



## WHAT'S NEW IN EXERCISE PRESCRIPTION

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Exercise prescription is an integral component of cardiovascular disease (CVD) prevention and management. Following an acute cardiovascular event, exercise-based cardiac rehabilitation has been shown to have a multifactorial impact. Regular exercise training increases aerobic capacity, improves quality of life, improves heart function, suppresses inflammatory mediators associated with arteriosclerosis, improves endothelial function, reduces recurrent cardiac events, number and duration of hospital stays, as well as cardiac and all-cause mortality. Nevertheless, maintaining risk reduction in CVD requires an ongoing commitment to exercise.

To ensure optimal cardiovascular health outcomes, long term adherence to regular exercise is paramount. Unfortunately, many patients don't achieve evidence-based best practice. Only 30-50% of eligible patients are typically referred to outpatient cardiac rehabilitation and fewer still complete their program. Moreover, long term adherence to exercise following time-limited cardiac rehabilitation programs is generally poor, with less than 50% of rehabilitation attendees maintaining sufficient exercise one year post event.

While the benefits of exercise for CVD are well established, new evidence from novel approaches to prescription that reduce barriers by presenting a more efficacious, more time-efficient, more enjoyable approach should be considered in an evidence-based practice context.

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**Co-Presenters:** A/Prof Andre La Gerche; Dr Andrew Maiorana; Dr Michael Baker  
**Panel Practitioner:** Miss Angela Douglas  
**Session Chairperson:** Dr Belinda Parmenter