



Comox Valley Take Heart & Breath Well Exercise Program

Inclusion Criteria:

- Medically stable post-myocardial infarction (MI)
- Stable Angina
- Coronary artery bypass graft surgery (CABG)
- Percutaneous transluminal coronary angioplasty (PTCA) or PCI or other transcatheter procedure
- Compensated congestive heart failure (CHF)
- Cardiomyopathy
- Heart or other organ transplantation
- Other cardiac surgery, including valvular, pacemaker or implantable cardioverter defibrillator devices
- Peripheral arterial disease (PAD)
- High risk cardiovascular disease (CVD) ineligible for surgical intervention
- Sudden cardiac death syndrome
- End stage renal disease
- At risk for coronary artery disease (CAD) with diagnoses of diabetes mellitus, dyslipidemia, hypertension, obesity, or other diseases and conditions
- Chronic obstructive pulmonary disease, chronic bronchitis or emphysema
- Other clients who may benefit based on physician referral and consensus of the program team

Exclusion Criteria and Contraindications for Client Participation in Exercise:

- Unstable angina
- Recent significant change in resting ECG suggesting significant ischemia, resting ST segment displacement (>2 mm)
- Recent myocardial infarction (within 2 days), or other acute cardiac event
- Orthostatic blood pressure drop of >20 mm Hg with symptoms
- Resting systolic BP (SBP) > 200 mm Hg or resting diastolic BP (DBP) > 110 mm Hg **evaluated on a case-by-case basis.
- Critical aortic stenosis (peak systolic pressure gradient of >50 mm Hg with an aortic valve orifice area of <0.75 cm² in an average size adult)
- Moderate stenotic valvular heart disease
- Tachy-arrhythmias or brady-arrhythmias
- Hypertrophic cardiomyopathy and other forms of outflow tract obstruction
- Acute systemic illness or fever
- Uncontrolled atrial or ventricular arrhythmias with or without symptoms or hemodynamic compromise
- Exercise induced arrhythmias with or without symptoms
- Uncontrolled sinus tachycardia (>120 beats per minute)
- Uncompensated congestive heart failure with or without symptoms
- 3° AV block (without pacemaker)
- Active or acute pericarditis or myocarditis
- Acute pulmonary embolism or pulmonary infarction
- Acute thrombophlebitis



- Neuromuscular, musculoskeletal, or rheumatoid disorders exacerbated by exercise
- Uncontrolled diabetes (blood glucose of > 22mmol/L)
- Suspected or known dissecting aneurysm
- Acute infections
- Chronic infectious disease (i.e. mononucleosis, hepatitis, AIDS) *** evaluated on a case-by-case basis.
- Other metabolic conditions, such as acute thyroiditis, hypokalemia, hyperkalemia, or hypovolemia
- Psychiatric illness or decreased cognition that may create a safety concern to the patient/client or other participants