

VIRTUAL CARDIAC REHABILITATION

YOUR PROGRAM

FOR PATIENTS AND CAREGIVERS

Presented by
UNIVERSITY HEALTH NETWORK



DELIVERY: ONSITE/COMPUTER
V1.07.2020

Table of Contents

Welcome 3

About Your Program 4

 Your Cardiac Rehab Team 6

 Commonly Used Words 8

Your Safety 11

Learning Plans 13

 16 Education Topics 14

Technology 48

 MS Teams 49

 Cardiac College 50

 THRiVE 52



WELCOME

Welcome

Welcome to our Virtual Cardiac Rehab Program. We are glad that you joined us. Our cardiac rehab program has been helping people reach their exercise and lifestyle goals for more than 50 years. You are in good hands.

Your program includes both exercise and education. Our team will work with you to create an exercise program that is safe and effective for you. Your education program includes 16 weekly learning plans that you will work through with the support of your cardiac rehab team. By taking part in your exercise and education program, you will improve your health and gain the knowledge and skills to manage your condition and maintain healthy habits.

Here is what patients have said about the care they received from our team.

“The instructors set the tone and it was always positive.”

“I felt I could make a difference in my life during the goal planning session. It was the realization that progress, rather than perfection, was the goal.”

“Without exception, your staff is kind, warm, welcoming, caring, helpful, and professional. They are very well-trained, knowledgeable and always eager to help. Your program is a life giving gift and I thank you all.”

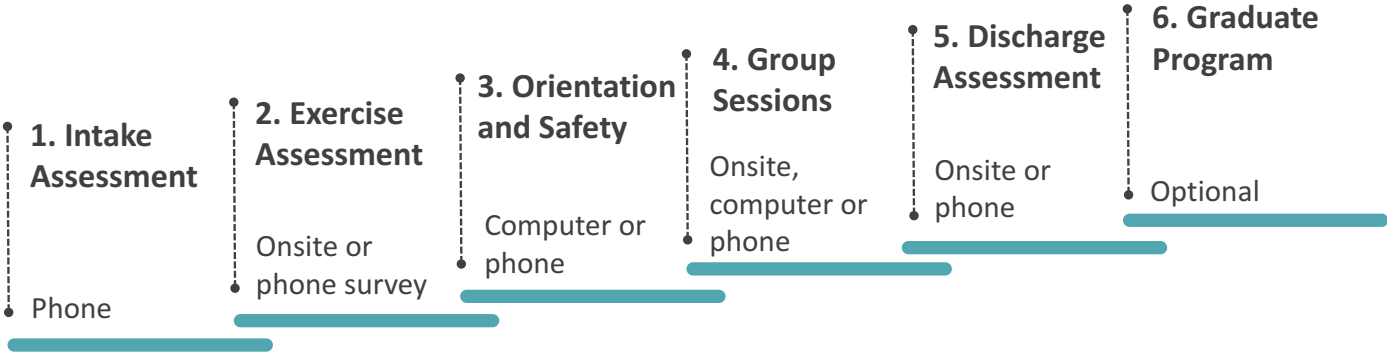
We look forward to working with you on your journey to better health.



ABOUT YOUR PROGRAM

About Your Program

Your cardiac rehab program is 16 weeks long and includes 6 main parts, shown in the picture below.



1. Intake Assessment

Our lab staff and program doctor talked to you about your medical history and risk factors for heart disease, did an exercise survey, and started a plan for your care.

2. Exercise Assessment

You may have come onsite to complete an exercise stress test. This test measures your fitness level. The team will use the information from this test to create an exercise prescription just for you. This prescription will guide you to exercise at a level that is safe and effective for you.

3. Orientation and Safety

This is the first scheduled group session in your program. Use your computer to join a required session to:

- Hear more about your program
- Learn about the rules that both you and our team need to follow to protect against COVID-19
- Learn about the technology being used to deliver group sessions
- Ask questions

4. Group Sessions

There are up to 12 scheduled group sessions - this includes the Orientation and Safety session. You will attend 4 sessions onsite at 347 Rumsey Road and 8 virtual sessions. During these sessions, your cardiac rehab team will help you create an exercise routine and provide expert advice on exercise and education related to your care.

5. Discharge assessment

As you get close to graduation you will review your program with your cardiac rehab team. To see the progress you have made, you may 1) complete an exercise stress test and, 2) repeat a few surveys and questions from the intake assessment so we can compare your numbers from the start and end of your program.

6. Graduate program

Stay connected to the program with access to education, exercise, and fundraising events after you graduate.

YOUR CARDIAC REHAB TEAM

Many team members work together to help you reach your goals in cardiac rehab. As the patient, you are the focus of the team.



A Cardiac Rehab Supervisor (CRS) will lead most of your sessions. Your CRS will:

- Provide you with a safe and effective exercise program
- Provide education to help you make changes to your health habits
- Connect you to other members of our team such as a dietitian, social worker, or psychologist, if needed
- Share your progress in the program with your doctor(s)

All of our CRSs are trained to provide safe and effective exercise programs. They are registered professionals in healthcare areas such as [kinesiology](#), [nursing](#), and [physiotherapy](#).

Appointments by Request

During your program, tell your cardiac rehab team if you would like to talk to a dietitian, social worker, or psychologist. They can help arrange a referral for you.

Meet with a registered dietitian

Dietitians explain nutrition in terms you can understand and support healthy living for their patients.¹ Dietitians look beyond fads and gimmicks to deliver reliable, life-changing advice just for you. They will help you reach your goals by talking about your needs and helping you solve problems that get in your way.

Meet with a social worker

Social workers help patients, families, and caregivers cope with the emotional, financial, and practical impact of a condition, such as cardiovascular disease.² They provide support and counselling and can help you access community services.

