal <input type="checkbox"/> Abnormal Femoral: <input type="checkbox"/> Normal <input type="checkbox"/> Abnormal Smoking Status: <input type="checkbox"/> Never <input type="checkbox"/> Current <input type="checkbox"/> Quit @ MI <input type="checkbox"/> Quit < 6 months <input type="checkbox"/> Quit > 6 months	
FOLLOW UP	
Exercise: <input type="checkbox"/> Hold Stress Test: <input type="checkbox"/> ≤1 week <input type="checkbox"/> _____ Weeks Bike    Hand Ergometer    Treadmill Reassess: <input type="checkbox"/> _____ weeks Tests: <input type="checkbox"/> Echo <input type="checkbox"/> Ultrasound <input type="checkbox"/> Other: _____ Referral: <input type="checkbox"/> HF Clinic <input type="checkbox"/> Diabetes <input type="checkbox"/> Anti-coagulation <input type="checkbox"/> Other: _____ Notes: _____ _____ _____	
Cardiologist Signature	Date
<small>Cardiac Wellness Institute of Calgary            Box 50, Talisman Centre, 2225 Macleod Trail South, Calgary, AB T2G 5B6 p: (403) 571-6950 f: (403) 571-6974</small>	

# EXERCISE STRESS TEST INSTRUCTIONS



CARDIAC WELLNESS INSTITUTE OF CALGARY

## PREPARING FOR YOUR EXERCISE STRESS TEST

**The exercise stress test is a one-hour appointment.  
This includes preparation time before the test and monitoring time after  
the test. The actual exercise time is usually between 5 to 10 minutes.**

1. Please arrive 15 minutes early, changed and ready to exercise.
  - Change rooms and shower facilities are available at the Talisman Centre. Please bring a lock, towel and toiletries if you plan to shower. If you do not own a lock, there are coin-operated lockers available for \$1 (non-refundable, accepts loonies only).
2. If you take medications, take them as you normally do. If you have questions, please call our clinic to speak with a nurse about your concerns 24-48 hours before the test. If you normally take them with a meal, and the scheduled time of your test does not permit a meal, please take your pills at the normal time with water.
  - If you use an inhaler for asthma or other breathing problems, bring it to the test
3. Wear loose-fitting clothing such as gym shorts and a short sleeved top plus comfortable walking or running shoes and socks.
4. You may eat a light meal up to one hour before your test.
5. Do not exercise on your own or in one of our classes on the day of your test.
6. If you smoke or use nicotine replacement products (i.e. patch, gum, inhaler) do not do so for the three hours before your test and for at least one hour after.
7. Do not drink alcohol or any beverage or food containing caffeine (e.g. regular coffee, tea, cola, etc) for three hours before your test and for at least one hour after.
8. Please report any unusual symptoms you are experiencing to one of the testing staff before, during or after the test.

The back of this page contains additional information about the exercise stress test and why this test is done. Please review this prior to your test.

**If you cannot attend as outlined above, please call the office at 403-571-6950 to reschedule. A minimum of 48 hours notice is required to cancel or rebook your appointment.**

CARDIAC WELLNESS INSTITUTE OF CALGARY


Talisman Centre, Box 50, 2225 Macleod Trail South, Calgary, AB T2G 5B6 | P: 403-571-6950 | F: 403-571-6974



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# ECAC ADMINISTRATIVE PROCESS: EXERCISE STRESS TEST

Date: _____	PATIENT LABEL:
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 **ADMINISTRATIVE PROCESS: EXERCISE STRESS TEST**  
EARLY CARDIAC ACCESS CLINIC | CARDIAC WELLNESS INSTITUTE OF CALGARY

**ADMINISTRATION TEAM ROLE FOR THE ECAC EXERCISE STRESS TEST (EST)**

**PREPARATION FOR APPOINTMENT:**

- **Confirm that patient's chart has the consult letter from the ECAC Doctor's appointment**
  - The Administration Assistant (AA) pulling charts should confirm the letter is filed when the chart is pulled for the Exercise Stress Test (EST). If the consult letter is not in the chart, request the letter and chart in the Progress Notes that this request has been made.
  - At check-in the AA greeting the patient should confirm the consult letter is available
- **Confirm that the 'Patient Information' sheet is completed and is in the patient's chart**
- **Look on clinic's Daily Schedule to see which RN is assigned to clinic**

