

Animation Script

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How can lifestyle exercise interventions be tailored to treat patients with heart failure? Dr. Anthony Peters

To make the most out of this script, you could:

- Stick it in your notebook as a record of watching Anthony's animation
- Pause the animation and make notes as you go
- Add your own illustrations to the sheet
- Create your own animation to accompany it
- Add notes from classroom discussions
- Make notes of areas you will investigate further
- Make notes of keywords and definitions
- Add questions you would like answered – you can message Anthony through the comments box at the bottom of his article: **www.futurumcareers.com/cardiology-with-dr-anthony-peters**

SCRIPT:

Heart failure affects more than six million people in the US and is one of the leading causes of hospitalization and death among older adults.

Dr. Anthony Peters is a cardiologist at Wake Forest University School of Medicine. While treating people with heart failure, Anthony noticed that many of his older patients often had multiple health conditions, struggled to do physical activity, and frequently returned to the hospital. This inspired him to conduct research into how to improve the care of these patients.

Around half of all people with heart failure have a condition called heart failure with preserved ejection fraction, or HFpEF. HFpEF occurs when there are changes in organs throughout the body including the heart muscle, which becomes stiff, making it harder for the heart to fill with blood between beats. As a result, the body is able to effectively use less oxygen-rich blood, leaving patients breathless and fatigued. This can make it increasingly difficult to carry out everyday tasks, which can significantly impact a patient's quality of life.

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Most current medications for HFpEF do not to improve a patient's ability to do physical activity, so Anthony is studying how supervised exercise training programs can be used most effectively for older patients with HFpEF. He has developed a 12-week exercise program that combines group exercise sessions with self-guided exercises at home to increase cardiovascular fitness. It also includes behavioral coaching to encourage participants to embed physical activity in their life once the program ends.

A key aspect of the program is that it encourages participants to find forms of exercise that they enjoy and to build supportive social connections, as this will increase their confidence in exercising independently.

To evaluate the impact of his supervised exercise program, Anthony will examine patients' cardiovascular health and overall well-being before and after they complete the program. To do this, he will measure factors such as patients' cardiovascular fitness, walking ability, grip strength, cognitive function and social connectedness.

Thanks to the work of cardiologists like Anthony, people with heart failure can be hopeful for a brighter future in which they can live a higher quality of life.

Now that you've heard Anthony's story, what could you achieve as a cardiologist?

Let us know what you think of this educational and career resource. To provide input, simply scan the QR code or use this link: redcap.school.wakehealth.edu/surveys/?s=NPK347RYHCR3FNDC