Meet with a psychologist

Psychologists are trained to assess, treat, and prevent behavioural and mental conditions.³ Our staff psychologist helps patients learn tools to overcome challenges with mood, anxiety, stress, pain, sleep, and trauma that are affecting their recovery from a heart condition or event.

¹[Dietitians of Canada](#)

²[About Social Work at UHN](#)

³[About Psychology at UHN](#)

COMMONLY USED WORDS

The list below explains a few important words that are used in our program. If, at any point in the program, you are not sure what something means, please ask your cardiac rehab team. It is important to your safety and progress that we have explained all ideas and instructions clearly. Many medical terms are also explained on our [Cardiac College](#) and [Diabetes College](#) websites.

Program

Cardiac Rehabilitation: Cardiac Rehabilitation (or Cardiac Rehab) is an exercise, education, and counselling program to help people recover from a heart condition or heart event. Cardiac rehab is proven to help people manage their condition and improve their health and quality of life. In fact, people who complete cardiac rehab are up to 50% less likely to die from a second heart event.

Virtual: in our program, 'virtual' refers to the use of phone or computer to complete your cardiac rehab program

Self-Management: self-management means you take an active role in your health. Being a self-manager means you 1) know about your health problems, 2) make informed choices about your health, 3) track and manage your symptoms, and 4) find answers and solve problems about your health. The learning plans in this manual provide many tools to help you become a self-manager.

Medical Terms

Cardiovascular disease: a group of diseases of the heart ('cardio') and blood vessels ('vascular').

Heart disease is the group of cardiovascular diseases that affect the structure and function of your heart. Examples include coronary artery disease, heart failure, valve disorders, and arrhythmias (problems with the rhythm of your heart).

Vascular disease is the group of cardiovascular diseases that affect your blood vessels. Examples include: peripheral arterial disease (disease of the blood vessels that supply your arms and legs) and cerebrovascular disease (disease of the vessels that supply blood to your brain).

Angina: angina is a warning sign that your heart is under stress. When there is not enough blood getting to your heart you may feel pain in one or more of these areas: chest, jaw, arms, upper back, or throat. You may also feel short of breath, feel very tired (fatigue), or have nausea (upset stomach). Your cardiac rehab team will talk to you about how to manage angina.

Exercise

Aerobic Exercise: aerobic exercise is continuous activity using all the major muscle groups. It allows your heart rate to slowly increase to a target rate and keeps it at this level for a period of time. Examples include: walking, cycling, jogging, and swimming

Exercise Stress Test: an exercise stress test involves walking on a treadmill or cycling on a stationary bike. You will be attached to an electrocardiogram (ECG)

so the lab team can watch how your heart responds to exercise. Your cardiac rehab team uses the information from this test to create a safe and effective exercise program, just for you.

Physical Activity: physical activity is any body movement that uses your muscles and requires energy¹ such as recreational activities, household chores, playing, aerobic exercise, and resistance training. Physical activity is not the same as exercise. Exercise is a type of physical activity that is planned and structured.

Rating of Perceived Exertion (RPE): the Rating of Perceived Exertion scale (RPE scale) will help you rate how much effort you are using during exercise.

Resistance Training (RT): resistance training is a type of exercise that improves the strength of the muscles in your body. These exercises can be done with different types of equipment such as hand held weights, resistance bands or tubes, exercise machines, or your body weight.

Education

Health e-University: Health e-University is a web-based education platform created by our team. The website provides reliable information that can help you treat your disease, get active, eat healthy, feel well, and take control of your health. Health e-University includes [Cardiac College](#) and [Diabetes College](#).

THRIVE: THRiVE is a 12-week education program to help you make small changes each day to be healthier and live the best life you can. Your education program uses the THRiVE videos, action planning tools, and reflection tools as part of your 16-week program.

¹WHO <https://www.who.int/news-room/fact-sheets/detail/physical-activity>



YOUR SAFETY

Your Safety

Safety is very important to us. We begin every day with a team safety meeting to help ensure the safety of our patients and our team. Safety is one of the 7 central priorities of UHN.

Safety and COVID-19

During the coronavirus (COVID-19) pandemic, we have added new measures to keep you safe.

- Most (or all) of the program is virtual so you can do your cardiac rehab from home
- All staff wear the recommended personal protection equipment (PPE)
- We limit how many people can be in the building at one time
- All patients need to wear a mask unless they are exercising
- All people need to remain 6 feet (or 2 metres) apart
- We follow all rules put in place by the Ontario government and UHN

Exercise Safety

There are many resources to help keep you safe while you exercise. Learn more in the '[Staying active for a healthy heart](#)' booklet and in the [Toolbox for Getting Active](#) on Cardiac College.



What if I have questions about my care?

If you have questions about your care, try to work with your cardiac rehab team to address your concerns.

You can contact the front office team by phone 416-597-3422 extension 5200

If you need more help, contact [Patient Relations](#) by phone 416-340-4907 or email: patientrelations@uhn.ca

Patient Relations is there to support you and hear your questions, complaints, suggestions, or compliments.



LEARNING PLANS

Learning Plans

There are 16 learning plans – one for each week of your program. Most of the education will be delivered by your CRS during your group sessions. Some learning plans assign self-learning – learning that you can do at home either before or after your group session.

Your education program is based on THRiVE – a structured education program available on Cardiac College and Diabetes College. THRiVE uses education, goal setting, and action planning to help you make small changes over time to improve your health.

The list below describes the features of your learning plans. All learning plans are 2 pages.