**START OF APPOINTMENT:**

- **Welcome patient back to CWIC**
- **Enter patient arrival time on the clinic's Daily Schedule**
- **If the 'Patient Information' sheet is not completed ask patient to complete it and to return it to the front desk**
  - Ensure that the demographic information matches that entered in CWICstart and Mediplan. If necessary, update the information in both DBs and referral worksheet and file the patient information sheet in the green chart. Initial the information sheet indicating the information has been confirmed and corrected.
- **Give the HADS, SF12 and DAS1 (Introduction) Survey to patient**
  - **Dialogue:** We ask that you complete 3 surveys (HADs, SF12 and DAS1) to give us a sense of how you are feeling both physically and mentally about returning to your normal activities of daily living. If you join our program, we will ask you to fill these out again at the end of the program to compare the results.
  - Collect these forms before patient leaves clinic

**END OF APPOINTMENT:**

- **Meet patient at administration desk**
- **Review Cardiologist's orders/plan and book necessary tests**
- **Determine if patient is interested in participating in cardiac rehabilitation**

**OPTION A: PATIENT IS INTERESTED IN PROGRAM**

Refer to **laminated** 'Cardiac Rehabilitation Program' letter to answer any program questions

**IF PATIENT IS TO START EXERCISE:**

**Book first day of exercise:**

- Inform patient which days he/she will be exercising
  - Ask patient what time he/she wants to exercise at
  - Inform patient that this time can be changed at a later date if necessary

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PATIENT LABEL:

- Write this date on the 'Getting Started With Cardiac Rehab' sheet
- Inform patient of care team by referencing the 'Healthcare Team Contact Information' sheet (stapled to 'Getting Started With Cardiac Rehab')
  - Look up patient's care team in CWICstart
  - Check off patient's RN/Exercise Specialist team
  - Encourage patient to call the RN/Exercise Specialist team if he/she has any questions
- Enter first day of exercise in CWICstart

**NOTE: IF PATIENT ASKS TO SWITCH EXERCISE DAYS**

- Inform patient of new RN team and that he/she will learn who the Exercise Specialist is on the first day of exercise
  - If patient would like to speak to an Exercise Specialist before the first day of exercise, ask patient to call the clinic and an Exercise Specialist will be available to speak to him/her
- Email the RN and Exercise Specialist groups to inform them the change and update CWICstart
  - The Exercise Specialist that assigns him/herself to the patient will email the Admin and RN groups to inform them of this

**Book NO/EWO Class:**

- Write this date on the 'Getting Started With Cardiac Rehab' sheet
- Refer to the explanation of this class on this same sheet
- Enter this date in the K Drive: Initial appointments/Nutrition Emotional Wellness Class 2011
- Enter this date in CWICstart

**Give patient two (2) consent forms to fill out:**

- **Dialogue:** Please read the following 2 consent forms. The first outlines the details of our program and your willingness to agree to the participation terms. The other consent outlines how we manage your medical information and asks if you would consider being involved in future research studies should you qualify. If you have any questions about the terms of the consents please do not hesitate to ask.
- Collect the Consent forms before patient leaves clinic
  - Ensure patient has initialed consent form, instead of an "x" or "☒"

**Give patient the red resource binder:**

- Explain that this binder has educational material and information about our program
  - **Chapter 2** reviews what coronary artery disease is, overview of risk factors and commonly asked questions from patients such as when you can drive, return to work etc.
  - **Chapter 4** has nutrition education
  - **Chapter 5** reviews exercise and heart disease
  - **Chapter 6** has the education class schedule
- Review how to book education classes

**Collect fee:**

- Offer the different payment options
- Collect full fee, reduced fee or installment payment

PATIENT LABEL:

- If patient cannot pay in full or needs the fee waived, give patient the 'Application For Program Fee Assistance' form to complete
  - Give completed 'Application For Program Fee Assistance' form to the Program Manager

**☐ After the Cardiologist is finished with the chart, it is given to the designated Admin staff to:**

- Compile and mail the Exercise Stress Test Reports
- Enter hospital lab work into CWICstart under 'Initial Lab Work'
- Enter smoking status, weight and BMI in CWICstart
- Print off the Risk Factor Profile sheets x 2 and place on front of green chart
- Place all acquired sheets from appointment into chart

**☐ The ECAC Admin Clinic designate will chart in progress notes:**

- All of the appointments that were booked
- The fee:
  - The payment option that was chosen
  - If patient completed the 'Application For Program Fee Assistance' form and it was filed for the Program Manager or designate

