



RESEARCH TO  
PRACTICE 2018

27-29 MARCH 2018  
BRISBANE, QUEENSLAND

## ASSESSING CLIENTS WITH COMPLEX CARDIOVASCULAR CONDITIONS TO GUIDE SAFE AND EFFECTIVE EXERCISE PRESCRIPTION

**Dr Andrew Maiorana**

Formal exercise training is an important component of the multidisciplinary management of a broad spectrum of cardiovascular conditions. While patients with more advanced or complex cardiovascular disease are at increased risk of adverse responses during exercise, this can be minimised by comprehensive patient assessment, including exercise testing.

This presentation will consider what makes a client more complex with regards to exercise prescription and how the potential for adverse responses can be minimized. It will explore the valuable information that can be derived from a comprehensive patient assessment and the application of this information to guiding safe and effective exercise prescription. Easy to understand information will be provided about identifying 'red flags' in common medical assessments, as well as simple procedures that can be performed by the exercise practitioner. Exercise testing and prescription will be considered in a range of settings to be broadly applicable to exercise professionals working in both community and hospital-based environments.

**Abstract number:** 011  
**Session:** Heart Health: Putting the Evidence into Practice  
**Date:** Tuesday, 27 March 2018  
**Time:** 11:00am – 12:30pm  
**Co-Presenters:** A/Prof Andre La Gerche; Dr Andrew Maiorana; Dr Michael Baker  
**Panel Practitioner:** Miss Angela Douglas  
**Session Chairperson:** Dr Belinda Parmenter