- Delivery: onsite, virtual group session (MS Teams), or self-learning
- Instructions: what to bring to class; reminders to check your email
- Clinical Care Focus: the focus of the discussion with your group
- Learning Focus: video or slide presentation topic
 - Learning Goals
 - Watch a video or slide presentation
 - Learn more at home (optional)
 - Access tools for self-management
- Before the Next Session: tasks to complete before the next session
- Next Week: topic and delivery for the next session

16 EDUCATION TOPICS

The education is delivered in a structured order, shown below. Visit the [Health e-University website](#) at any time to learn about topics that are different from the weekly focus.

Week 1: Virtual Group Session



1. Create a Plan for Change

Weeks 2 to 5: Onsite Group Sessions



2. Exercise and Weather Safety



3. Start an Aerobic Exercise Program



4. Start a Resistance Training Program



5. How Your Heart Works
(watch this webinar before or after your onsite session)

Weeks 6 to 8: Virtual Group Sessions



6. Sit Less, Move More



7. Eat the Mediterranean Way



8. Manage Depression, Stress and Burnout

Mid-point: Congratulations! You are half-way done your program.

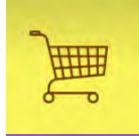
Weeks 9 to 16: Virtual Group Sessions and Self-Learning



9. Self-Learning: Develop a Healthy Relationship with Food



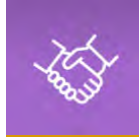
10. Take Your Medicine



11. Self-Learning: Choose Healthy Foods



12. Sleep Well



13. Self-Learning: Strengthen Your Social Relationships



14. Choose Health Everyday



15. Self-Learning: Sexual Health



16. Exercise and Weather Safety



LEARNING PLAN 1

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Virtual Group Session (MS Teams)

Instructions: Check your email for a link to join the group session

Clinical Care Focus: Orientation

- What cardiac rehab is and how it can help you
- What we are doing to keep you safe onsite
- Using MS Teams, Cardiac College and THRiVE
- How to track your exercise

Learning Focus: Create a Plan for Change

Even when you know that a new healthy habit can improve your health, it is not always easy to make a change. This week's learning plan is focused on teaching you the steps to create a plan for change.

1. Review the learning goals

By the end of this learning plan you will know:

- how to choose one behaviour to focus on for the week
- how to create an action plan for the week

2. Watch the THRiVE video with your group





LEARNING PLAN 1

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more from home (optional)

- Talk to your cardiac rehab team
- Health e-University website: [Goal Setting and Action Planning](#)
- Cardiac College Learn Online Webinar: [Set Goals and Action Plans at Home](#)
- Cardiac College Patient Guide: [Setting Goals for a Healthy Heart](#)
- Get Active Toolbox: [Aerobic Exercise Diary](#)
- Get Active Toolbox: [Measure Your Walking Route](#)

4. Access Tools for Self-Management

- [Cardiac College Toolbox](#)

Before the next session

- Create a vision and set goals: [Start my plan \(within THRiVE\)](#)
- Use the THRiVE tool to reflect on your week: [Reflect](#)

Next week

- Come onsite to 347 Rumsey Road, Toronto M4G 1R7
- Topic: Exercise Safety
- Activity: Aerobic exercise on the indoor track
- Come ready to exercise: bring running shoes, a water bottle, and comfortable clothing



LEARNING PLAN 2

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Onsite at 347 Rumsey Road, Toronto, ON M4G 1R7

Instructions:

- Arrive 15 minutes before your scheduled class time
- Come ready to exercise – bring running shoes, bring a water bottle filled with water, and wear clothes you can exercise in

Clinical Care Focus: Exercise Safety and an Exercise Trial

- Stretching routines
- Symptoms to be aware of and what to do
- Exercise trial on the indoor track

Learning Focus: Exercise and Weather Safety

Hot and cold weather conditions can affect how your body responds to exercise. Learn what tools you can use to help you decide if it's safe for you to exercise outdoors.

1. Review the learning goals

By the end of this learning plan you will know:

- how your body may respond to a change in weather
- how to exercise safely when there is a change in weather

2. Watch the slide presentation with your group





LEARNING PLAN 2

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your cardiac rehab team
- Cardiac College website: [Exercise and Hot Weather](#)
- Cardiac College website: [Exercise and Cold Weather](#)
- Cardiac College Learn Online Webinar: [Exercise In Hot Weather](#)
- Cardiac College Patient Guide: [Staying Active for a Healthy Heart](#)

4. Access Tools for Self-Management

- [Heat Safety Index](#)
- [Air Quality Index](#)

Before the next session

- Write down any questions you want to ask during the next session
- [Create your action plan](#) at the start of the week

Next week

- Come onsite to 347 Rumsey Road, Toronto, ON M4G 1R7
- Topic: Aerobic Exercise / Receive your exercise prescription
- Activity: Complete your exercise prescription on the indoor track
- Come ready to exercise – bring running shoes, bring a water bottle filled with water, and wear clothes you can exercise in



LEARNING PLAN 3

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Onsite at 347 Rumsey Road, Toronto, ON M4G 1R7

Instructions:

- Arrive 15 minutes before your scheduled class time
- Come ready to exercise – bring running shoes, bring a water bottle filled with water, and wear clothes you can exercise in

Clinical Care Focus: Aerobic Exercise on the Track

- Stretching routine
- Complete your exercise prescription

Learning Focus: Start an Aerobic Exercise Program

Starting and maintaining an exercise program is an important habit to help reduce the risk of heart disease. This week’s learning plan is focused on helping you to start an exercise program, even if you have never been active before.

