

CASE STUDY

Cardiac rehabilitation research

SECONDARY PREVENTION AND IMPROVING QUALITY OF LIFE

Scotland has the unenviable record of one of the highest levels of coronary heart disease and cardiovascular disease in the UK and the world. Cardiac rehabilitation (CR) is the key method of providing secondary prevention and improving prognosis and quality of life for those who survive a cardiac event. In 1985 the first comprehensive exercise-based programme in Scotland was established in Glasgow. Early research demonstrated it had clear benefits and the programme was quickly extended and expanded. Subsequently it has been embedded in CR guidelines used right across the UK.

Glasgow Caledonian University is at the forefront of research in CR and it continues to advance the knowledge and understanding of many aspects of cardiovascular disease and the management of patients and families. The university established the first Masters cardiac rehabilitation education programme for clinical specialists in 1998. Over 120 UK CR clinicians have attended and completed this course in its first decade.

Dr Morag Thow, a lecturer in the physiotherapy division of the School of Health and Social Care at the university, has dedicated many years to the investigation of cardiac rehabilitation. Thow was prompted to investigate this field of study after her mother underwent pioneering heart surgery in the 1970s. She realised that patients had no real programme of aftercare, and so she set about changing this. She helped to set up Glasgow's first CR unit with the Western Infirmary and Gartnavel Hospital. She has since helped develop the British Association for Cardiac Rehabilitation Exercise Instructor training course which is aimed at exercise professionals who are looking to develop their knowledge in exercise programming for people with cardiac disease. Thow was a member of the CR guideline development group of SIGN, the collaborative network of clinicians, other health care professionals, and patient organisations, funded by the Clinical Resource and Audit Group of the Scottish Executive Health Department. She has also written popular books on CR.

SCHOOL OF HEALTH AND SOCIAL CARE

The School of Health and Social Care at Glasgow Caledonian University is committed to developing professionally relevant training, which is responsive to local, national and international developments within healthcare provision. Being a key provider of trained professionals to the Scottish health and social care workforce, the school's experienced staff have established excellent links with NHS boards and divisions, the Scottish Government Health Department and care providers within the private and voluntary sectors. This means that the school's portfolio of professionally relevant courses can be continually developed. It also works closely with a range of partners across the sectors' statutory bodies to ensure that the CPD portfolio meets professional standards as they develop.



FURTHER INFORMATION:

www.gcal.ac.uk/shsc
www.bacrphaseiv.co.uk

Dr Morag Thow
 School of Health and Social Care
 Glasgow Caledonian University
 Cowcaddens Road
 Glasgow, G4 0BA
 0141 331 8300
shsc@gcal.ac.uk