

# Exercise Prescription for IHD

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# Benefit of Exercise

- IHD patients

- Physical activities ~ 1, 000 kcal/week

- ↓ 20-30% all cause mortality

- For those without PCI

- ↓ SBP
- ↓ angina
- ↑ exercise tolerance

# Benefit of Exercise

– For patient with PCI

- ↑ QoL
- ↑ ET
- ↓ 29% cardiac events
- ↓ 60% re-admission

# Safety of exercise

- Exercise without medical advice
  - SCD: 1 per 60,000 patient hours
- Supervised programmes
  - Cardiac events: 8.9 per 1,000,000 patient hours
  - MI: 3.4 per 1,000,000 patient hours
  - Mortality: 1.3 per 1,000,000 patient hours



# Principles of exercise prescription

1. Cardiology Ax, stabilization and Mx
  - Med/PCI/CABG
2. Treadmill Exercise stress test initial assessment
3. Practical tips on exercise prescription
  - Endurance training
  - Resistance training

# Principles of exercise prescription

## 4. Regular clinical follow-up

- Monitor exercise progress
- Reassessment of symptoms

## 5. Regular treadmill stress test reassessment





香港會計師公會  
g Institute of Certified Public Accountants

HKU  
Marathon Team

Standard Chartered  
渣打銀行  
26750  
馬拉松挑戰組  
Marathon Challenge  
15:55

# Special group for attention

- DM
- Hypertension
  - Severe
  - Labile

# Life-style Mx

- Smoking Cessation
- Diet Modification
  - DASH
  - National Weight Control Registry
- Psychosocial Management
  - Depression



