

Effectiveness of Using Triage System to Improve Physical Wellness of High Risk Cardiac Patients: To Say “Yes” to Exercise in the Community

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Introduction:

High risk group of cardiac patients adopted sedentary lifestyles and gave up exercise in the community. Cardiac rehabilitation program for high risk groups are thus essential in giving clear instructions, initiatives to exercise and exercise training with safety monitoring.

Objectives:

- 1) To provide appropriate physiotherapy interventions, upgrade their active lifestyles for those triaged as high risk group.
- 2) To establish the safe exercise zone in the community exercise program.

Methodology:

A group of high risk cardiac patients were stratified by American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) risk stratification from a group of cardiac patients with percutaneous coronary interventions. They received fitness training with medical supervision, electrocardiogram (ECG) and blood pressure monitoring as American Heart Association (AHA) suggested until safety limit established. Clinical outcomes were evaluated by 6-minutes walk test (6MWT), exercise stress test and endurance intensity before and after 8 weeks of training program.

Results:

36 patients were enrolled in the program with 28 male and 8 female with mean age of 64 ± 9.6 . The mean training sessions was 13. 6-minute walk test and exercise stress test results significantly improved from 332m to 408m ($p < 0.0001$) and from 4.0 MET to 5.6 MET ($p < 0.0001$) respectively. Exercise training intensity on endurance significantly improved from 2.5 MET to 3.9 MET ($p < 0.0001$). 18 patients joined Yan Oi Tong community cardiac training program with good adherence to exercises.

Conclusion

With the monitoring system in place, physical wellness of high risk cardiac patients will further improve with self-monitoring exercise in the community.