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Altri autori (Persone)	BathJulian
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Nota di contenuto	Cardiac Rehabilitation: A Workbook for use with Group Programmes; Contents; Abbreviations Used in This Book; About the Authors; Preface; Chapter 1 Multidisciplinary Cardiac Rehabilitation; Background; Cardiac Rehabilitation; Does Cardiac Rehabilitation Work?; Recent Evidence for the Efficacy of Cardiac Rehabilitation; Comprehensive Cardiac Rehabilitation; Comprehensive Cardiac Rehabilitation in Gloucestershire; The British Association for Cardiac Rehabilitation Standards and Core Components for Cardiac Rehabilitation (2007); Chapter 2 The Cardiac Rehabilitation Programme in Gloucestershire Cardiac Rehabilitation in GloucestershireWhere the CR Service is Delivered; What Does CR Look Like in Gloucestershire?; Individual CR; The Individual CR Psychology Service; Attendance at CR in Gloucestershire; Health Outcomes; Professional Development of the CR Team; Psychology and Cardiac Rehabilitation; Psychological Factors; Anxiety and Depression; Psychological Factors and Health Outcomes; Illness Perceptions; Illness Perceptions and Cardiac Events; Illness Perceptions and CR; Control Theory; Applying Psychological Theory in CR; Anxiety at Assessment; Illness Perceptions at Assessment Returning HomeThe CR Group; Chapter 3 The Exercise Programme;

Risk Stratification for Exercise; Using the Information; Supervision Following Exercise; Exercise Practical Sessions; Calculating Heart-Rate Training Ranges; Exercise Practical; Exercise Set-up; Warm-up; Circuit Exercise; Cool-down; Use of Music; Gym Programmes; Seated Exercises; Chapter 4 Preparing for the First Session; Staff Background and Training; Eligibility for CR Group Programmes; The Patient Pathway; Assessment; Patient Invitation; Measurement of Outcomes; Timing of CR; Open/Closed Groups; Venues for CR

Health, Safety and Essential EquipmentChapter 5 Coronary Heart Disease, Psychology and Exercise (Week 1); 1. Introduction to the Cardiac Rehabilitation Programme; 2. Coronary Heart Disease and its Risk Factors; Coronary Heart Disease; Angina; Angioplasty and Stents; Coronary Artery Bypass Graft (CABG); Heart Attack (or Myocardial Infarction); The Risk Factors for Coronary Heart Disease; 3. The Psychological Side of Having a Cardiac Event; 4. Goal-setting and Pacing; The Problem: 'Activity Cycling'; The Solution: Goal-setting and Pacing; 5. The Exercise Programme

Monitoring the Intensity of ExerciseHeart Rate; Breathing Rate; Rate of Perceived Exertion/Exercise Scale; Exercise Diaries; Chapter 6 Aerobic Exercise and Stress (Week 2); 1. Exercise: What Sort and How Much?; Session Set-up; Exercise-What Sort and How Much?; Activity and Exercise; 2. Exercise Practical; 3. Stress and Coronary Heart Disease; Prolonged Stress and Coronary Heart Disease; Understanding Stress; The Effects of Stress; The Gradual Build-up of Stress; When Stress becomes a Problem; Managing Stress; Abdominal Breathing Chapter 7 Warming Up, Cooling Down, Angina and Hypertension (Week 3)

Sommario/riassunto

This easy-to-use manual provides a practical framework for a multi-disciplinary team to deliver a successful cardiac rehabilitation programme. Despite evidence that cardiac rehabilitation programmes reduce risk, there is no standard for hospital-based multidisciplinary programmes - which are thus complex and costly to design and implement. Based on the cardiac rehabilitation work that has been carried out at in Gloucestershire over the past fifteen years, developing and constantly evaluating the evidence base for the programme. Includes client handouts such as food and exercise diaries
