

Exercise in Australian Cardiac Rehabilitation Programs

Introduction and Consent

This survey is part of a research project being conducted by researchers at the University of Sydney, looking to explore how and why different types of exercise are used/not used in Australian cardiac rehabilitation practice. You have been identified from the Australian Cardiac Rehabilitation Association (ACRA) online directory as a potentially eligible facility for participation in this survey.

Your participation in this research study is completely voluntary. If you decide to participate in this research survey, you may withdraw at any time. If you decide not to participate in this study or if you withdraw from participating at any time, you will not be penalized and withdrawal will not affect your relationship with the researchers or the University of Sydney.

The procedure involves filling out an online survey that will take approximately 15 minutes. We will not collect identifying information during the survey which may compromise the confidentiality or anonymity of your responses, and all subsequent data is stored in a password protected electronic format. The results of this study will be used for scholarly purposes only and may only be shared with University of Sydney representatives. This research has been approved by the University of Sydney Human Research Ethics committee.

If you have any questions about the research study, please contact Matthew Hollings via email at matthew.hollings@sydney.edu.au

Upon completion of the survey, you will be given the opportunity to enter a draw for:

1st Prize - your choice of an iPad mini 4 OR Samsung tablet

2nd Prize - Fitbit Alta

3rd Prize - \$50 Eftpos Gift Card

ELECTRONIC CONSENT: Please select your choice below.

Clicking on the "agree" button below indicates that:

- you have read the above information
- you voluntarily agree to participate
- you are at least 18 years of age

If you do not wish to participate in the research study, please decline participation by clicking on the "disagree" button.

- ☐ Agree
- ☐ Disagree

Exercise in Australian Cardiac Rehabilitation Programs

Program and Client Demographics

What proportion of your cardiac patients are in each of the following categories?

	0%	1-24%	25-49%	50-74%	75-99%	100%
Inpatient	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outpatient (<12 weeks post-event/cardiac surgery)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outpatient (12 weeks - 1 year post-event/cardiac surgery)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outpatient (1+ years post-event/cardiac surgery)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What proportion of your typical cardiac patients have the following diagnoses?

	0%	1-24%	25-49%	50-74%	75-99%	100%
Heart Failure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Myocardial Infarction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Revascularisation (CABG, PCI, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other Coronary Artery Disease (CAD) diagnosis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please specify)	<input type="text"/>					

What proportion of your program are men?

0%

50%

100%

☐

What are the most common age ranges in your program?

	0%	1-24%	25-49%	50-74%	75-99%	100%
<50 years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
50-59 years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60-69 years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
70+ years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Who typically supervises your exercise programs?

- ☐ Medical Doctor
- ☐ Registered Nurse
- ☐ Physiotherapist
- ☐ Exercise Physiologist
- ☐ Occupational Therapist
- ☐ Other tertiary qualified health professional (please specify below)

Other (please specify)

Exercise in Australian Cardiac Rehabilitation Programs

The use of aerobic exercise

Aerobic training is defined as the rhythmical contraction and relaxation of large muscle groups over a prolonged period of time, with the aim of improving cardiovascular fitness (e.g. walking, cycling). Please consider this definition when answering the following questions:

How often do you prescribe aerobic exercise as a component of your normal program?

- ☐ Always
- ☐ Mostly
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Exercise in Australian Cardiac Rehabilitation Programs

The use of aerobic exercise

Aerobic training is defined as the rhythmical contraction and relaxation of large muscle groups over a prolonged period of time, with the aim of improving cardiovascular fitness (e.g. walking, cycling). Please consider this definition when answering the following questions:

What type of aerobic exercise is used? (can choose more than one option/s)

- ☐ Treadmill Walking/Jogging/Running
- ☐ Outdoor or Indoor Walking/Jogging/Running
- ☐ Indoor Cycling
- ☐ Outdoor Cycling
- ☐ Indoor Rowing
- ☐ Swimming
- ☐ Recreational Games/Sports

Other (please specify)

How do you monitor/prescribe aerobic exercise intensity? (can choose more than one option/s)

- ☐ Rate of Perceived Exertion (RPE)
- ☐ Heart Rate (HR max, HR reserve, etc.)
- ☐ Workload (e.g. Power, Force, Speed, rpm, etc.)
- ☐ Ischaemic Threshold
- ☐ Clinical Symptoms
- ☐ Don't monitor/prescribe intensity

Other (please specify)

What intensity of aerobic exercise is typically prescribed? (can choose more than one option/s)

- ☐ Near-Maximal to Maximal (>96% HRmax, >8.5/10 RPE)
- ☐ Vigorous (77-95% HRmax, 6-8.5/10 RPE)
- ☐ Moderate (64-76% HRmax, 4-6/10 RPE)
- ☐ Light (57-63% HRmax, 2-4/10 RPE)
- ☐ Very Light (<57% HRmax, <2/10 RPE)
- ☐ Not sure

Other (please specify)

Why do you prescribe aerobic exercise at your selected intensity? (can choose more than one option/s)

- ☐ Safety - less chance of cardiac-related incidents
- ☐ Safety - less chance of musculoskeletal-related incidents
- ☐ Adhering to national/international guidelines
- ☐ Advice from medical / health professional
- ☐ Optimise fitness outcome

Other (please specify)

Is there a reason you do not include aerobic exercise in your program? (can choose more than one option/s)

- ☐ Advice from medical specialist
- ☐ Staff not familiar with aerobic exercise supervision
- ☐ Unsure of dangers associated with this form of exercise
- ☐ Do not have required equipment/facilities

Other (please specify)

Exercise in Australian Cardiac Rehabilitation Programs

The use of resistance exercise

Resistance training is classified as any structured activity intended to specifically improve muscle strength or endurance (e.g. weights training, band-resistance, body-weight exercises, etc.). Please consider this definition when answering the following questions:

How often do you prescribe resistance training as a component of your normal program?