1. Review the learning goals

By the end of this learning plan you will know:

- what aerobic exercise is
- how to plan for exercise
- the benefits of aerobic exercise
- how to exercise safely

2. Watch the THRiVE video with your group





LEARNING PLAN 3

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your cardiac rehab team
- Cardiac College website: [Aerobic Exercise](#)
- Cardiac College Learn Online Webinar: [Exercise Safely](#)
- Cardiac College Patient Guide: [Staying Active for a Healthy Heart](#)
- Diabetes THRiVE: [Start an Aerobic Exercise Program](#)

4. Access Tools for Self-Management

- [Tools for Getting Active](#)

Before the next session

- [Create your action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- Use THRiVE to complete your reflection

Next week

- Come onsite to 347 Rumsey Road, Toronto, ON M4G 1R7
- Topic: Start a Resistance Training Program
- Activity: Resistance Training
- Come ready to exercise – bring running shoes, bring a water bottle filled with water, and wear clothes you can exercise in



LEARNING PLAN 4

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Onsite at 347 Rumsey Road, Toronto, ON M4G 1R7

Instructions:

- Arrive 15 minutes before your scheduled class time
- Come ready to exercise – bring running shoes, bring a water bottle filled with water, and wear clothes you can exercise in

Clinical Care Focus: Resistance Training

- Learn your resistance training program

Learning Focus: Start a Resistance Training Program

Resistance training is an important part of a well-balanced exercise program. Increasing muscle strength and endurance helps to increase your fitness and this lowers the risk of heart disease.

1. Review the learning goals

By the end of this learning plan you will know:

- what resistance training is
- the benefits of resistance training
- how to do resistance training safely

2. Watch the THRiVE video with your group





LEARNING PLAN 4

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your cardiac rehab team
- Cardiac College website:
 - [What is Resistance Training?](#)
 - [Resistance Training Video Gallery](#)
- Cardiac College Learn Online Webinars:
 - [Resistance Training at Home](#)
 - [Live Resistance Training Session \(1\)](#) and [Session \(2\)](#)
- Cardiac College Patient Guide: [Staying Active for a Healthy Heart](#)

4. Access Tools for Self-Management

- [Tools for Getting Active](#)

Before the next session

- [Create your action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- Use THRIVE to complete your reflection

Next week

- Come onsite to 347 Rumsey Road, Toronto, ON M4G 1R7
- Topic: How the Heart Works
- Activity: Resistance Training
- Come ready to exercise – bring running shoes, bring a water bottle filled with water, and wear clothes you can exercise in



LEARNING PLAN 5

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Onsite at 347 Rumsey Road, Toronto, ON M4G 1R7

Instructions:

- Arrive 15 minutes before your scheduled class time
- Come ready to exercise – bring running shoes, bring a water bottle filled with water, and wear clothes you can exercise in

Clinical Care Focus: Resistance Training

- Learn your resistance training program

Learning Focus: How the Heart Works

Your heart is a muscle that pumps blood through a huge network of blood vessels around your body.

1. Review the learning goals

By the end of this learning plan you will know:

- how a healthy heart works
- what can go wrong with the systems in your heart
- the treatment that try to correct these problems

2. Watch the recorded webinar ‘How Your Heart Works’ from home (before or after your onsite session)

[How Your Heart Works](#)





LEARNING PLAN 5

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your cardiac rehab team
- Cardiac College website: [How the Heart Works](#)
- Cardiac College Patient Guide: [How Your Heart Works and Common Types of Heart Problems](#)

4. Access Tools for Self-Management

- [Preparing for Your Doctor's Appointment](#)
- [Know Your Numbers](#)

Before the next session

- [Create Your Action Plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Virtual group session
- Topic: Sit Less, Move More / Risk Factors for Heart Disease



LEARNING PLAN 6

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Virtual Group Session (MS Teams)

Instructions: Check your email for a link to join the group session

Clinical Care Focus: Risk Factors

- Learn more about risk factors that increase the chance that you will get heart disease or that your heart disease will get worse
- Discuss the health behaviours that can help manage your risk factors

Learning Focus: Sit Less, Move More

Sitting for long periods of time increases the chance you will develop heart disease, diabetes and certain cancers. This week's learning plan is focused on coaching you through sitting less and moving more throughout your day.

1. Review the learning goals

By the end of this learning plan you will know:

- how sitting too much affects your health
- ways to sit less during the day

2. Watch the THRiVE video with your group





LEARNING PLAN 6

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your cardiac rehab team
- Cardiac College website: [Sit Less, Move More](#)
- Cardiac College Learn Online Webinar: [Your Exercise Program](#)
- Cardiac College Patient Guide: [Staying Active for a Healthy Heart](#)

4. Access Tools for Self-Management

- [Tools for Getting Active](#)

Before the next session

- [Create Your Action Plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Virtual group session
- Topic: Eat the Mediterranean Way



LEARNING PLAN 7

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Virtual Group Session (MS Teams)

Instructions: Check your email for a link to join the group session

Clinical Care Focus: Exercise

- Discuss barriers to exercise and problem solve

Learning Focus: Eat the Mediterranean Way

Learn about the Mediterranean heart healthy eating pattern. Get tips on making healthy choices and including more whole foods in your diet.

