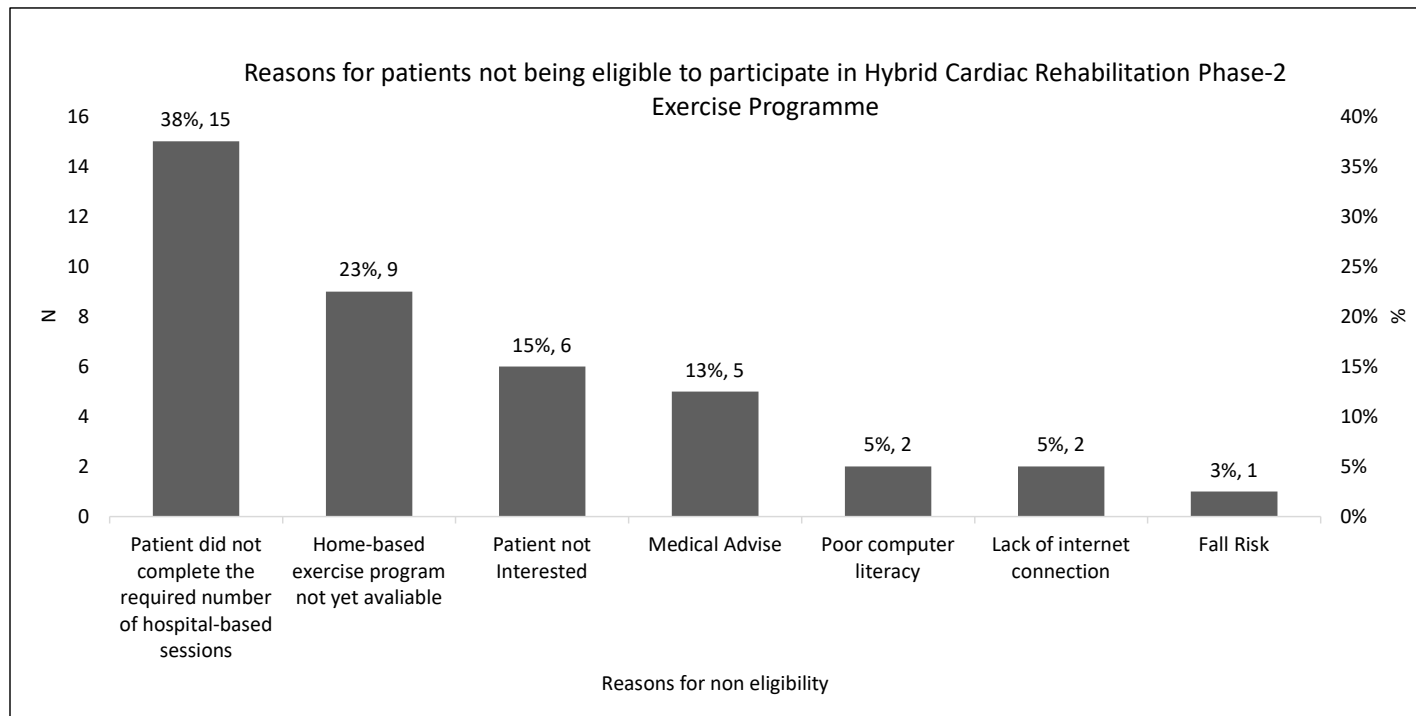


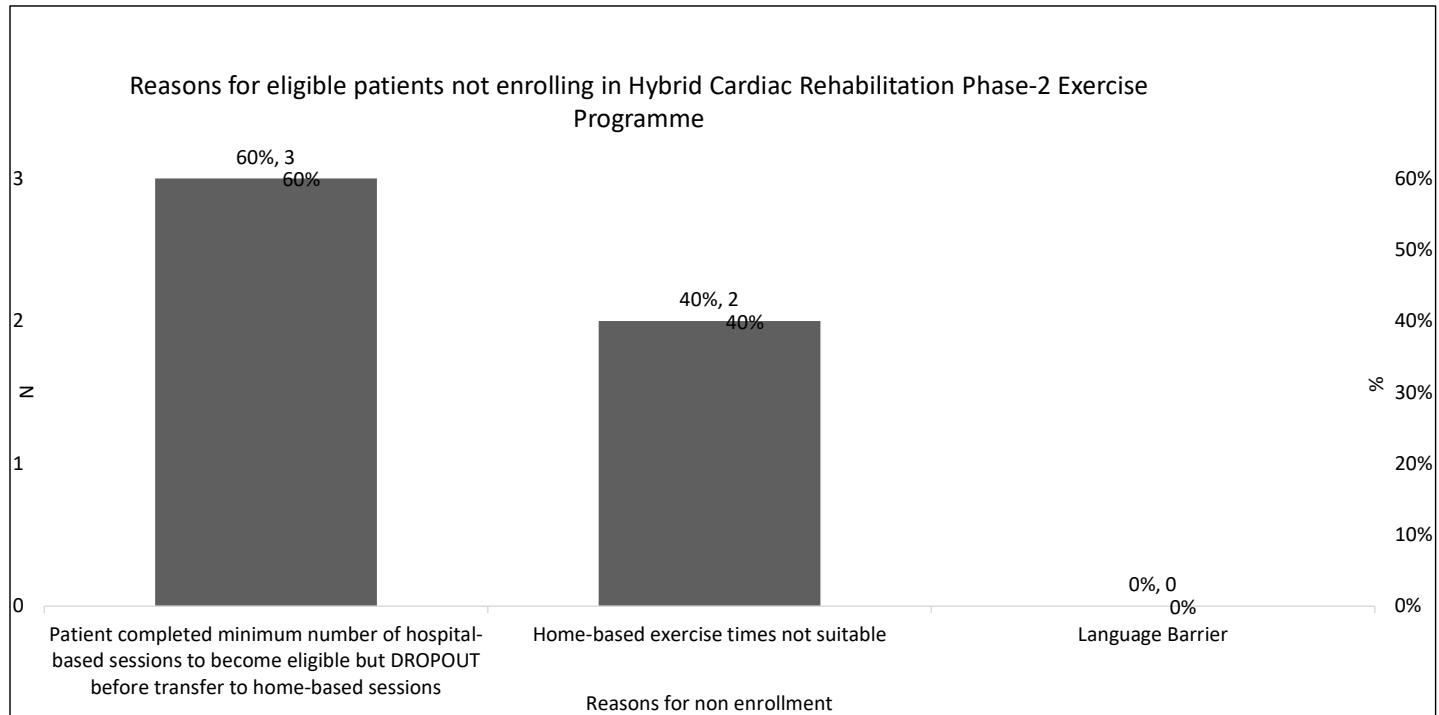
Remote Physical Activity Counselling Guiding Script

1. Identify myself
2. Explain to the patient the reason for this call: state objectives and outline of PA counselling
3. Explore patient's current situation:
 - "Can you tell me a little bit about in which ways you are staying active at home?"
 - Quantify IPAQ: How much activity: days and minutes per day as well as intensity (light/moderate/vigorous)
 - Describe the form or mode of activity.
 - Does he have exercise equipment at home? YES / NO, what equipment? If YES explore if use of equipment is correct or maximize and advice as possible based on the Exercise Card.
 - How much sedentary time: typically remind him/her of importance of breaking sedentary time.
4. Patient perceptions:
 - What does he think about his current levels of activity? Are they enough?
5. Counselling:
 - If ACTIVE:
 1. "That is great,... and How are you feeling about it?" Generate change talk, assess consistency, motivation, future potential issues, etc...
 - If NOT ACTIVE:
 1. Explore barriers: motivational vs practical (i.e lack of equipment)
 2. What is stopping him/her from being active?
 3. What things/ways does the patient think could help him/her start or increase his/her exercise levels?
 4. Explore his awareness of consequences of Inactivity for his/her Cardiovascular Health
 5. Work and explore with patient towards 5W of Exercising at Home:
 1. Why should he/her Exercise?
 2. What Exercise can he/she do?
 3. When to Exercise?
 4. Where to Exercise?
 5. Who can help him/her exercise?
 6. Explore readiness: regarding the 5W plan above: is the patient ready to commit to an immediate Action Step (i.e working out that same day or next)
 7. Is it possible to get him/her to generate a short term weekly SMART goal? i.e To exercise 2 times a week for 45 min at moderate intensity following the Cardiac Rehab Video.
 8. Record this goal on the Progress Note so whoever counsels him/her next can refer back to it
6. Remind patient of basic precautions and considerations
 - Monitor Signs and Symptoms
 - Warm-up and cool-down
 - Manage own intensity
 - Adherence to medications
 - Refraining from smoking
7. Follow-Up: When will we call the patient in 2 weeks? Record on the progress note.
1. Document Counselling / Assessment notes on Cerner

