

# Exercise Prescription in Inherited Cardiac Conditions

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The benefits of exercise are well established.

Historical exercise recommendations in inherited cardiac conditions (ICCs) adopted a conservative stance.

Although the 2020 ESC guidelines<sup>1</sup> on exercise in patients with ICCs are more liberal, issues with exercise prescription remain due to:

- 1. Lack of evidence** - guidelines mostly based on consensus recommendations
- 2. Heterogeneity of ICCs** restrict guideline applicability.
- 3. Lack of physician education** around exercise prescription.
- 4. Absence of structured cardiac rehabilitation programmes** in ICCs.

- To assess whether health professionals discuss exercise and provide exercise advice.
- To identify if this cohort of patients would benefit from a change in exercise prescription practice.
- To empower and educate health professionals to prescribe exercise.
- To create educational resources for patients.

Audit: Retrospective examination of 100 ICC clinic letters in a tertiary centre (Jan-Mar 2023)



Documentation of exercise habits and advice?

Data presented.  
Educational session (ES)

Re-audit: Retrospective examination of further 50 ICC clinic letters (Jan 2024)

Data provided to Director of Moving Medicine (MM) in support of a physical activity (PA) resource for ICC physicians and patients.

MM is an initiative by The Faculty of Sports and Exercise Medicine UK to provide health professionals

In the initial audit and re-audit respectively, mean age was  $51.5 \pm 15.4y$  vs  $57 \pm 16.5y$ , 60% vs 50% male, 70% vs 52% white and the majority had hypertrophic cardiomyopathy (HCM) (52% vs 48%) (**Figure 1**).

**Figure 1**

The average BMI was  $27.4 \pm 6.1 \text{ kg/m}^2$  vs  $28.5 \pm 5.3 \text{ kg/m}^2$  (**Figure 2**).

**Figure 2**

coronary artery disease (CAD) and 6% vs 10% demonstrated existing CAD.

A large proportion of ICC patients are overweight/obese with risk factors/established CAD. This cohort stands to derive significant benefit.

Documentation of exercise habits and advice improved nearly two-fold following the ES.

Further support around exercise prescription is required. In collaboration with MM work has begun to create PA resources for ICC health professionals and patients, starting with HCM.

## REFERENCES