

Appendix 1

Main Theme: Cardiac Rehabilitation Experience

Sub-theme: Barriers to cardiac rehabilitation

Advertisement/Information/communication

P551: Get information about activities out to the public

P514: Excellent service in hospital, after, nothing.

P2: Don't know what's on offer NHS wise

P19: Stress to patients it's not difficult or demanding and the benefits.

P27: Proving INFO on how class can improved health and wellbeing

P30: Just making people aware of what other patients thought and gained from the classes they attended.

P41: In addition to the exercise activities - provide time for group discussion and education. Share individuals experience and coping with recovery. Important factor in individual confidence. Having a heart attack really damaged my confidence!

P49: Keep explaining/stressing the benefits/limits of exercise/activity and encourage them to regain confidence in leading normal lives.

P52: 1. Further emphasise that the sessions are tailored to individual needs. 2. Prospective attendees with doubts might talk with those who have completed the rehab. 3. Make a video, or stills, of the rehab exercise sessions and the talks. 4. Publicise case studies of people who have completed the rehab sessions.

P134: To be informed as to when the classes are to be

P202: More publicity

P181: Impress upon people how important cardiac rehab really is and how it can speed recovery. Very valuable class!!

P209: Make sure the patient knows on discharge that they will get an invitation to rehab classes and how important it is to go.

P292: To be kept informed

P259: It was difficult to get information as to where and when these classes were.

P316: I had a "SCAD" and some of the information did not relate to my condition. (ie) not being a smoker or overweight or a drinker. Some insight as to what cardio rehab was about. What to expect.

P338: A harder "sell" may help

P300: Perhaps GPs could encourage patients to attend. I was told about the classes by the cardiac nurse at Raigmore and was encouraged to attend.

P274: Encourage "customers" whilst passing through their cardiac treatment to embrace the "cardiac" rehab health benefits.

P343: Maybe if the DVD was made to sound a little more as though it was addressing adults?

P347: See above - communication not clear! Exercise sheet to follow at home.

P349: More info on what it entails

P350: Do more about tablets/food/the right food

P463: Just telling people how beneficial it is.

P382: Ensure patients who are referred are followed up. I had to phone several times to local class so was later attending than I should have been.

P383: Maybe emphasise the meeting with and opportunity to talk to fellow sufferers.

P386: For myself I am very happy to attend but some people were not aware of the classes until the open day at Raigmore.

P449: Can't understand anyone declining the invitation to attend - perhaps local advertising.

P470: Perhaps borrow some of the ideas in the heart manual, emphasise the positive progression week to week.

P551: Advertise it more

P556: More classes. Encourage employers to allow time off for classes. Better advertising.

P572: A well practiced cheerful colour (*can't read that word* colour?) show leaflet giving encouragement, importance of attending and the long term physical and psychological benefits. Also the social benefit being with others who have shared your experience.

P505: More emphasis on how big a part it plays in your recovery, also work places are not very understanding on the time taken off work to attend clinics, provide more information to work places.

P227: Unfortunately it was a year after my heart attack before I was invited to the classes.

P233 Don't know never been

P292 Wasn't offered rehabilitation

P342 Never mentioned to me

P253: Perhaps contact people who a) do not take up the offer b) stop after starting to attend c) make it more local for some people

P347 I don't know if the classes (2) were good for me or not, as I heard nothing after that two classes

P54: It is nothing to be scared of, they look after you well.

P81: I have had first class treatment - nothing to complain about.

P1: I can only suggest that the existence of cardiac rehab programmes become better known by the general public - and what it consists of. Until now, only ex-cardiac patients have ever heard of it. The benefits of the programme should be publicised. I'd like to see it in a condition discharge in that within a certain length of time, health permitting, you would agree to attending a course. It might become a norm. The problem of funding, centres, physios remain, not to mention diversity of patients/clients and locations. Clients/patients would have to pay for the service (with concessions). an alternative might be a "door to door" mini bus, as is undertaken by sight action (full attendance at their monthly talks (they pay)) Acts like a collecting agent. This would reduce the no. of centres required and would be flexible.

P591: I thought it had closed

P33: Arrange groups for specific needs keeping to limited numbers and run by experts in field. Leaflet with suggestions of balanced diet and suitable exercises which can be done at home. Advertise more Highland High Life and other similar Regional groups. Display or include in local papers. It made a difference being able to attend the cardiac rehabilitation programmes locally.

P56: This is difficult to answer in the context of small, remote communities like Glenelg. We were not made aware of any post-surgery rehab programmes locally. The booklets from RIE were useful though. It is really a necessity to be active here, as there is so much property/land maintenance to be done. Our dog is a great incentive to walk - perhaps a "borrow a dog" scheme would help others!

