

# CARDIAC REHAB PHASE IV

**NEW NEW NEW NEW NEW**



*"Means Exercise Referral"*

## **CARDIAC REHAB PHASE IV**

## **SPECIALIST COURSE**

### **Course Dates**

18 - 22 Oct	STANLEY, Co Durham
01 - 05 Nov	BRIDPORT, Dorset
15 - 19 Nov	BARNSELY, South Yorkshire

**INTRODUCTORY PRICE**

**£495 + VAT**

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# CARDIAC REHAB PHASE IV COURSE CONTENT

## A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS

### A MESSAGE FROM THE CHAIRMAN & FOUNDER OF THE WRIGHT FOUNDATION

I take much pride in announcing the new WRIGHT Foundation Cardiac Rehabilitation Phase IV Course.

“The world can have no boundaries in the quest for medical and rehabilitative answers and knowledge of the heart. Using Cardiac Rehabilitation research and working together worldwide, we can achieve continuing advancement for all.

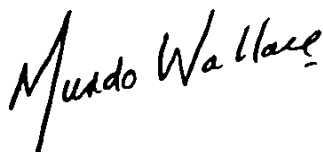
Written embracing the most current research findings from the UK, Europe and the USA including the outstanding findings from our own WRIGHT Foundation Research Charity. This new and gold standard course is written by leading researchers, cardiologists, sport and exercise medicine specialists, sports scientists and fitness professionals.

This course is endorsed for accuracy and content by leading cardiac specialists from the UK, Europe and the USA.

The Level 4 Specialist Cardiac Rehabilitation Phase IV National Standards is contained within the Course. The contents go beyond the National Standard with new, but soundly proven research into the ever progressing world of Cardiac Rehabilitation. As is expected from the WRIGHT Foundation, client safety and wellbeing has been paramount in the compilation of this course.

Practical and research into the UK, European, USA rehab systems have ensured this is the gold standard for Cardiac Rehabilitation Phase IV.

Yours in Cardiac Rehab



# CARDIAC REHAB PHASE IV COURSE CONTENT

## A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS

### The Main Content

#### ●Introduction

- Presentation of the course contents
- Relevance of contents for clients and exercise professionals
- Brief resume from Foundation Course
- Knowledge of Phase I - II – III

#### ●Written test of knowledge base regarding cardiac diseases, including corrections after resume

- Medication (UK)
- Risk Stratification
- Contraindications to exercise
- Exercise Prescriptions

#### ●Heart diseases in children

#### ●Interactive session

- Get to know games

#### ●Medication

#### ●Heart Surgery

#### ●Basics of nutrition and diets in the treatment and prevention of cardiac disease

#### ●Basics of exercise therapy in the context of cardiac rehab

- Definition and aims
- Historical background
- International practice (disease management etc.) Legislation basics, e.g. organisation, liability
- Basics of exercise/training methodology

#### ●Co-morbidity and other problems linked to CHD: age, diabetes, infarction and arrhythmia

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## A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS

The Main Content Cont.

### ● **Diagnostic Basics**

- ECG
- Ecocardiogram
- Coronary angiogram
- Arrhythmia
- ECG ST segment deviation/ST segment elevation and ST segment depression/episodes of "silent" depression of the ST

### ● **Interactive Session Monitoring**

- Monitoring processes
- ECG
- Taking pulse measurement/palpitation, blood pressure
- The use of HR-monitors, subjective strain feeling (RPE)

### ● **Assessment of the patient**

### ● **Interactive session Diagnostics: cycle ergometry**

- Transfer of the diagnostic data to the exercise programme, i.e. cycle ergometry, treadmill data

### ● **Refresher on relevant aspects of exercise therapy in the context of CHD**

- Symptoms
- Medication and its effects on exercise therapy, e.g. beta-blockers and HR
- Effects of the disease on the skeletal muscle apparatus (immobilisation)

### ● **Guidelines of various organisations for cardiac rehab phase IV of CHD and/or other common cardiac diseases**

### ● **Literature review on different intervention studies/summary of results**

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## A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS

The Main Content Cont.

