

## **Cardiac disease, rehabilitation, and secondary prevention**

This intensive training program addresses both theoretical and practical aspects of cardiac rehabilitation (CR) and secondary prevention. It teaches practical skills to assist metropolitan and rural practitioners to implement, conduct and evaluate rehabilitation and prevention programs. Sessions are delivered by a multi-disciplinary team of expert facilitators.

### **Objectives**

- A.** By the end of the course, participants will understand and be able to apply in a cardiac rehabilitation setting:
- Theories of behaviour change
  - Principles of adult learning
  - Principles of working with groups
  - Methods of assessing and improving patient health literacy
- B.** By the end of the course, participants will understand and be able to apply in a cardiac rehabilitation setting, and where appropriate communicate to patients, the latest evidence on:
- Practical aspects of diet
  - Psychosocial issues related to cardiac events
  - Returning to work and activities of daily living
  - Physical activity and exercise
- C.** By the end of the course, participants will understand and be able to apply in a cardiac rehabilitation setting:
- The way that organisational structure and processes affect patient recruitment and completion of CR
  - Issues in process and outcome evaluation of CR programs
- D.** By the end of the course, participants will be equipped with the latest evidence on:
- Cardiac disease and risk factors
  - Cardiac investigations, procedures and medications
  - How to plan and conduct exercise sessions