P115: More information for senior citizens in how to keep fit and remain active e.g. positive advertising and encouragement throughout all media. Advice on obesity e.g. eat less but good food, get more exercise. Finally, greater communication with old people.

P179: As I did not attend rehab classes, I found the heart manual I received in Raigmore very useful on my return from Edinburgh, particularly re exercise/activity. I suspect that without it I may have underestimated how much I should be doing and how frequently. So if people are unable to attend classes it is important they can access information from other sources and the manual ticked the boxes for me.

P195: The care I had at Raigmore was wonderful, however, discharge and follow up care was lacking. The member of staff responsible was off sick at the time. Advice in those early weeks after getting home would have helped. It's very scary having a heart attack and it's hard to know how hard you can push yourself with regards to exercise. Side effects from statins have held me back somewhat. The advice that Professor Leslie and Nurse Charlie gave me before leaving hospital has proven to be invaluable, giving me confidence and I am very grateful to them both.

P226: I was never asked back for a check-up after I had to cancel because of work.

P354: 6 months wait to be contacted regarding rehab is not good enough. We don't all live in large towns or cities

P370: I'm keen on exercising have been always fit and active - but feel that for those who are not more encouragement and information on the importance for exercise after a heart problem would be of benefit

P401: I have found this questionnaire quite difficult to fill in and the reasons being that I have fibromyalgia and suffer a lot of pain on a daily basis. Since having my heart attack I have never had any follow up from either hospital or doctors regarding this which I am very surprised about.

P452: When I finished my Rehab classes I was told there might be a follow up class. I did receive a letter inviting me to attend one. Unfortunately, I was away when this class started, and I don't know when there might be another. I of course realise I should make enquiries to follow up.

P253: I wished to take up the offer of classes organised by trained staff of Highlife Highland. When contacting them they were not helpful about when/where classes were starting.

P482: The cardiac service is excellent and so is the follow up care. Stenting has made a big difference to me in my day-to-day life, but unfortunately due to my breathing difficulties and joint pain my regular exercise is sporadic at best and for very short periods. I do what I can to keep active mainly just moving. I found the heart manual and CD very useful.

This sub-theme is somewhat related to communication and specifically the sub-theme advertisement.

P56: Do not recall receiving information (on return from surgery in Edinburgh, I had klebsiella infection (recurring) so felt too unwell to have participated).

P132 Unaware of their existence

P142 Never heard of them

P160 I didn't know about it. Wasn't told.

P225 not asked

P292 Did not receive request

P317 Only just been offered the classes after 18 months of having heart attack

P342 Never mentioned to me. Never asked.

P354 I was informed 6 months after cardiac event. During this period, I was doing my own cardiac rehab. Walking, cycling and daily exercises e.g. press ups, squats

P372 When I received the invite, I actually went to the first class although I did not feel well that day (light-headed). I was told I would be contacted again. I have never heard from them.

P401 Was not told about them

P414 None available to my knowledge

P479 Never had any. I don't think there was any in my area but wasn't consulted about a class!!

P514 Not informed about classes.

P524 Nothing was offered but I did not feel the need to change my active lifestyle after my heart problem was fixed.

P571 Unaware of any locally

P28: As far as I know there is no classes available at present.

Distance and location

P2: None running in Caithness at the time

P330 Because there wasn't anyone at Raigmore to take these classes.

P2: None running in Caithness at the time. None running.

P15: No transport at the time.

P18: Just transport there and back I love exercise used to go to gym every day. I had no transport can't get on a bus even if I could I could not walk the distance from bus to hospital. I phoned and told them but got no help just a letter saying I had refused to go that was not true.

P23: didn't want to travel from lohcarron to kyle of lochalsh.

P198: Was not available in Grantown.

P243: It is difficult in rural areas to travel to venue far away

P264: More classes to suit work times

P268: It would have been easier is classes were nearer to home.

P367: Localised classes would be best I think I would not attend if I had to go classes out with my own area.

P101: The distance involved travelling to classes is sometimes prohibitive. More local classes would be better.

P546: Only once per week over 20 miles away. Too far.

P35: Transport across the ferry is tedious. After the initial assessment the general feeling was that I was doing well enough for it not to be imperative for me attend.

P40: Live in a remote region not suitable!

P86: Too far to travel. I do my own physio in my own house I got copies from the internet.

P89: I attended physio in Kinlochbervie and got exercises from him. I live 100 miles from Inverness.

P103: I was still ill at the time I wasn't on the correct meds. Now I am, able to attend transport to hospital is expensive.

P179 No public transport to Dingwall where classes were being held - I had not resumed driving at that point.