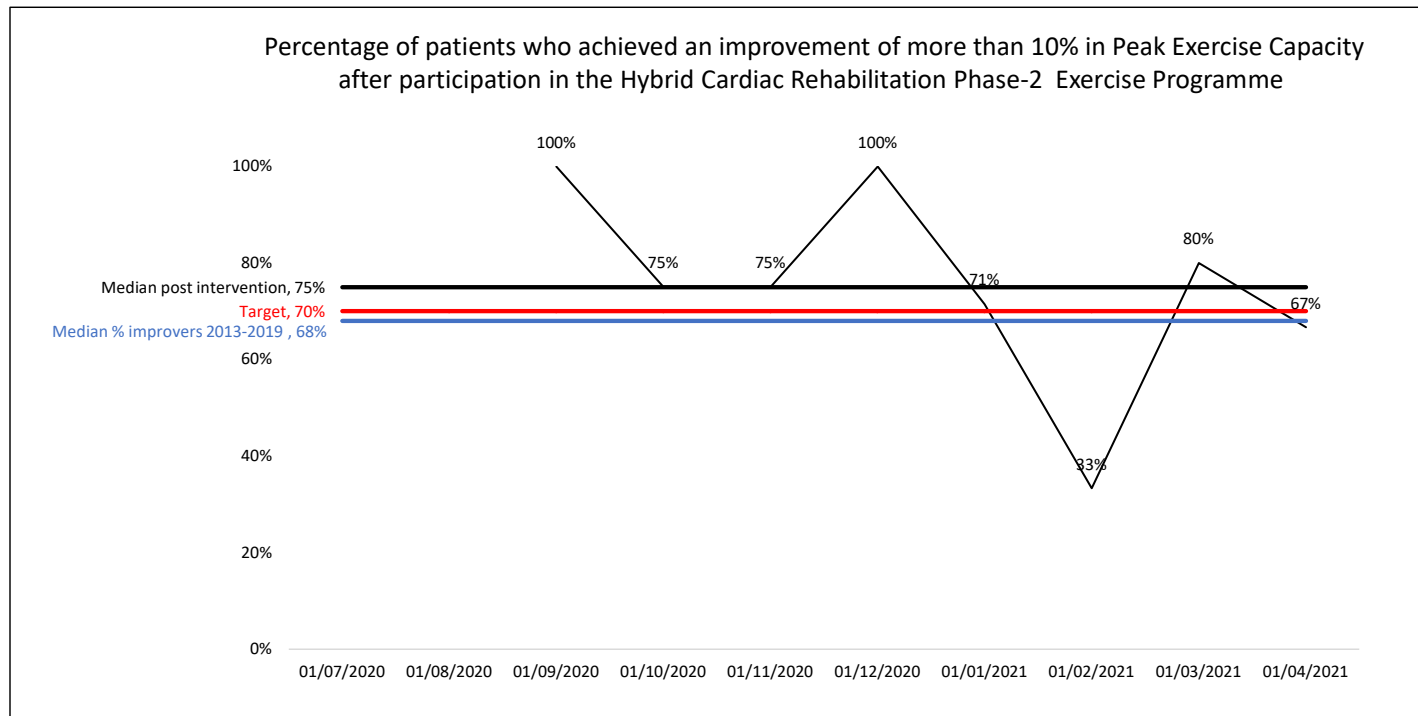
Reasons Not Eligible



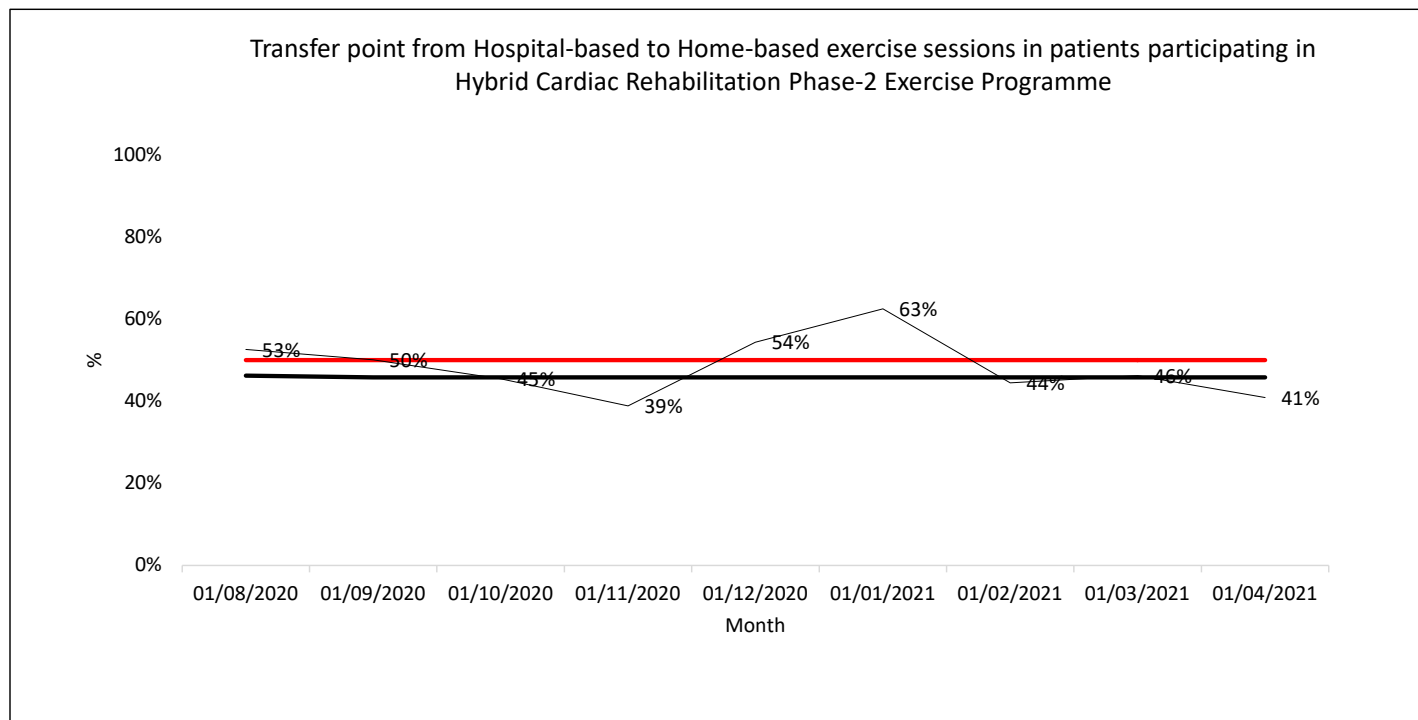
Reasons Not Enrolled



