

Cardiology

with Dr. Anthony Peters

Talking points

Knowledge

1. What is heart failure with preserved ejection fraction (HFpEF)?
2. What problems does HFpEF cause for patients?
3. What are the aims of the Blended Onsite and Offsite Structured exercise Training and coaching (BOOST) clinical trial?

Comprehension

4. Why do people with HFpEF experience breathlessness and fatigue during exercise?
5. Why are medications not effective at improving the quality of life of patients with HFpEF?
6. Why do some patients with HFpEF find it difficult to keep doing exercise long term?

Application

7. A patient with HFpEF says they struggle to stay motivated to exercise at home. Using ideas from BOOST, what strategies could help them?
8. How could you adapt an exercise program for an older adult with HFpEF who has limited access to transport and low confidence?

Evaluation

9. If exercise interventions like BOOST are proven to be effective, how might this change the way hospitals treat long-term conditions like heart failure? What implications could this have for healthcare staffing and funding?

Activity

Design your own exercise program to improve heart health

Individually or in groups, design a 3-week-long group exercise program aimed at improving the cardiovascular fitness and overall well-being of teenagers.

- What moderate-intensity aerobic exercises will your program contain? (e.g., jogging, brisk walking, dancing)
- What strength training exercises will your program contain? (e.g., chest press, leg extension)
- What other types of exercises will your program contain?
- How often will you schedule exercise sessions, and how long will each session last?
- What exercises will be conducted during group sessions and what will be done individually by participants at home?
- How will the intensity and regularity of sessions and the ratio of group-to-individual sessions change as the 3-week program progresses?
- How will you ensure participants gain social as well as health benefits from completing the program?
- How will you encourage participants to adopt regular physical activity into their everyday life once the program has ended?

Once you have designed your exercise program, design an assessment that you can conduct before and after the program to evaluate whether it improves the cardiovascular fitness and overall well-being of teenagers. For example, you could measure participants' resting heart rate and ask questions about their enjoyment of exercise and quality of life.

Finally, participate in your 3-week-long exercise program along with a group of other participants and evaluate its impact.

More resources

- Visit Anthony's Futurum webpage to read his article in Spanish and to find an animation, podcast, and PowerPoint about his work: futurumcareers.com/cardiology-with-dr-anthony-peters
- Learn more about different types of heart failure from Pumping Marvellous, the heart failure charity: pumpingmarvellous.org/heart-failure-guide/types-of-heart-failure



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