P318 I found the traveling, 1 hour each way too much. As I do exercise every day.

P418 Too far away and I was used to regular exercise

P338 after my first heart OP (in London 2008) I attended every class for 3 months and continued with the exercises at home for more than 2 years, but after my second OP (in Raigmore) it was difficult to get to the classes due to not having a car. My attendance by bus took 2 hours - then 2 hrs home again - so again, I continued with the "2008 exercises" at home.

P461 No cardiac rehabilitation programme in Caithness at time of OP

P521 21 miles to classes, wrong day of week. Have large garden *can't read this* I keep.

P586 Too far from home

P471: When course started, quite a few turned up. But after that, I sometimes was the only one there?

P118: I did attend, in the physiotherapy unit of Dingwall hospital. As I was the only patient there was no class held.

P86: Living up in Sutherland you have very limited resources. You have to travel far for everything. I'm aware you can get physio in Golspie at the Lawson Hospital but spaces and time are limited.

P118: As Inverness is 50 minutes away by car, I went to Invergordon hospital, 30 minutes away. There was no class. There must be more people in the area who would similarly benefit from exercise. Does my disability exclude me from classes?? Unfortunately, I don't see how I could help but appreciate your attempt to have more people become active.

P199 as I had problems doing your classes I spoke to the therapist and she agreed and gave me instructions on how much walking and how to speed it up. Went back to swimming but found it difficult to get there as the bus does not take you anywhere near the swimming pool and it is a fair walk to get there so had to stop. I'm hoping to get back on my bike eventually and cycle to the pool. Once my hip is sorted. I hate being inactive. I don't know if the government would do anything to help. I also love horse riding but again it is too far to travel to as we have no stables in the town.

P343: As I live 20 miles from town I do not expect provision here

P347: Although I realise, I have a heart condition/problem which I know requires exercise, please be aware I have also a disability with my mobility with a damaged leg and neurologically unstable. It causes great pain for me to even get out of a chair let alone walk. I try my best though at times frustrated and overdo exercise then knock myself back. NB *After my initial heart attack etc I have received only two sessions at the local health centre.

P415: The distance we have to travel to attend Raigmore makes it difficult a local clinic in Fort William would be helpful.

P461: Post op I received no cardiac rehab programme. Only upon thorough pursuit was I offered a referral 2x counties away, by which time several weeks had passed. I was then advised it was unlikely to be of benefit due to my age! Cardiac rehab to cover all ages is a service required in Caithness

P580: I live in a very small village - there are no gym facilities here at all - nearest is Kinlochbervie but only available at night - I do not drive at night! I rarely go anywhere after dark. On the plus side I have a steep hill to climb before I can go anywhere so I feel I do get enough physical exercise. If our local surgery could provide something for us - perhaps out of hours that would be good, but probably not possible!

Injury/ health status

P337 I still have great difficulty in walking. The muscle in my thigh is very weak causing pain to move into my right hip joint.

P162: But painful with hip

P199: Having problems walking (on crutches) I couldn't really do the exercises at the time. I am waiting on a total hip replacement.

P226: I had to stop because I developed vertigo

P245: Trouble keeping up due to arthritic hips hampering movement - exercises induce pretty severe pain therefore I must stop.

P291 I was happy to complete full class but developed fluid in lung which at the time curtailed me from attending.

P419: Although severely restricted by rheumatoid disease (10 year) I would like to continue

P74: Inconvenience, chest pains, shortness of breath when doing physical work

P162 hip

P226 Vertigo

P233 Don't know never been. With my medical history after a brain haemorrhage? hernia? It has left me with hypersensitive legs and feet.

P325 Feeling unwell (food intolerance), holiday, at Dingwall, sent home as BO too low, then too high. Now at Inverness.

P295 Due to other health conditions - kidney failure resulting in regular dialysis at Raigmore

P394 Holiday, unwell on occasions, or trainer being away.

P487 Mobility problems

P531 Get tired too quickly

P470 Was informed after the first heart attack that I was unsuitable for rehab, due to extent of other multiple serious injuries. Many in my neck, upper, middle and lower spine.

P575 I went to the first few but was admitted to hospital for emergency abdominal surgery and was in for a long time recovering.

P43: Possibly too strenuous if elderly.

P12: As I am a patient in renal unit (RI) My week is shortened as I attend 3 mornings a week (sessions of 3 and a 1/2 to 4 hours) I used to enjoy walking but feel unable to do much now a days. This form is too long and complicated.

P132: Raigmore hospital has been very helpful in they identified the reason for pain in the legs and the proposed treatment. It was suggested that I push myself to the onset of pain. I discontinued this as the leg pain takes many minutes to go and has in the past depressed and irritated me.

