

Exercise for intermittent claudication - Eve Scarle

15 May 2024 / 3PM

ATTENDEES

Liz Sutton, Eve Scarle

AGENDA

RESEARCH TRIAL

- JJE - one off funding for trial, 3 cohorts.
- Follow up - fed into CR phase IV
- Workbook and education (based on CR)
- Benefit - but not cost effective vs. angioplasty

NOTES

- Workbook - cardiac rehabilitation (replicate existing programmes)
- Exercise
- information/ education
- Exercise diary
- Why is it important to exercise
- Warm up/ conditioning session
- Seated options
- Active recovery
- Cool down
- Physio students / Bsc Vasc science students / dissertations
- Chesterton step test
- 6 minute walk test and modified walk test - 19 meters is indicative of clinically significant improvement.
- Funding - evidence based / Instructor and gym costings
- Vascular perceived exertion scales
- ?falls prevention
- Smoking cessation = education - not included

ACTION ITEMS

1. Workbook - check intellectual property rights with FT
2. Pulmonary rehabilitation
3. Cardiac rehabilitation
4. Write programme - CR basis, Eve to review