



## Think India (Quarterly Journal)

ISSN: 0971-1260 Vol-22, Special Issue-08  
in collaboration with

**Indira Gandhi Government Post Graduate College,**

Bangarmau, Unnao-209868, Uttar Pradesh, India



### Effect of Training Programme of Cardiac Patients

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#### **Abstract:**

*Cardiac Disease has become very popular problem and of the present era a new study reveals that a sedentary lifestyle, unhealthy eating habits and stress are responsible for the rising number of cardiac arrests. Largest-ever study of deaths shows heart ailments have replaced communicable diseases as the biggest killer in rural & urban India. Heart diseases have emerged as the number one killer in both urban and rural areas of the country. Preliminary results from the largest study, yet to find out the exact causes of mortality in India, have revealed that heart ailments take most lives in both urban and rural areas. About 25 per cent of deaths in the age group of 25- 69 years occur because of heart diseases. In urban areas, 32.8 per cent deaths occur because of heart ailments, while this percentage in rural The preliminary results relate to an analysis of 1,30,000 deaths that occurred between 2001 and 2003. So the sufferers should do physical activity and take precaution to improve their health and live healthy long life.*

**Keywords:** *Exercise, Training programme, Cardiac patients, Cardiovascular benefits.*

There is almost no disease that exercise doesn't benefit. As such, just because you've had a heart attack, a weak heart (congestive heart failure), or other heart disease doesn't mean that you have to sit around and do nothing. In fact, with regular exercise (greater than 150 minutes a week), you may hasten your recovery, improve heart function and even get off of some of the medications you're on. Cardiovascular benefits of exercise include:

- Strengthening your heart and cardiovascular system.
- Improving your circulation and helping your body use oxygen better.
- Improving your heart failure symptoms.
- Lowering blood pressure.
- Improving cholesterol.

It's never too late to increase your physical activity or start an exercise program. Get an "OK" and some guidelines from your physician before you start.

#### **Getting Started: Things to Discuss with Doctor**

Always check with your doctor first before starting an exercise program. Your doctor can help you find a program for your level of fitness and physical condition.

Here are some discussion questions:



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- How much exercise can do?
- How often can exercise each week?
- What type of exercise should do?
- What type of activities should avoid?
- Should take medication(s) at a certain time around exercise schedule?
- Do have to take pulse while exercising?

Doctor may decide to do a stress test, echo, or modify medications. Always check with doctor first before initiating any exercise.

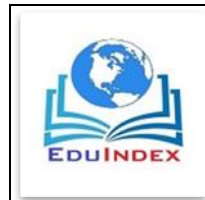
### **General Workout Tips and Caveats for People with Heart Failure**

- Avoid too much isometric exercises such as push-ups and sit-ups. Isometric exercises involve straining muscles against other muscles or an immovable object.
- Don't exercise outdoors when it is too cold, hot, or humid without checking with your doctor first. High humidity may cause you to tire more quickly; extreme temperatures can interfere with circulation, make breathing difficult, and cause chest pain. Better choices are indoor activities such as mall walking or a treadmill.
- Make sure you stay hydrated – within reason. It is important to drink water even before you feel thirsty, especially on hot days. But, be careful not to drink too much water. Check with your doctor first!
- If your exercise program has been interrupted for more than a few days (for example, due to illness, vacation or bad weather), make sure you ease back into the routine. Start with a reduced level of activity, and gradually increase it until you are back where you started.

### **Warnings during Exercise**

There are some precautions you must keep in mind when developing an exercise program:

- Stop the exercise if you become overly fatigued or short of breath; discuss the symptoms with your doctor or schedule an appointment for evaluation.
- Do not exercise if you are not feeling well or were very recently ill. You should wait a few days after all symptoms disappear before restarting the exercise program. If uncertain, check with your doctor first!
- If you have persistent shortness of breath, rest, and call your doctor. The doctor may make changes in medications, diet, or fluid restrictions.
- Stop the activity if you develop a rapid or irregular heartbeat or have heart palpitations. Check your pulse after you have rested for 15 minutes. If it's above 120 beats per minute at rest, call your doctor.
- If you experience pain, don't ignore it. If you have chest pain or pain anywhere else in the body, do not allow the activity to continue. Performing an activity while in pain may cause stress or damage to the joints.



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- If you pass out, call your doctor or seek urgent care.

### What Type of Exercise Is Best?

There are several forms of exercise which you should incorporate into every workout.

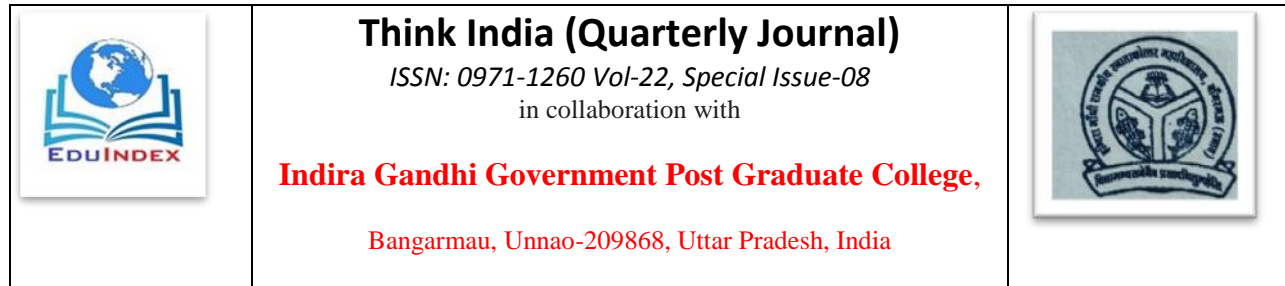
- **Stretching:** Stretching arms and legs before and after exercising helps prepare the muscles for activity and helps prevent injury and muscle strain. Regular stretching increases your range of motion and flexibility.
- **Cardiovascular or aerobic:** This means continuous (ideally non-stop) physical activity using large muscle groups. This type of exercise strengthens the heart and lungs and improves the body's ability to use oxygen. Aerobic exercise has the most benefits for your heart. In fact, aerobic exercise can help decrease your heart rate and blood pressure and improve your breathing (by making it more efficient). Aerobic exercise includes anything that gets your heart rate up and challenges you:
  - Walking
  - Jogging
  - Jumping rope
  - Biking (indoor or outdoor)
  - Cross-country skiing
  - Ice and roller skating
  - Rowing and low-impact aerobics
  - Water aerobics
- **Strengthening exercises:** These are repeated muscle contractions (tightening) until the muscle becomes tired. **NOTE:** For some people with heart failure, many strengthening exercises are not recommended.

