

ACTIVITY AFTER HOSPITALIZATION FOR ANGINA OR HEART ATTACK

PATIENT/FAMILY INFORMATION SHEET

What type of activity can I do when I get home?

Although it is recommended that you perform some type of self-care activity once you are home, **it is important to have a conversation with your physician about what is safe for you.** Below are some general guidelines that you can use to facilitate discussion with your physician.

1. Duration of activity: Activity can last up to 20 minutes. The 20 minutes does not have to be completed at one time. You can break it up into 3 to 5 minute sessions. Rest when needed!
2. Intensity: Activities are restricted to low intensity and consist mainly of self-care activities and selected arm and leg exercises. As you are performing the activity, ask yourself how you feel overall. Describe how hard you are exerting yourself by using the Rate of Perceived Exertion (RPE) scale (see below). You should be working less than a "13" or "somewhat hard" during any activity until your doctor tells you otherwise. **If you feel uncomfortable or experience unusual symptoms, stop all activity and rest.**
3. Types of activities: Your physician will recommend activities that are safe for you (see below).

RPE Scale

- 6. No exertion at all
- 7. Very, very light
- 8.
- 9. Very light
- 10.
- 11. Fairly light
- 12.
- 13. Somewhat hard
- 14.
- 15. Hard
- 16.
- 17. Very hard
- 18.
- 19. Very, very hard
- 20.

Source: G. Borg, (1998)

Activities

- | | |
|---|---|
| <input type="checkbox"/> Washing, shaving, dressing | <input type="checkbox"/> Shopping |
| <input type="checkbox"/> Washing dishes | <input type="checkbox"/> Lifting up to 5 pounds |
| <input type="checkbox"/> Dusting, ironing | <input type="checkbox"/> Bicycling |
| <input type="checkbox"/> Light stretching | <input type="checkbox"/> Swimming at a slow pace |
| <input type="checkbox"/> Driving | <input type="checkbox"/> Sexual activity |
| <input type="checkbox"/> Gardening | <input type="checkbox"/> Stair climbing |
| <input type="checkbox"/> Walking slowly | <input type="checkbox"/> Tennis (non-competitive) |
| <input type="checkbox"/> Golf with a powered cart | <input type="checkbox"/> Other: _____ |

Ask your physician if you are an appropriate candidate for the Cardiac Rehabilitation Program at Greenwich Hospital. For further information, call 203. 863.3756.

For more Patient Education Fact Sheets, see the Greenwich Hospital web site at www.greenhosp.org and click on Patient & Visitors, then Patient Education Rev. 7/04