Cardiac Rehabilitation
A Workbook for use with Group Programmes

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Christine Jones
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## Abbreviations Used in This Book

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<tr>
<td>AACVPR</td>
<td>American Association of Cardiovascular and Pulmonary Rehabilitation</td>
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<tr>
<td>ACPLICR</td>
<td>Association of Chartered Physiotherapists in Cardiac Rehabilitation</td>
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<tr>
<td>ACS</td>
<td>acute coronary syndrome</td>
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<tr>
<td>AR</td>
<td>active recovery</td>
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<tr>
<td>BACR</td>
<td>British Association for Cardiac Rehabilitation</td>
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<tr>
<td>BMI</td>
<td>body mass index</td>
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<tr>
<td>CABG</td>
<td>coronary artery bypass graft</td>
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<td>CHD</td>
<td>coronary heart disease</td>
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<td>CHF</td>
<td>chronic heart failure</td>
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<tr>
<td>CPD</td>
<td>continuing professional development</td>
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<td>CR</td>
<td>cardiac rehabilitation</td>
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<td>CV</td>
<td>cardiovascular</td>
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<tr>
<td>ECG</td>
<td>electro-cardiogram</td>
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<td>GTN</td>
<td>glyceryl trinitrate</td>
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<td>HRR</td>
<td>heart rate reserve</td>
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<tr>
<td>ICD</td>
<td>implantable cardioverter defibrillators</td>
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<td>IPDR</td>
<td>individual performance and development review</td>
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<td>IPQ</td>
<td>Illness Perception Questionnaire</td>
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<td>MDT</td>
<td>multidisciplinary team</td>
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<tr>
<td>MHR</td>
<td>maximum heart rate</td>
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<tr>
<td>MI</td>
<td>myocardial infarction</td>
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<tr>
<td>NACR</td>
<td>National Audit for Cardiac Rehabilitation</td>
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<td>NSF</td>
<td>National Service Framework</td>
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<tr>
<td>PCI</td>
<td>percutaneous coronary intervention</td>
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<tr>
<td>PDP</td>
<td>personal development plan</td>
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<tr>
<td>RHR</td>
<td>resting heart rate</td>
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<tr>
<td>RPE</td>
<td>Rate of Perceived Exertion (also known as Modified BORG Scale)</td>
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<tr>
<td>SRM</td>
<td>self-regulatory model</td>
</tr>
<tr>
<td>WHO</td>
<td>World Health Organization</td>
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About the Authors

**Julian Bath** is a Consultant Health Psychologist based at Gloucestershire Royal Hospital with ten years’ experience of working in cardiac rehabilitation in Gloucestershire. He also has experience of working in renal, diabetes and rheumatology services. He has a wide range of knowledge, skills and experience in health psychology, including consultancy work, published book chapters and research papers and teaching/training of health professionals and students to doctoral level.

**Gail Bohin** is a Clinical Psychologist with Gloucestershire Cardiac Rehabilitation Service. In addition to contributing to the multidisciplinary rehabilitation group programme she also works individually with cardiac patients. Since completing her doctoral training in 1999, she has worked with a variety of patient populations in both physical and mental health and primary and secondary care. These include primary care psychology for working-age adults, oncology, palliative care, stroke, older adults and renal care.

**Christine Jones** is a Cardiac Rehabilitation Specialist Nurse with nearly 20 years’ experience of working with cardiac patients, including five years in her current post in Gloucestershire. In addition to delivering cardiac rehabilitation Christine is link nurse for patients with implantable cardioverter defibrillators and has a special interest in arrhythmias.

**Eve Scarle** has worked as a physiotherapist for the past seven years, five of which have been spent working in cardiac rehabilitation. She has recently taken up a post as Lecturer in Sport and Physical Activity at the University of Gloucestershire. Eve has a keen interest in exercise for referred populations and has been instrumental in setting up a cardiovascular and GP exercise referral scheme for the university. She also has a background in working in gyms and health clubs, teaching exercise to music and gym instruction.