Secondary Outcome: Exercise Capacity Improvement

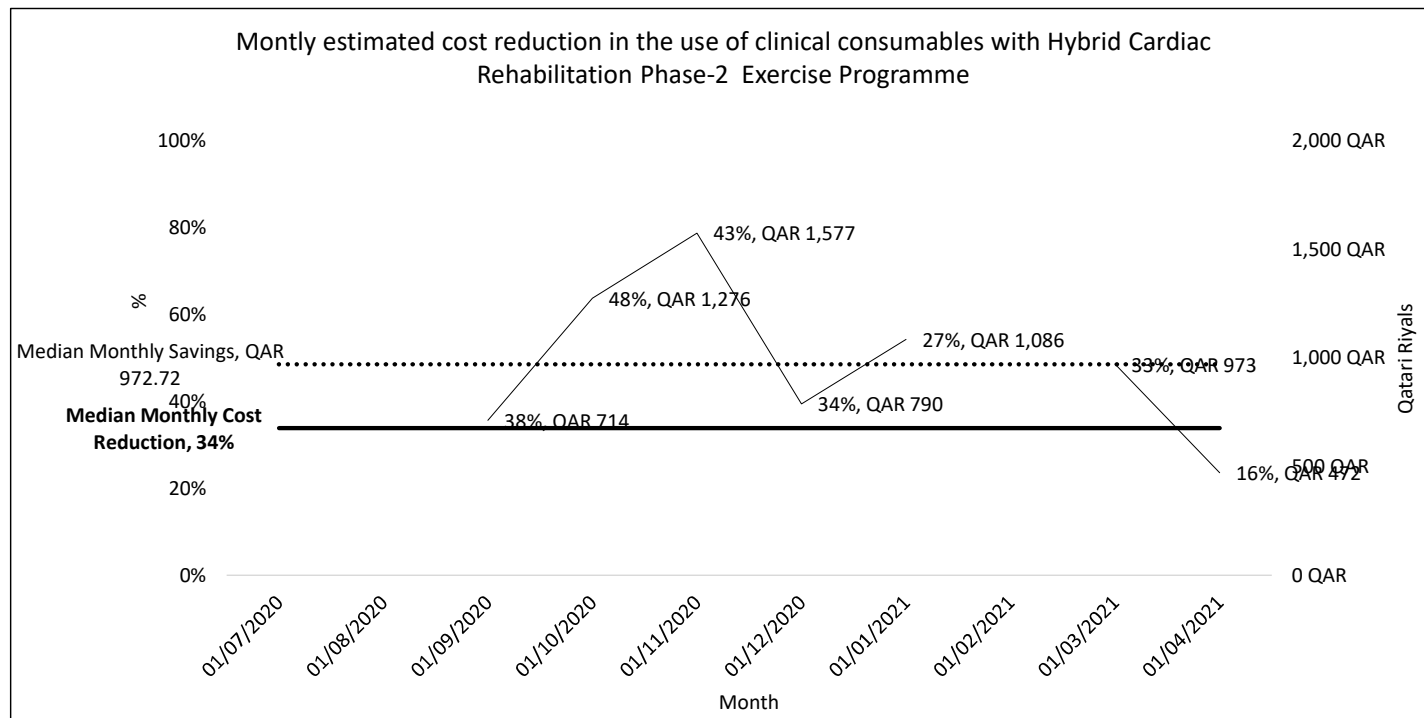


Process Measure: Timing of Transfer

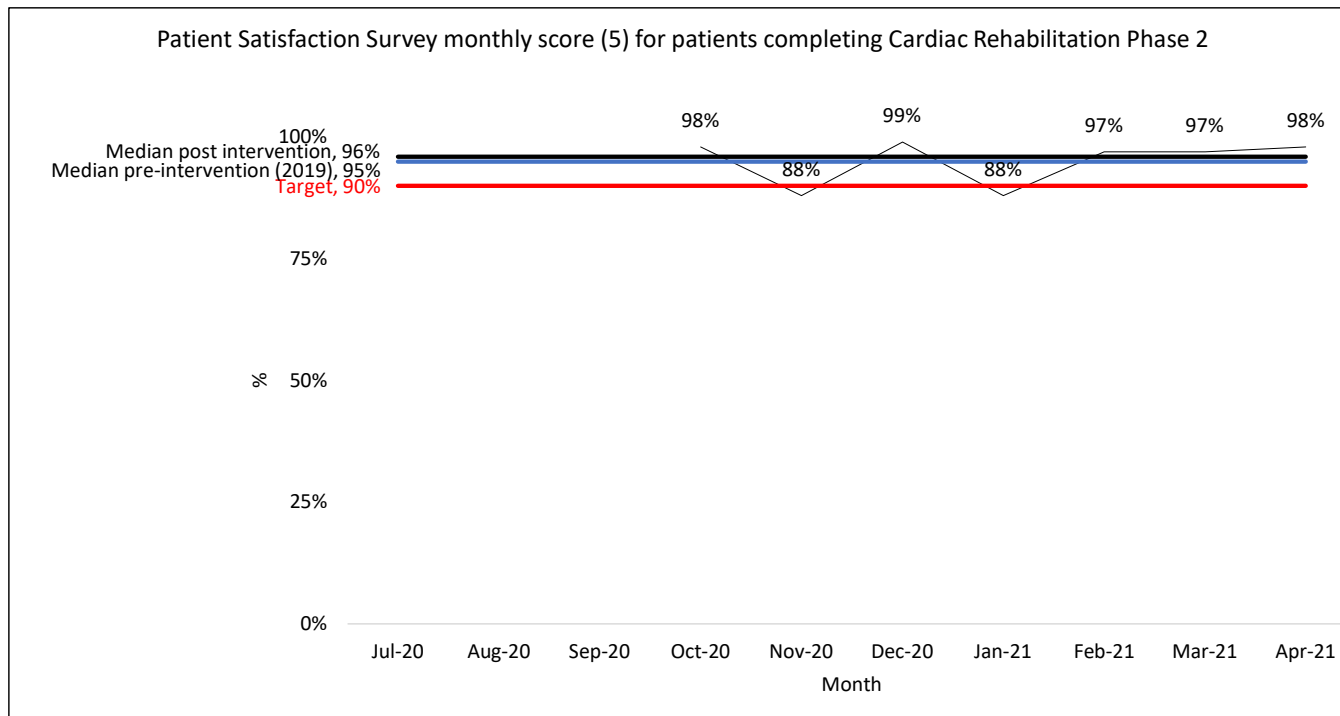