### How Often Should Exercise?

To achieve maximum benefits, you should gradually work up to an aerobic session lasting 20 to 30 minutes, at least three to four times a week. The goal would be 150 minutes per week of aerobic exercise. Exercising every other day will help you start a regular aerobic exercise schedule. The American Heart Association recommends working up to exercising on most days of the week. While the more exercise you can do the better, any amount of exercise is beneficial to your health.

### What If Can't Do 20 or 30 Minutes of Exercise?

Everyone has to start somewhere. As such, even if you walk for 5 minutes, take a break for 5 minutes and it takes you 60 or even 90 minutes to complete 30 minutes of exercise, this is a



good way to start. Over time, string the exercise together and have less and less break time. Some exercise is better than no exercise

### **What Should Include in Program?**

Every exercise session should include a warm up, conditioning phase and a cool down.

**Warm Up:** This helps your body adjust slowly from rest to exercise. A warm up reduces the stress This is the last phase of your exercise session. It allows your body to gradually recover from the conditioning phase. Your heart rate and blood pressure will return to near resting values. In fact, do not sit, stand still or lie down right after exercise. This may cause you to feel dizzy or lightheaded or have palpitations. Ideally, slowly decrease the intensity of your activity (often with low-paced walking). Stretching is a great way to end your exercise routine.

During the conditioning phase, the benefits of exercise are gained and calories are burned. Be sure to monitor the intensity of the activity (check your heart rate). Continuous non-stop exercise is the goal. It also helps improve flexibility and reduce muscle soreness on your This is the last phase of your exercise session. It allows your body to gradually recover from the conditioning phase. Your heart rate and blood pressure will return to near resting values. In fact, do not sit, stand still or lie down right after exercise. This may cause you to feel dizzy or lightheaded or have palpitations. Ideally, slowly decrease the intensity of your activity (often with low-paced walking). Stretching is a great way to end your exercise routine.

### **How Do Know if Working Hard Enough?**

Your goal is to challenge yourself. Everyone's level to start is different. As such, you should be breathless, sweating, and unable to complete a full sentence when you're working in the conditioning phase. Obviously if you develop chest pain, feel faint, turn pale, or feel close to passing out, stop immediately and sit down. As time goes on, what you're doing will become easier and then too easy. If you're not challenged (i.e. breathless, sweating, and unable to complete a full sentence), walk or do your activity faster or at an incline. Challenge is the key to growth and recovery. But don't over do it! Always check with your doctor first.

### **General workout tips for heart disease patients:**

- Be sure any exercise is paced and balanced with rest.
- Avoid encouraging isometric exercises such as push-ups and sit-ups. Isometric exercises involve straining muscles against other muscles or an immovable object.
- Don't let the patient exercise outdoors when it is too cold, hot, or humid. High humidity may cause you to tire more quickly; extreme temperatures can interfere with circulation, make breathing difficult, and cause chest pain. Better choices are indoor activities such as mall walking.



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- Make sure your loved one stays hydrated. It is important to drink water even before you feel thirsty, especially on hot days.
- Extremely hot and cold showers or sauna baths should be avoided after exercise. These extreme temperatures increase the workload on your heart.
- Have your loved one steer clear of exercise in hilly areas. If he must walk in steep areas, ask him to slow down when going uphill to avoid working too hard. Have him monitor his heart rate closely.
- If the patient's exercise program has been interrupted for a few days (for example, due to illness, vacation, or bad weather), ease him back into his routine. He should start with a reduced level of activity and gradually increase it until he's back where he started.

There are many precautions someone with heart disease must keep in mind when developing an exercise program. If you have any questions, contact the patient's health care provider. Before you start to exercise, talk with your doctor about what type of exercise is right for you. Also ask about a safe heart rate range. Your doctor may even recommend a cardiac rehabilitation program. The following are some typical recommendations that may be made: Stop the exercise if you become overly fatigued or short of breath, and discuss the symptoms with your doctor. If you feel pain:

- Don't ignore it. If you have chest pressure or pain in your chest, neck, arm, jaw, or shoulder, stop exercising.
- If you have pain anywhere else in the body, stop exercising. Performing an activity while in pain may cause stress or damage on to the joints.

Stop the exercise and call your doctor or seek emergency medical help if you:

- Have frequent skipped beats or irregular heartbeat
- Feel weak
- Are dizzy or lightheaded
- Are nauseous
- Have blurred vision
- Have muscle cramps
- Have excessive shortness of breath
- Are profusely sweating
- Have any other symptoms that cause concern

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