

# Where to now?

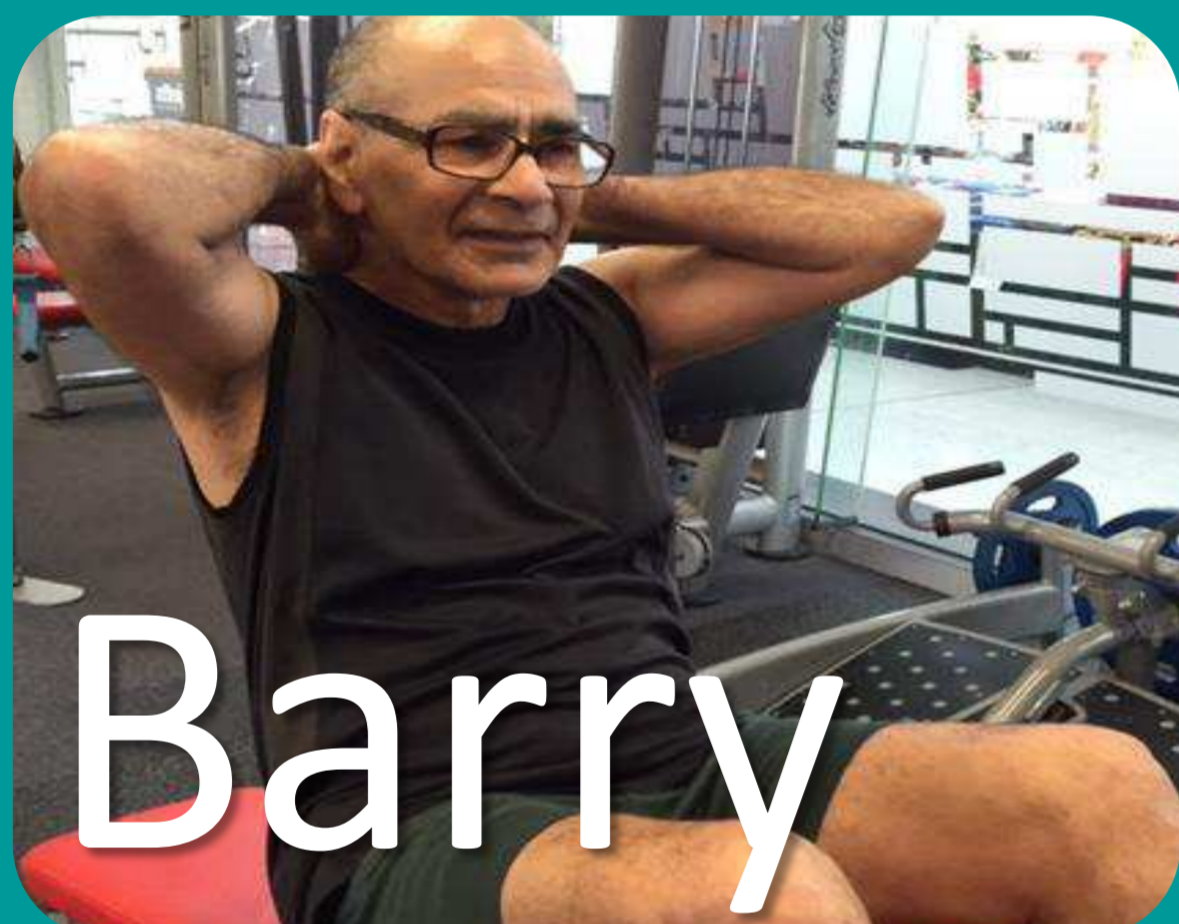
## Transitioning into community exercise

Nicole Dixon Accredited Exercise Physiologist | Carolyn Brand Community Health Nurse | Lisa Sammartino Community Health Nurse

**Only 50 per cent of clients followed the physical activity recommendations after completing Cardiac Rehabilitation<sup>1</sup>**

### Our response:

- Identified self management and sustainability as two of the core components of Cardiac Rehabilitation.
- Developed partnerships with local community exercise programs.
- Introduced the concept of 'transitioning into community exercise' to clients during the program and discussed the most suitable type of exercise program.
- Assisted client to make an appointment with their new exercise group at exit interview.
- Exercise Physiologist attended at least one of the community exercise sessions.
- Follow up phone calls to support the clients progress.



Barry

**“Nicole set up some exercises for me, now it’s my routine.**

There is no pressure to exercise really hard, I exercise at my own pace. I know my body and learnt not to push it, Nicole has helped me”.



Dale

**“My heart attack scared the hell out of me.**

When I finished rehab, they introduced the COTA program. My wife Sue joined to keep me company. Nicole attended with us both on my first session and provided a familiar face and extra support. I felt comfortable”.



Jean

**“I was very anxious about returning to the gym.**

I had tried to start but needed a medical clearance. My GP sent to me a Cardiologist for tests and they found out I needed a stent. I was very happy that cardiac rehab helped me to get back to the gym – I love coming here”.

(1) Soares D, et al. (2013) What factors determine the levels of physical activity after cardiac rehabilitation? *Acta Med Port*, 26(6), 689-698.