1. Review the learning goals

By the end of this learning plan you will know:

- what foods to include in a heart healthy eating pattern
- how to include more whole foods in your eating

2. Watch the THRiVE video with your group





LEARNING PLAN 7

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your cardiac rehab team
- Cardiac College website: [Mediterranean style recipes, using whole foods](#)
- Cardiac College Learn Online: [Heart Healthy Ways of Eating](#)
- Cardiac College Patient Guide: [Eating Well for a Healthy Heart](#)

4. Access Tools for Self-Management

- [Tools for Healthy Eating](#)
- [Are you eating the Mediterranean Way?](#)

Before the next session

- Create your [action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- Complete the [Mediterranean Diet Score](#)
- Book your exercise stress test
- Watch the [Progressing Your Exercise at Home](#) webinar
- [Reflect](#) on your week

Next week

- Virtual group session
- Topic: Manage Stress, Depression and Burnout



LEARNING PLAN 8

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Virtual Group Session (MS Teams)

Instructions: Check your email for a link to join the group session

Clinical Care Focus: Exercise

- Discuss barriers to exercise and problem solve

Learning Focus: Manage Depression, Stress and Burnout

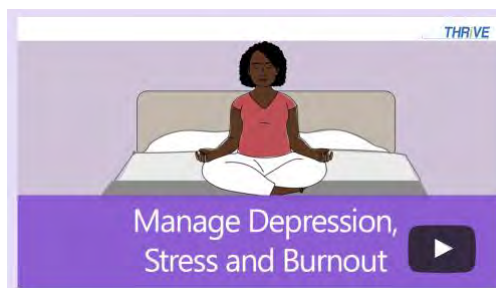
Trying to manage your heart disease every day can decrease your emotional health. Depression, stress, and burnout are common in people living with heart disease. This week's learning plan is focused on teaching you to identify these common feelings and provides techniques to help you feel in charge of your health.

1. Review the learning goals

By the end of this learning plan you will know:

- what depression, stress, and burnout are
- techniques you can try to help you feel in charge of your health

2. Watch the THRiVE video with your group





LEARNING PLAN 8

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your doctor or cardiac rehab team
- Cardiac College website:
[Stress and Sense of Control](#)
[Anxiety & Depression](#)
- Cardiac College Learn Online Webinar: [Coping with Stress, Anxiety and Depression](#)
- Cardiac College Patient Guide: [Managing Stress for a Healthy Heart](#)

4. Access Tools for Self-Management

- Resources to help with [chronic stress](#)
- Books to help with [psychological distress](#)
- Ways to take action to [reduce depression](#)

Before the next session

- [Complete your action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Self-Learning – no group session
- Topic: Develop a Healthy Relationship with Food



LEARNING PLAN 9

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Self-Learning (no group session)

Instructions: Check your email for information from your cardiac rehab team

Clinical Care Focus: Mid-Point Progress Assessment

- Your cardiac rehab team will contact you to review your assessment

Learning Focus: Develop a Healthy Relationship with Food

How you eat is just as important as what you eat. This week's learning plan is focused on teaching you how to eat mindfully and intuitively for better health.

1. Review the learning goals

By the end of this learning plan you will know:

- the importance of paying attention to flavour, texture, and your surroundings when you eat
- ways to eat with more pleasure and know when you are full

2. Watch the THRiVE video





LEARNING PLAN 9

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your cardiac rehab team
- Health e-University website: [Mindful and Intuitive Eating](#)
- Cardiac College Learn Online Webinar: [Mindful Eating](#)
- Cardiac College Patient Guide: [Eating Well for a Healthy Heart](#)

4. Access Tools for Self-Management

- Assess your hunger using the [hunger scale](#)
- [Tools for Healthy Eating](#)

Before the next session

- Create your [action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Virtual group session
- Topic: Take Your Medicine



LEARNING PLAN 10

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Virtual Group Session (MS Teams)

Instructions: Check your email for a link to join the group session

Clinical Care Focus: Exercise

- Discuss barriers to exercise and problem solve

Learning Focus: Take Your Medicine

Research says that taking your heart medicines regularly as prescribed will help prevent your heart disease from getting worse and decrease the chance you will have another heart event. This week's learning plan will coach you through understanding your heart medicines and why it is important to take them regularly as prescribed by your doctor.

1. Review the learning goals

By the end of this learning plan you will know:

- the common classes of heart medicines and how they help you
- who can help you manage side effects and answer your questions

2. Watch the THRiVE video with your group





LEARNING PLAN 10

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your doctor or cardiac rehab team
- Cardiac College website: [Heart Medicines](#)
- Cardiac College Learn Online Webinar: [Taking Your Heart Medicines](#)
- Cardiac College Learn Online Webinar: [More About Heart Medicines](#)
- Cardiac College Patient Guide: [Taking Your Heart Medicines](#)
- Diabetes College: [THRiVE - Take Your Medicine](#)

4. Access Tools for Self-Management

- Make an appointment with your doctor or pharmacist to talk about your medicines. Prepare for your doctor visits using the [PACE Guide Sheet](#)
- Record your medicines in the [Cardiac Medications Chart](#)
- MedsCheck [personal medication record](#)

Before the next session

- [Complete your action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Self-Learning – no group session
- Topic: Choose Healthy Foods



LEARNING PLAN 11

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Self-Learning (no group session)

Instructions: Check your email for information from your cardiac rehab team

Clinical Care Focus: Reflect on Your Needs

- Tell your cardiac rehab team if you would like an appointment with the dietitian, social worker, or psychologist

Learning Focus: Choose Healthy Foods

A healthy way of eating includes more fresh, whole foods and less processed foods. This week's learning plan is focused on teaching you about saturated fat, sodium, and fibre to lower your blood pressure, blood cholesterol, and blood sugar.

