

# The How to of Halfway to Heartmoves

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## Step 1



- Find a Heartmoves Leader.
- Find a local gym

**Hint**  
They usually come in  
pairs

## Develop Guideline Doc

- Background
- Decide on the scope
- Identify key team members
- Aims/Objectives
- Inclusion/exclusion criteria
- Clinical structure
- Format of sessions
- Roles/responsibilities

## Guideline Document

- Resources
  - Terms of reference
- Adverse event recording  
Accountability  
Review Meetings
- Clinical Director sign off.  
Director of cardiology  
Manger/clinical governance etc  
Media!

## Step 3

- Start class
- **Hint**  
Familiarise self with  
gym/equipment/HM  
programme



## Step 4

- Review monthly
- Keep accurate data
- Monitor outcomes