**☐ The designated Admin will:**

- Enter the Consent forms into CWICstart
- Ensure that the first day of exercise and NO/EWO dates were entered where necessary
- Place chart on the RN team's desk
  - RN will complete the Risk Factor Profile process

**IF PATIENT IS NOT TO START EXERCISE:**

**☐ Follow Cardiologist's orders:**

- Book ordered test(s)
- If booking a Thallium test, ask patient weight and height
- Give patient the test brochure(s) that outlines the test prep(s) and reasons for the test(s)
- Write ordered test(s) date(s) on the test brochure(s)
- Enter test(s) in CWIC Start Database
- Book follow-up appointment to review test(s) ☐
  - Enter follow-up appointment in CWICstart

**☐ Give patient the red resource binder:**

- Explain that this binder has educational material and information about our program
  - **Chapter 2** reviews what coronary artery disease is, overview of risk factors and commonly asked questions from patients such as when you can drive, return to work etc.
  - **Chapter 4** has nutrition education
  - **Chapter 5** reviews exercise and heart disease
  - **Chapter 6** has the education class schedule
- Review how to book education classes
- Place the 'Healthcare Team Contact Information' form in the front of the binder
  - Look up patient's care team in CWICstart
  - Check off patient's RN/ES team

PATIENT LABEL:

- Encourage patient to call the RN/ES team if he/she has any questions

**After the Cardiologist is finished with the chart, the chart is given to the designated Admin to:**

- Compile and mail the Exercise Stress Test Reports
- Enter hospital lab work into CWICstart under 'Initial Lab Work'
- Enter smoking status, weight and BMI in CWICstart
- Print off the Risk Factor Profile sheets x 2 and place on front of green chart
- Place all acquired sheets from appointment into chart

**The ECAC Admin Clinic designate will chart in progress notes:**

- All of the appointments that were booked

**The ECAC Admin Clinic designate will ensure:**

- All tests and follow-up appointments were entered into CWICstart
- Put chart on the RN team's desk
- RN will put the patient on HOLD
  - RN will notify Admin staff when patient is off of HOLD

**NOTE: ONCE THE PATIENT BOOKS HIS/HER FIRST DAY OF EXERCISE, COMPLETE THE FOLLOWING:**

**Give patient the two (2) Consent forms to fill out:**

- **Dialogue:** Please read the following 2 consent forms. The first outlines the details of our program and your willingness to agree to the participation terms. The other consent outlines how we manage your medical information and asks if you would consider being involved in future research studies should you qualify. If you have any questions about the terms of the consents please do not hesitate to ask.
- Collect the Consent forms before patient leaves clinic
  - Ensure patient has initialed consent form, instead of an "x" or "√"

**Collect fee:**

- Offer the different payment options
- Collect full fee, reduced fee or installment payment
- If patient cannot pay in full or needs the fee waived, give the 'Application For Program Fee Assistance' form to complete
  - Give completed 'Application For Program Fee Assistance' form to the Program Manager

**OPTION B: PATIENT IS NOT INTERESTED IN CWIC PROGRAM**

**Give patient the red resource binder:**

- Explain that this binder has educational material and information about our program
  - **Chapter 2** reviews what coronary artery disease is, overview of risk factors and commonly asked questions from patients such as when you can drive, return to work etc.
  - **Chapter 4** has nutrition education
  - **Chapter 5** reviews exercise and heart disease

**After the Cardiologist is finished with the chart, it is given to the designated Admin to:**

- Compile and mail the Exercise Stress Test Reports
- Enter hospital lab work into CWICstart under 'Initial Lab Work'

PATIENT LABEL:

- Enter smoking status, weight and BMI in CWICstart
- Print off the Risk Factor Profile sheets x 2 and place on front of green chart
- Place all acquired sheets from appointment into chart

**The ECAC Admin Clinic designate will:**

- Chart in Progress Notes that patient is not interested in CWIC Program at this time
- Email the RN and Exercise Specialist team that the patient is not interested in the CWIC Program
- Place chart on Exercise Specialist's desk to program exercise

**The designated Admin will complete the discharge process when the chart is received from the Exercise Specialist.**

**NOTE: THIS ECAC PROCESS DOCUMENT**

- Will be filed in the patient's manila chart behind the blue 'Medication Record' sheet
- Always work off the original process document; a second process document is not to be started
- Check off and initial each box when the boxed section is complete
- If your entry is on a different date from when the patient's document was originally dated, date your new entry along with your initials



# GETTING STARTED WITH CARDIAC REHABILITATION



## GETTING STARTED WITH CARDIAC REHAB

CARDIAC WELLNESS INSTITUTE OF CALGARY

Name: \_\_\_\_\_

### Your first day of exercise has been scheduled for:

\_\_\_\_\_, 2011  
Time: \_\_\_\_\_ a.m.

