

HUNTER NEW ENGLAND  
NSW HEALTH

*Our vision: Healthier communities, Excellence in healthcare  
Our values: Teamwork, Honesty, Respect, Ethics, Excellence, Caring, Commitment, Courage*

**HEARTMOVES**

Heart Foundation

**An Integrated system for physical activity referrals (Half Way to Heartmoves)**  
Half Way to Heartmoves  
Dawn McIvor CNC Cardiology

**Project is designed as:**

- As an alternative exercise component for cardiac rehabilitation for **low risk clients who return to work**
- A self management referral programme for clients after completion of Outpatient cardiac rehabilitation
- A community based exercise component of the Hunter Diabetes self management programme.

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**Inclusion**

- D/C following MI or PTCA and risk stratified Low risk
- Clients completing cardiac rehabilitation
- Clients with diabetes attending evening diabetes self management programme.

**Exclusion**

- Intermediate and high risk patients with cardiac disease.
- Diabetic clients without medical clearance

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**Clinical Structure**



- Assessment clinic
- Cost
- Referral
- Meet and Greet
- Orientate gym
- Heartmoves class x4**
- Reassessment
- Maintenance

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**Exercise Component**



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**Clinical Governance**

- Guideline document
  - Details clinical structure
  - Director cardiology/diabetes approval
  - CNC Cardiology review
  - Recording adverse events as per HNE policy
  - Risk Management
  - Review Meetings

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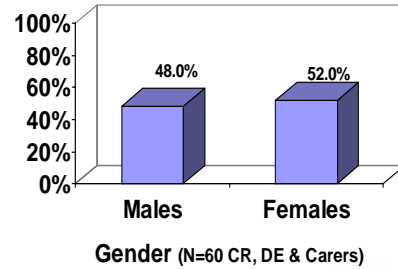
## Who are the clients of Half Way ?

- There were a total of N=73 enrolments in the 12 months of the pilot
- Of these:
  - N= 39 were Cardiac patients:
    - n = 20 Were CR Phase II clients
    - n = 19 Were CR Phase III (Maintenance) clients
  - N=29 were Diabetic patients
  - N= 5 were carers

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## Gender Profile

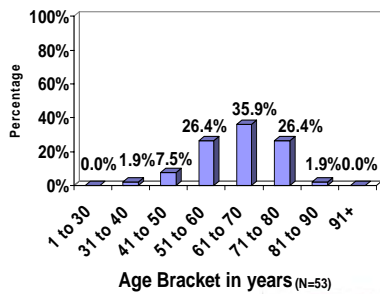


Gender (N=60 CR, DE & Carers)

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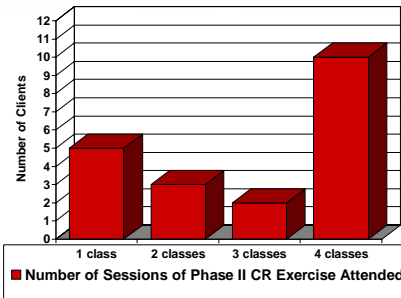
## Age Profile



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## Average Participation Rates in Exercise Component of Phase II CR (n=20 referrals)

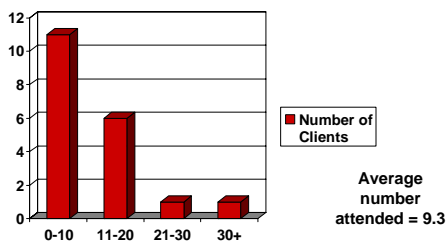


Average number of clients who completed all or all but one exercise session = 60%

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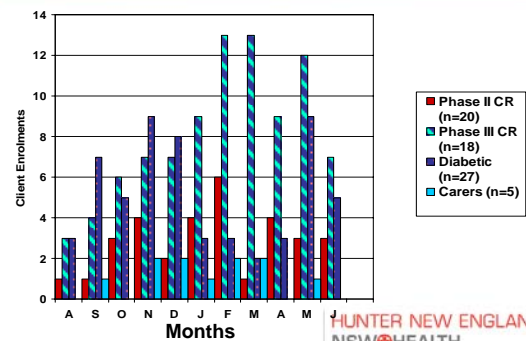
## Breakdown of Average Number of Sessions Attended for Phase III CR



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## Total number of clients attending at least once in each month



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## Conclusion

- Halfway to **Heartmoves** provides a safe alternative exercise component for low risk Phase II cardiac Rehabilitation programs
- Early indicators good completion/attendance /maintenance rate
- Clinical Governance/Risk management essential
- Multidisease rehab is possible

### Next Steps

- Compare Outcomes
- Alternative venues
- Intermediate patents

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## Acknowledgements

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Deborah Huff -local **Heartmoves** co-ordinator (Heart  
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## Resource links

- **Heartmoves Health Professional Resource Kit** -how to implement **Heartmoves** locally  
([www.heartfoundation.com.au/index.cfm?page=618](http://www.heartfoundation.com.au/index.cfm?page=618))
- Queries about **Heartmoves** - call Heartline 1300362787)
- Locality Directory  
[www.heartfoundation.com.au/downloads/HM\\_LocalityGuide\\_APR2006.pdf](http://www.heartfoundation.com.au/downloads/HM_LocalityGuide_APR2006.pdf)
- Home based exercise video/dvd (Heartline 1300 362787)
- Evaluation Report of **Heartmoves** as a community program([www.health.nsw.gov.au/pubs/h/pdf/heart030286.pdf](http://www.health.nsw.gov.au/pubs/h/pdf/heart030286.pdf))

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