- ☐ Always
- ☐ Mostly
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Exercise in Australian Cardiac Rehabilitation Programs

The use of resistance exercise

Resistance training is classified as any structured activity intended to specifically improve muscle strength or endurance (e.g. weights training, band-resistance, body-weight exercises, etc.). Please consider this definition when answering the following questions:

What equipment is used for resistance training? (can choose more than one option/s)

- ☐ Free Weights (Dumbbells, Barbells)
- ☐ Machine Weights
- ☐ Resistance-bands
- ☐ Body Weight (Push ups, Suspension training, Squats, etc.)

Other (please specify)

How do you monitor/prescribe resistance training intensity? (can choose more than one option/s)

- ☐ Percent of Maximal Strength (% 1RM)
- ☐ Rate of Perceived Exertion (RPE)
- ☐ Heart Rate
- ☐ Specified Number of Repetitions
- ☐ Specified Weight
- ☐ Clinical Symptoms
- ☐ Don't monitor/prescribe intensity

Other (please specify)

What intensity is resistance training typically prescribed? (can choose more than one option/s)

- ☐ Near-Maximal to Maximal (8.5/10 RPE; >85% maximal strength)
- ☐ Vigorous (6-8.5/10 RPE; 70-84% maximal strength)
- ☐ Moderate (4-6/10 RPE; 50-69% maximal strength)
- ☐ Light (2-4/10 RPE; 30-49% maximal strength)
- ☐ Very Light (<2/10 RPE; <30% maximal strength)
- ☐ Not sure

Other (please specify)

Why do you prescribe resistance training at your selected intensity? (can choose more than one option/s)

- ☐ Safety - less chance of cardiac-related incidents
- ☐ Safety - less chance of musculoskeletal-related incidents
- ☐ Adhering to national/international guidelines
- ☐ Advice from medical / health professional
- ☐ Optimise fitness outcome

Other (please specify)

Is there a reason you do not include resistance training in your program? (can choose more than one option/s)

- ☐ Advice from medical specialist
- ☐ Staff not familiar with resistance exercise supervision
- ☐ Unsure of whether there are dangers associated with this form of exercise
- ☐ Unsure of whether there are benefits with these clients
- ☐ Do not have required equipment / facilities

Other (please specify)

Exercise in Australian Cardiac Rehabilitation Programs

Testing and Progression

What screening is performed for a new patient prior to their first exercise session? (can choose more than one option/s)

- ☐ Cardiac Function (e.g. treadmill stress test, stress-echo, etc.)
- ☐ Aerobic Fitness (maximal or submaximal)
- ☐ Physical Function (e.g. 6-minute walk, sit-to-stand, gait speed, balance, etc.)
- ☐ Strength Testing (e.g. maximal muscular strength/endurance)
- ☐ Resting ECG / heart rate
- ☐ Physical Exam
- ☐ Review results received from referring specialist/hospital/GP
- ☐ No testing prior to exercise

Other (please specify)

Are aerobic and/or resistance training intensity/volume made more challenging throughout the course of the program?

- ☐ Yes - Both
- ☐ Yes - Aerobic only
- ☐ Yes - Resistance only
- ☐ No - Both
- ☐ Not sure

How is **aerobic exercise** intensity/volume made more challenging? (can choose more than one option/s)

- ☐ Increase in frequency of session per week
- ☐ Increase in duration of some/all sessions
- ☐ Increase in time per activity
- ☐ Increase in speed/resistance
- ☐ Re-test to establish new maximal capacity
- ☐ N/A

Other (please specify)

How is **resistance training** intensity/volume made more challenging? (can choose more than one option/s)

- ☐ Increase in frequency of session per week
- ☐ Increase in duration of some/all sessions
- ☐ Increase in time/reps/sets per activity
- ☐ Increase in weight/speed/resistance
- ☐ Re-test to establish new maximal capacity
- ☐ N/A

Other (please specify)

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Further Information and Contact

Would you like to enter the prize draw?

- ☐ Yes
☐ No

Would you like to be contacted to provide further information on the use of exercise within your program?

- ☐ Yes
☐ No

Researchers at the University of Sydney (Cumberland campus) will be offering a free 12-week exercise program for post-rehab cardiac patients to examine the feasibility of high-intensity exercise on outcomes of overall health and function. If you may have patients interested in being involved, would you like to be contacted with further information about the program?

- ☐ Yes
☐ No
☐ N/A - not located within NSW or Sydney region

Would you like to be contacted with outcomes of this research and/or the possibility of training packages from exercise professionals?

- ☐ Yes, both
☐ Yes, research outcomes only
☐ Yes, training package only
☐ No

If you answered 'Yes' to any of the above questions, please provide contact details below:

Name	<input type="text"/>
Qualification	<input type="text"/>
Facility Name / State	<input type="text"/>
Email	<input type="text"/>
Phone Number (optional)	<input type="text"/>

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Thank you for your time

We would like to thank you for taking the time to complete the survey. Prizes will be drawn on 1st March 2017 and winners will be contacted soon after.

Good luck!