#### In Gym 3 at the Talisman Centre

You will exercise at this time on:

- Mondays and Wednesdays
- Tuesdays and Thursdays

### Your Nutrition and Emotional Wellness Orientation has been booked for:

\_\_\_\_\_, 2011  
Time: \_\_\_\_\_ a.m. p.m.

#### In the Learning Room at Talisman Centre

*In this class you will assess your current eating habits and find out more information about the nutrition and emotional wellness services available to you at the Cardiac Wellness Institute.*

### WHAT TO DO ON YOUR FIRST DAY OF EXERCISE

- ♥ Arrive 10-15 minutes early.
- ♥ Inform Talisman staff at the Customer Service desk that you are attending exercise with the Cardiac Wellness Institute. Please sign the binder on the counter behind the gates.
- ♥ Proceed down the stairs or elevator to gym 3 (the gym closest to CWIC main office).
- ♥ Locker rooms are located at the bottom of the stairs (outside elevator doors). These are available for Cardiac Wellness clients to use. You have two options:
  - Bring your own padlock
  - Use the \$1.00 coin-operated lockers (non-refundable, loonies only)
- ♥ Wear appropriate clothing and footwear:
  - Closed toe, supportive athletic footwear is recommended
  - Comfortable, light and breathable clothing, preferably a short sleeve shirt as we will be taking your blood pressure
- ♥ Bring water! It is extremely important to replenish the water your body loses during exercise in sweat and breath.
- ♥ Check in with our staff in Gym 3 and pick up:
  - Heart rate monitor
  - Chart

CWIC sells Polar® brand heart rate monitors for those interested in purchasing their own to use during exercise.

They are available to purchase at our reception desk.

Please turn over for additional information

## IMPORTANT INFORMATION TO PREPARE FOR YOUR FIRST DAY OF EXERCISE

- ♥ Take your medications as directed. Medication should be taken at least 1½ - 2 hours **before** exercise.
- ♥ Avoid caffeine, alcohol and nicotine (patch, inhaler or cigarettes) **3 hours before and 1 hour after** activity or exercise.
- ♥ Avoid saunas, hot tubs or hot showers **after** activity or exercise.
- ♥ Avoid activity/exercise during illness or infection.
- ♥ Avoid activity or exercise when you have not eaten (or eaten enough).
- ♥ Try to eat a well-balanced meal at least **2 hours before** activity. If this is not possible, eat a small snack.
- ♥ Avoid exercise in extreme temperatures.

Please refer to Section 5 of your red binder for more detailed information.

## CWIC EXERCISE PROGRAM OPTIONS

### 1. **Supervised Exercise:**

One hour exercise sessions at Talisman Centre two days a week

### 2. **Home Program:**

This option is for those individuals who are unable to attend CWIC's exercise program.

- Allows you to exercise exclusively at home or at a facility that is more convenient for you
- Follow-up with your Clinical Exercise Specialist is done by phone to evaluate your progress, answer questions, and provide for direction for further progression of your program
- You will attend all other CWIC appointments and education classes you desire, as scheduled

If you choose the home program option, you are scheduled for one day of exercise during our supervised sessions. One of our exercise staff will guide you through an exercise session, ensuring your target heart rate is appropriate. They are also there to answer any other questions or concerns you may have before starting your home program.

### **WHETHER EXERCISING AT HOME OR IN THE GYM, REMEMBER:**

#### **Slow down or stop activity if you feel...**

- Chest pain or symptoms of angina  
*(refer to 'How to treat angina' in section 2 of red binder)*
- Severe shortness of breath
- Lightheaded or dizzy
- Extreme fatigue
- Muscle or joint pain

For more information on the  
Cardiac Wellness Institute's  
Early Cardiac Access Model,  
please contact:

Tyler Threlfall

p: 403-296-6930

e: [tthrelfall@cwic.ca](mailto:tthrelfall@cwic.ca)



CONTACT INFORMATION