1. Review the learning goals

By the end of this learning plan you will know:

- types of foods that can improve your heart health
- how to use a nutrition facts table to choose healthy foods

2. Watch the THRiVE video





LEARNING PLAN 11

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your cardiac rehab team
- Cardiac College website:
[Eat Healthy](#)
[Make Healthy Food Choices](#)
- Cardiac College Learn Online Webinar:
[How to Choose Heart Healthy Foods](#)
[How to Read a Food Label](#)
- Cardiac College Patient Guide: [Eating Well for a Healthy Heart](#)
- Diabetes College: [THRIVE - Choose Healthy Foods](#)

4. Access Tools for Self-Management

- Use the [nutrition facts table](#) to choose healthy food

Before the next session

- Create your [action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Virtual group session
- Topic: Sleep Well



LEARNING PLAN 12

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Virtual Group Session (MS Teams)

Instructions: Check your email for a link to join the group session

Clinical Care Focus: Exercise

- Discuss barriers to exercise and problem solve

Learning Focus: Sleep Well

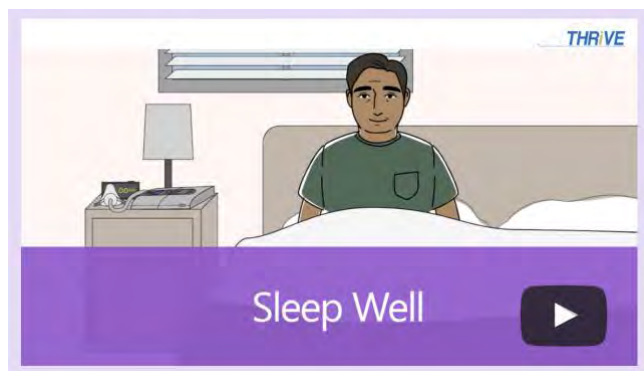
Getting a good night sleep is linked to better health and can improve how you feel. This week's learning plan is focused on helping you create an action plan to sleep better.

1. Review the learning goals

By the end of this learning plan you will know:

- what might be stopping you from sleeping well
- the signs of sleep apnea

2. Watch the THRiVE video with your group





LEARNING PLAN 12

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your doctor or cardiac rehab team
- Cardiac College website:
 - [Sleep Apnea](#)
 - [Disturbed Sleep](#)
- Cardiac College Learn Online Webinar:
 - [Sleeping Well for Better Heart Health](#)
- Cardiac College Patient Guide: [Managing Stress for a Healthy Heart](#)

4. Access Tools for Self-Management

- Tell your cardiac rehab team if you would like an appointment with the social worker or psychologist
- Review some [Helpful Hints for Better Sleep](#)

Before the next session

- [Complete your action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Self-Learning – no group session
- Topic: Managing Social Relationships



LEARNING PLAN 13

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Self-Learning (no group session)

Instructions: Check your email for information from your cardiac rehab team

Clinical Care Focus: Progress Your Exercise

- Tell your cardiac rehab team if you feel ready to progress your exercise

Learning Focus: Strengthen Your Social Relationships

Learning to manage your heart disease can be stressful and lonely. Having social relationships can help you cope better and reduce stress. This week's learning plan is focused on creating and valuing healthy, positive relationships to improve your health.

1. Review the learning goals

By the end of this learning plan you will know:

- how social relationships can improve your health
- how heart disease can affect sex and intimacy
- techniques to create healthy relationships

2. Watch the THRiVE video





LEARNING PLAN 13

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your doctor or cardiac rehab team
- Cardiac College website:
[Healthy Relationships](#)
- Cardiac College Patient Guide:
[Enjoying a Healthy Relationship and Sexual Intimacy](#)

4. Access Tools for Self-Management

- Tips on [communicating](#) your feelings

Before the next session

- Create your [action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Virtual group session
- Topic: Choose Health Everyday



LEARNING PLAN 14

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Virtual Group Session (MS Teams)

Instructions: Check your email for a link to join the group session

Clinical Care Focus: Exercise

- Discuss barriers to exercise and problem solve

Learning Focus: Choose Health Everyday

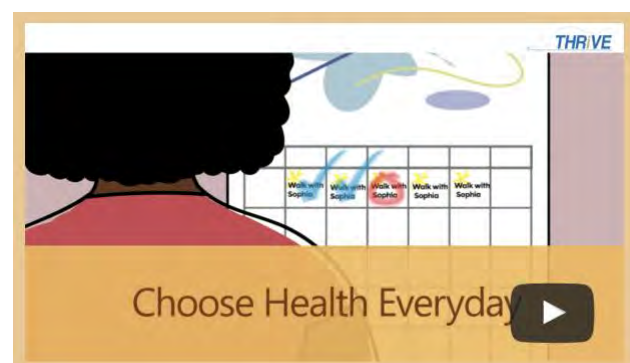
Each day you can make choices that support your journey to better health. Relapse from a healthy habit back to an unhealthy habit is common. Getting back on track will take hard work and courage, but you can do it. This week's learning plan is focused on coaching you through how to maintain your healthy habits.

1. Review the learning goals

By the end of this learning plan you will know:

- how to maintain your healthy habits
- what to do if you stop your healthy habit

2. Watch the THRiVE video with your group





LEARNING PLAN 14

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your doctor or cardiac rehab team
- Cardiac College website: [Problem Solving](#)
- Cardiac College Patient Guide: [Setting Goals for a Healthy Heart](#)

4. Access Tools for Self-Management

- Visit the '[After THRiVE section](#)' on the Health e-University website to find tools to help you maintain your healthy habits.

Before the next session

- [Complete your action plan](#) at the start of the week
- Book your exercise stress test
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Self-Learning – no group session
- Topic: Sexual Health



LEARNING PLAN 15

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Self-Learning (no group session)

Instructions: Check your email for information from your cardiac rehab team

Clinical Care Focus: Final Discharge Assessment

- Your cardiac rehab team will contact you to review your final assessment

Learning Focus: Sexual Health

All healthy relationships need respect, sharing and trust. In a romantic relationship, intimacy and sexuality are also important. Having a heart condition and recovering from a heart event can cause problems with your sexual intimacy. This week's learning plan is focused on returning to sexual activity after a heart event.