Balance Measure: Cost of Consumables

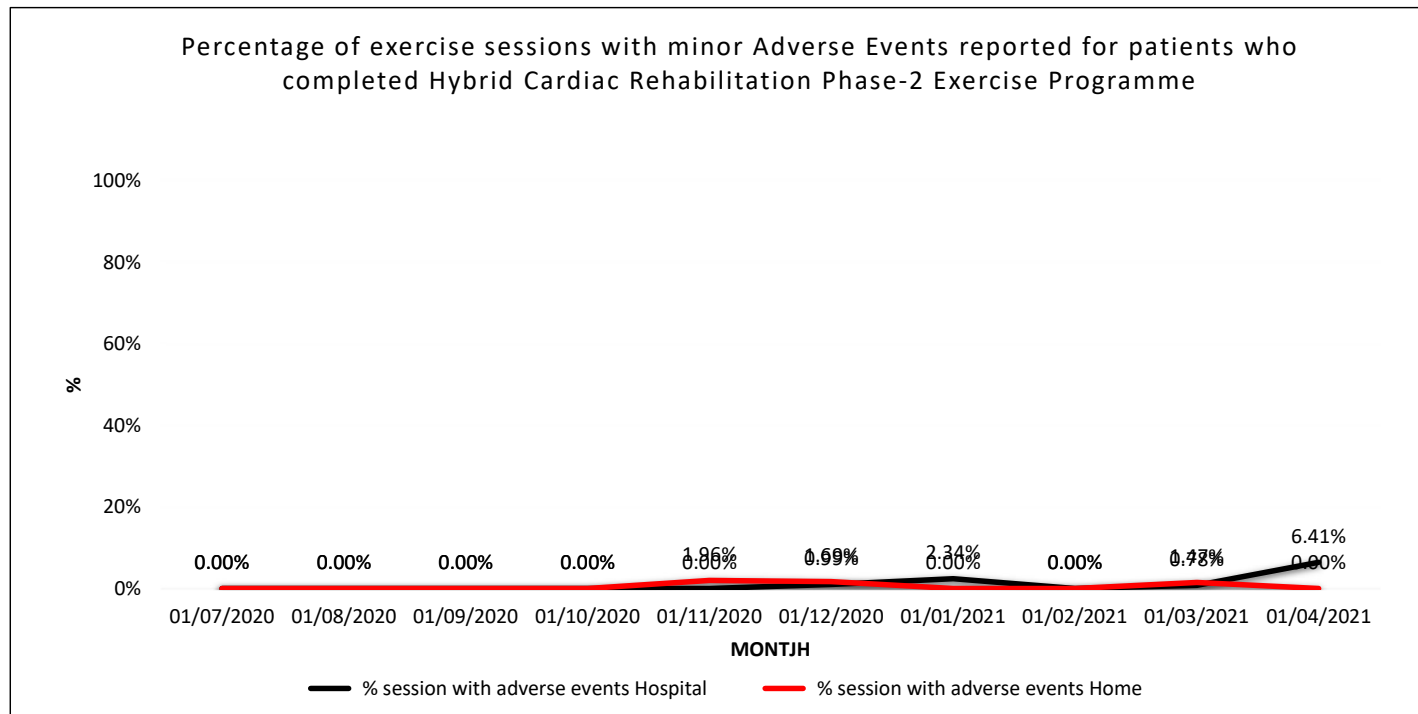
(Total Net Estimated Saving = 6889QAR \approx 135 QAR/per patient enrolled)



Balance Measure: Patient Satisfaction



Balance Measure: Adverse Events



Balance Measure: Adverse Events