- **Therapy structure and planning of specific elements – physiological and didactic principles**

- **Interactive session**

- The warm up

- **Theory of endurance training as part of the exercise therapy**

- Training methodology: continuous method, interval method
- Summary of results of different intervention studies
- Special considerations: difference between various training forms, i.e. cycling, walking, swimming etc., special environmental considerations: heat, cold, altitude

- **Interactive session**

- Exemplary use of different interval methods on the cycle ergometer, walking/Nordic walking (technique)
- Practical walking and Nordic walking

- **Theoretical, background of resistance training**

- i) With and without equipment
  - Training methodology
- ii) Special considerations
  - Valsalva manoeuvre
  - Isometric vs. dynamic (BP peaks)

- **Vibration Training**

- Theory: Biomechanical stimulus and/or vibration tonus reflex
- Specific biological adaptations to whole body vibration [wbv]
- The conventional use of wbv in rehab
- Summary of results of different intervention studies
- The specific use of vibration training in cardiac rehabilitation
- Safety considerations using wbv in cardiac patients

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## A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS

The Main Content Cont.

- **Refresher CHF**
  - Patho-physiology of CHF
  - Drug therapy of CHF
  - Diuretics
  - CHF specific diet
  
- **Dietary relevant aspects of CHF**
  - Salt, hydration levels/water retention
  
- **Guidelines of different organisations regarding the phase IV rehab of CHF**
  
- **Summary of results from different intervention studies**
  
- **The use of strength training in the exercise therapy of CHF**
  
- **Interactive session**
  - Circuit training with and without equipment
  - Hypertrophy and circuit training with special consideration of body position
  - Orthostatic blood pressure changes (standing up etc.)
  
- **Theory of valvular heart disease**
  - Patho-physiology
  - Symptoms
  - Drug treatment and surgery interventions and their consequences for the exercise therapy i.e. Warfarin
  
- **Guidelines of different organisations for phase IV rehab of valvular heart diseases**
  
- **Theory of valvular heart disease**
  - Patho-physiology

# CARDIAC REHAB PHASE IV COURSE CONTENT

## A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS

The Main Content Cont.

- Symptoms
- Drug treatment and surgery interventions and their consequences for the exercise therapy i.e. Warfarin
  
- **Guidelines of different organisations for phase IV rehab of valvular heart diseases**
  
- **Interactive session**
  
- **Psycho-social aspects, motivation (Prochaska-Model/ motivational stages), Compliance**
  
- **Interactive session - Relaxation techniques: PMR, autogenic training, imagination techniques**
  
- **Interactive session Group work**
  - 4 groups that deal with two different conditions/cases; two groups will plan a group session while the other two plan an individual approach.
  - Planning of a therapy session (5—6 phases: group talk, warm up, resistance training, endurance training, game elements, cool down and reflection/feedback)
  
- **Potential risks in outpatient cardiac rehabilitation**
  
- **First aid/emergency actions and equipment requirements**
  
- **Lifestyle changes**
  
- **Daily life transfer and/or general recommendations**
  - Job
  - Travelling
  - Sexuality
  - Recreational sports, work: garden etc.

**N.B. THE FOREGOING CONTENT DOES NOT REFLECT THE DEFINITIVE ORDER OF LECTURER DELIVERY**

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## A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS

### PRE-REQUISITES FOR CANDIDATES

- Candidates must have a REPS/SkillsActive Approved Exercise Referral Qualification e.g. WRIGHT Foundation or **EQUIVALENT**
- Current first aid and CPR certificate

To gain acceptance for REP's in Exercise Referral, an Advanced Instructor or Personal Trainer Qualification is required

### ASSESSMENT

The Course will be assessed in the following ways (all sections must be passed in order for the qualification to be awarded):

- a. Multi-choice Exam relating to Pre-Course Reading (day 1 of course)
- b. A written multiple choice end off course exam question paper.
- c. Following the 5 day course you will need to attend five x 2 hour sessions viewing Cardiac Rehab Phase III over a maximum of six weeks
- d. Case Study Report to be completed and submitted no earlier than 10 weeks after the course is finished
- e. VIVA A verbal assessment based on the submitted case study, this will be conducted by telephone

### BOOKING YOUR COURSE PLACE

Should you wish to book a provisional place, telephone 0845 056 0260 (local) and a place will be held for 48 hours to give you time to submit your application form.

Application forms are available online at our website - [www.wrightfoundation.com](http://www.wrightfoundation.com)

A letter confirming your course place will be sent to you on the day the completed application form is received.