



CAPE
SPORTS
MEDICINE

CHRONIC DISEASE
INTERVENTION
PROGRAMME

Chronic disease of lifestyle are a group of diseases that share risk factors such as unhealthy dietary choices, smoking, lack of physical exercise, sedentary behaviour and life-stress.

The global burden of chronic disease has highlighted the need for more holistic, comprehensive interventions for the management and prevention of the progression of chronic disease; including cardiovascular disease, diabetes mellitus, chronic respiratory disease, cancer, fibromyalgia, chronic renal disorders, myopathies, and joint degeneration. In South Africa, a third of all deaths are due to chronic disease.

This medically supervised programme involves a systematic assessment followed by a lifestyle intervention plan that includes supervised exercise to increase the functional capacity and psychological well-being of patients.

- Upon entering the programme each patient is screened and risk stratified by a Sport & Exercise Medicine Physician. This requires a preliminary consultation and may require further assessment such as a stress ECG or other investigations if not already completed by the specialist/ cardiologist.
- Following risk-stratification, a Biokineticist further assesses the patient before commencing their supervised exercise sessions. These tests include:
 - Blood pressure and heart rate monitoring
 - Body composition measurements
 - Strength and flexibility measurements
 - A functional capacity test
- The tests will be repeated at the end of the 12-week period in order for us to monitor progress.
- Upon completion of these tests they will be able to join either the morning or afternoon class. For those patients who are unable to participate in group sessions, the SSISA Biokinetics practice can offer one to one sessions for the duration of the rehabilitation plan.



PHASE 1



This component forms the first 12 weeks of the programme. Training is done in a small group session with a high staff/patient ratio. The emphasis is on slow, individualised and carefully monitored exercise that teaches the patient to trust in his or her body once again. Therapeutic education is a key focus and all patients are reassessed once they have completed this phase.

PHASE 2



This forms the second 12-week training component and an emphasis is placed on the improvement of physical fitness and the further reduction of risk factors. This part of the programme has been designed to prepare the patient so that he or she can eventually progress to medically directed (such as the Prime Time Programme) or unsupervised exercise settings.



The Chronic Disease Intervention Programme offers specific, medically supervised rehabilitation for people with chronic diseases of lifestyle.

THE PROGRAMME CATERS FOR ANYONE WHO HAS:

- Cardiac Disease (Bypass surgery, angioplasty, stent, arrhythmia, valve disease, heart failure, pacemakers etc.)
- Peripheral Vascular Disease
- Diabetes
- Metabolic Syndrome
- Respiratory Disease
- Cancer
- Renal Disease
- Rheumatoid and Osteoarthritis
- Fibromyalgia
- HIV Disease
- Frailty and ageing

The 2-part programme aims to modify these factors through a holistic approach that includes regular exercise, dietary intervention, stress management and patient education.

SPECIFIC CARDIAC RISK FACTORS WHICH ARE TARGETED INCLUDE:

- Physical inactivity
- Smoking
- High blood pressure
- High cholesterol
- Poor eating habits
- Stress



CLASS TIMES

Option 1:

Monday, Wednesday and Friday mornings from 7:00 to 8:00

Option 2:

Monday, Wednesday & Friday afternoons from 13:00 to 14:00

ACCOUNT PAYMENT

This programme is contracted OUT of medical aid, which in essence means that the patient is responsible for his or her account.

A receipt is issued after payment, which can be submitted to the medical aid in order to gain reimbursement.

For Programme costs and any other queries, please contact us on 021 659 5644 or info@cape-sportsmed.com



www.capesportsmed.com