

Physiotherapists' Role in Cardiac Rehabilitation in Community

Upon completion of the programme, you will be able to

- keep abreast of the current evidence on exercise in cardiac rehabilitation
- understand the principle of Frequency, Intensity, Time, and Type (FITT) in exercise prescription for community dwelling individuals with cardiac conditions
- understand the exercise intensity techniques and progression in cardiac rehabilitation
- aware of safety issues during exercise training for cardiac patients with co-morbidities
- prescribe resistance training for community dwelling individuals with cardiac conditions

Contents

- Exercise in cardiac rehabilitation (CR): the evidence
- Exercise prescription: FITT, extending to community phase
- Exercise intensity techniques
- Safety issues during exercise training with co-morbidities
- Exercise progression
- Resistance training



Date, time and venue

8 October 2024 (Tuesday) at 19:00 – 21:00 (2 hours)

HKPA Office Address: Rm 901, 9/F, Rightful Centre, 12 Tak Hing Street, Jordan, Kowloon

Accreditations: PT CPD 2 points (CPD code: AC1240140)

Target and fee:

HKPA C&PWG member: Free

HKPA member: \$50

Other local registered physiotherapists: \$650

Online registration (please scan the QR code on the right) 

Limited capacity: 30, first-come-first-served



Instructor: Dr Jamie LAU RPT, DHSC (University of the West of England)

Jamie Lau was an experienced clinical physiotherapist in Hospital Authority in various specialties before her retirement. She then continued her professional career in primary health care. She has taken up her work in Kwai Tsing District Health Centre for 5 years. After the phase 2 rehabilitation in hospital, survivors of acute myocardial infarction were referred to DHC for phase 3 community rehabilitation programme. Jamie and her team of physiotherapists continued the physical training and monitored their progress. With her academic background of Master degree in Women's Health Studies from CUHK and Doctorate of Health and Social Care from University of West of England, along with the certification of Exercise specialist from American College of Sports Medicine, Jamie evaluated the cardiac rehabilitation programme and presented the significant results in the 9th Asian Preventive Cardiology & Cardiac Rehabilitation Conference in 2022.