1. Review the learning goals

By the end of this learning plan you will know:

- ways to communicate better with your family
- how to feel comfortable returning to sexual activity after a heart event

2. Watch the recorded webinar from home (before or after your onsite session):

[Communication, Relationships, and returning to Sexual Activity](#)

Cardiovascular Prevention &
Rehabilitation



**Communication, Relationships,
and Returning to Sexual Activity**





LEARNING PLAN 15

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your doctor or cardiac rehab team
- Cardiac College website: [Healthy Relationships](#)
- Cardiac College Patient Guide: [Enjoying a Healthy Relationship and Sexual Intimacy](#)

4. Access Tools for Self-Management

- Tips on [communicating](#) your feelings
- Find answers to [commonly asked questions](#) about sexual intimacy after a heart event

Before the next session

- Create your [action plan](#) at the start of the week
- Complete your [Exercise Diary](#)
- [Reflect](#) on your week

Next week

- Virtual group session (last session)
- Topic: Graduation



LEARNING PLAN 16

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Delivery: Virtual Group Session (MS Teams)

Instructions: Check your email for a link to join the group session

Clinical Care Focus: Graduate Resources

- Learn where to find graduate resources
- Discuss motivation to maintain your healthy habits

Learning Focus: Exercise and Weather Safety

Hot and cold weather conditions can affect how your body responds to exercise. Learn what tools you can use to help you decide if it's safe for you to exercise outdoors.

1. Review the learning goals

By the end of this learning plan you will know:

- how your body may respond to a change in weather
- how to exercise safely when there is a change in weather

2. Watch the slide presentation with your group





LEARNING PLAN 16

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

3. Learn more at home (optional)

- Talk to your cardiac rehab team
- Cardiac College website: [Exercise and Hot Weather](#)
- Cardiac College website: [Exercise and Cold Weather](#)
- Cardiac College Learn Online Webinar: [Exercise In Hot Weather](#)
- Cardiac College Patient Guide: [Staying Active for a Healthy Heart](#)

4. Access Tools for Self-Management

- [Heat Safety Index](#)
- [Air Quality Index](#)
- Visit the '[After THRiVE section](#)' on the Health e-University website to find tools to help you maintain your healthy habits.

Maintain Your Healthy Habits

- [Complete your action plan](#) at the start of each week
- Complete an [Exercise Diary](#)
- [Reflect](#) on your week
- Continue to access [Cardiac College](#)



Congratulations on your graduation! It takes a lot of hard work to get here. We wish you the very best on your journey to better health.



TECHNOLOGY

Technology

Technology has allowed us to connect with patients and co-workers when being together is not easy or possible. Your virtual program uses MS Teams, Internet, and phone to deliver a complete cardiac rehab program. Most of your education resources can be found on our [Health e-University](#) website. Posting resources on the website means you always have access to reliable information even after your program ends.

We understand that while technology helps us connect, it also comes with challenges. Tell your cardiac rehab team if you need help joining group sessions, finding resources on the website, or using THRiVE. We are here to support you.

MS TEAMS

MS Teams is the video conferencing platform that we are using to deliver your virtual group sessions. MS Teams is free software that is secure, private, and confidential. You received instructions on using MS Teams when you started the program. **Your CRS will send an email to invite you to the virtual group sessions.**

Equipment

Check if you have the right equipment before you join a virtual group session.

- A device to watch the presentation: use a desktop computer, laptop, smartphone (iPhone or Android), or tablet (iPad or Android)
- A microphone so others can hear you: use the microphone built into your device, a headset, or call in by phone
- Speakers so you can hear others: use the speakers built into your device, external speakers, a headset, or call in by phone
- A camera if you want others to see you: use the camera built into your device or an external webcam
- A private and stable internet connection

Software

Check if you have the right software before you join a virtual group session.

- MS Teams app downloaded onto your device
- If you choose to use your internet browser, use: Internet Explorer 11, Microsoft Edge, the latest version of Chrome, or the latest version of Firefox

CARDIAC COLLEGE

Cardiac College (<http://www.cardiaccollege.ca>) is a web-based patient education platform built by the Toronto Rehab and Peter Munk Cardiac Rehab team. The college is founded on five pillars - Treat Heart Disease, Get Active, Eat Healthy, Feel Well, and Take Control of Your Health. Access all resources on this website for free during and after your program.



Treat Heart Disease

- [How the Heart Works](#)
- [What is Heart Disease](#)
- [Diagnosing Heart Disease](#)
- [Heart Procedures](#)
- [Heart Medications](#)
- [Risk Factors](#)

Get Active

- [Active Living](#)
- [Aerobic Exercise](#)
- [Resistance Training](#)
- [Progressing Your Exercise](#)
- [Exercise & Cold Weather](#)
- [Exercise & Hot Weather](#)

Eat Healthy

- [What is Healthy Eating](#)
- [Fats](#)
- [Fibre](#)
- [Sodium](#)
- [Reading Food Labels](#)
- [Recipes](#)
- [Making Healthy Food Choices](#)
- [Are You Eating The Mediterranean Way?](#)

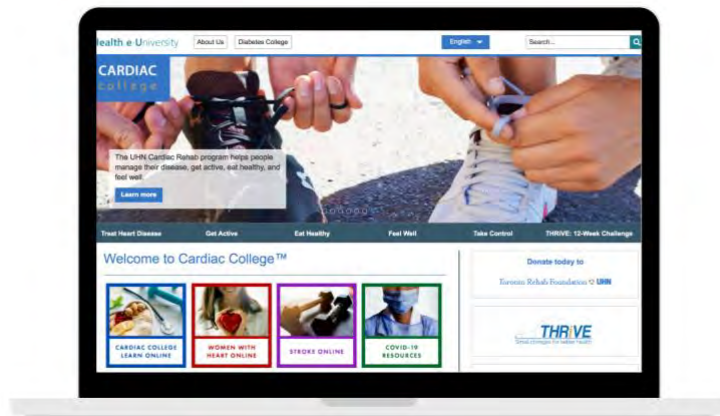
Feel Well

- [Sleep](#)
- [Stress & Sense of Control](#)
- [Anxiety & Depression](#)
- [Relationships](#)

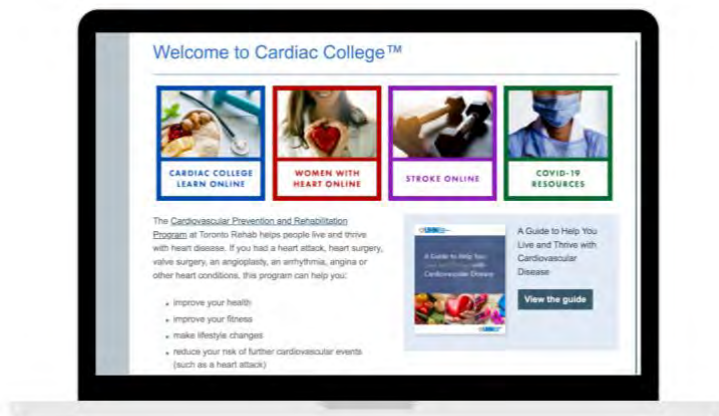
Take Control

- [Controlling Your Risk Factors](#)
- [Goal Setting & Action Planning](#)
- [Toolbox](#)

Cardiac College Homepage

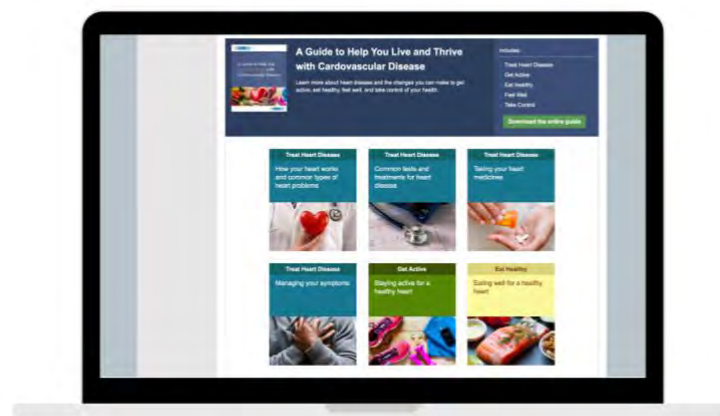


[CardiacCollege.ca](https://www.CardiacCollege.ca) allows users from around the globe to have free access to the material that includes recipes and nutrition videos, resistance training videos, and tools to support self-management.



Some of the information on this website includes:

- [Pre-recorded webinars](#)
- [Women's series live & pre-recorded webinars](#)
- [Stroke resources](#)
- [COVID-19 resources](#)



A Guide to Help You Live and Thrive with Cardiovascular Disease includes 9 booklets. All booklets are available for free download on the Cardiac College website ([here](#)). This guide was developed by our healthcare team working closely with patient partners. The guide is available in 6 languages.

THRIVE

THRiVE is a 12-week education program designed to help you make small changes over time to improve your health. Your education program uses the THRiVE videos, action planning tools, and reflection tools as part of your 16-week program. THRiVE includes topics from all 5 pillars of Cardiac College.

How do I access and use THRiVE?

You can access THRiVE from any page on Cardiac College. Follow the 5 steps below to use all features of this education program.



Step 1

At the start of each week, choose a topic to learn based on your learning plans.



Step 2

Watch the video to **learn** what small changes you can make.



Step 3

Go to the **Plan Tab** to create your weekly action plan



Step 4

Do your action plan for the week.



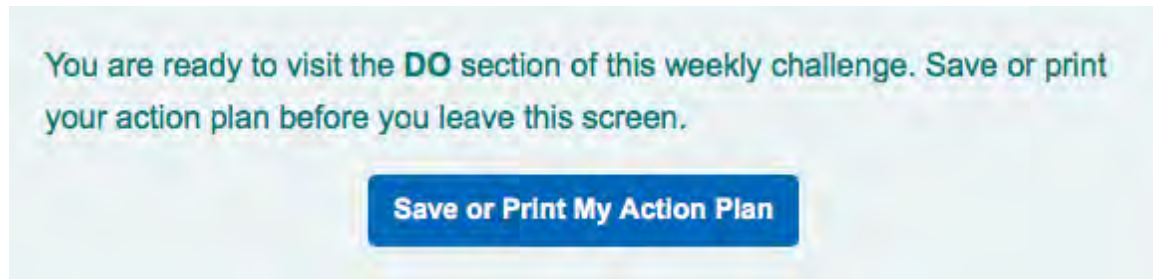
Step 5

Return to the website at the end of the week and use the **Reflect** section to review your plan



How do I save or print the action plan and reflection?

1. When you are done your action plan, click 'Save or Print My Action Plan (shown in the image below)



2. A pdf of your action plan will open. There are two ways to save the file

A. Select File → Save as

- Choose where you want to save your action plan on your computer
- Choose a title for your file
- Click save

OR

B. Hover your mouse over your action plan. The image below may appear. Click on the icon on the right (image of arrow and computer) to save your file.

- Some computers download the file automatically. Check your downloads folder after you click the download icon



**UNIVERSITY HEALTH NETWORK
TORONTO REHAB
PETER MUNK CARDIAC CENTRE**

CARDIOVASCULAR PREVENTION &
REHABILITATION PROGRAM

347 RUMSEY ROAD, TORONTO ON
M4G 1R7

PHONE: (416) 597-3422 EXT. 5200

WEBSITE: WWW.CARDIACCOLLEGE.CA