Personal preference

P185: Rather boring!!

P48: Assumed it would involve group activity. I'm not very good with group activity.

Time- work

P79: No I just don't have the time.

96: Sometimes the classes clashed with domestic timetable

P91: Self-employed time/appointments not able to guarantee.

P135 No classes out with working hours

P166 Have a busy schedule, with property maintenance, dog walking. And have been busy renovating a chalet that I let out through the summer and was preparing for the coming year

P214 Time.

P201 I'm self employed and it would mean missing days off work.

P275 A break in the course of classes last summer caused me to attend work again for those hours then I lost them on my rota again which prevented re-attendance.

P303 I did attend 5 classes, getting time off work was a problem. I also had two week holidays.

P415 Working hours when classes on

P444 At work we were putting in machinery and as manager of the project it was hard to get away for afternoons.

P454 I am physically active and did not have time to attend classes as working.

P473 Work.

P532 The time of the class was when I was at work - location in Wick 25m away.

Element: Striving for Independence

Responsibilities and independence

P67: Got me back being mobile – slowly

P348 I like my independence and lifestyle and this is the overriding factor

P355 I do OTAGO and pilates once a week and also try to go swimming and walking.

P360 Too far away and want to take responsibility for my own rehab - without, of course, ignoring good advice.

P364 Because I was walking and cycling myself

P379 Prefer to do my own

P450 Quite happy to do this myself

P451 I was and am more active than class level.

P406 Therapist and I agreed I was pretty fit and had made full recovery. My lifestyle made classes superfluous.

P420 I had a physiotherapist attending to me and participated in recommended exercises. I also take short walks/attend library when req'd

P499 I exercise regularly, so see no need. Distance - 35 miles to Raigmore

P542 I had already started my own rehabilitation exercises at local gym. Knee injury prevented further 12 months prevented attendance had no further contact from cardiac team.

P544 I went to the initial consultation. Explained I played golf 4 times a week during summer months. Nurse believed I did not need rehabilitation.

P545 I am doing enough exercise at home did not have time to attend

P576 I attended physiotherapy instead

P87: Felt I could manage my rehab myself

P129 I do not think it is necessary for me because I try and keep active.

P194 REHAB NURSE AGREED WITH ME THAT I WOULD BE OK TO DO MY OWN ACTIVITIES IE WALKING, INCREASING DISTANCE EVERY DAY WHEN ABLE.

P230 I get loads of exercise playing golf, tennis, skiing and sailing and walking the dog and considered them unnecessary.

P348 Very simple exercises which I could achieve myself at home

P373 I have regular exercise at work every day walking climbing and labour intensive

P49: Did not feel any significant difference to my condition - but I'm sure they are beneficial.

P50: I only attended one session, because I was getting reasonable exercise at home and thought there would be others who would benefit more than me.

P156: Living alone I have to be fit. I also like to be independent.

P343 Rightly or wrongly, I just didn't want to do them because I could do them with no difficulty and I didn't like the DVD

P558 Did not need to attend as already doing exercise; gardening and walking

P291: Cardiac classes were good. But I continued my exercises outwith *can't read this word* (regular walking daily)

P286 I felt fine - work and regular walking with dog every night and more at weekends.

P498 I only attended once had a talk with lady in charge we decided there was no need for me to attend further classes as I was very active walking and cycling every day.

P557 I HAD TWO SEPARATE SETS OF CLASSES. THE FIRST WAS FINE BUT THE PHYSIO ADVISED ME TO STOP THE SECOND COURSE AS IT WAS PROVING COUNTER PRODUCTIVE

P95: 1. I do get a lot of physical exercise as I have 5 acres of garden and woodland to keep in order. 2. I am not overweight or obese. 3. I do not find the idea of such communal activity to be very enticing.

P15: You keep going by walking the dog every day at a steady pace. I don't do to any gym because I don't like doing things in groups and due to having asthma and other things. I am happy at home with the dog and doing house work and going shopping with my sister.

P35: I enjoy being active on my own land. I do not enjoy walking aimlessly, but happy to walk over difficult terrain to reach the High lochs, to fish on the Glenborrowdale Estate. I do not enjoy organised groups, working in gyms or with exercise equipment. I am the chairman of the village community company and take part in local activities cleaning parks amd trails, planting bulbs and collecting rubbish. I am facilitating setting up a Men's Shed in the village and already have a project to make benches for the village and trails. I am also the Episcopal village vicar and Kinlochmoidart vicar :- busy and active.

P166: I maintain 3 houses. 2 and 3/8 acres of garden and 35 acres of woodland. Cut and process several tons of firewood every year and dog walk 2 to 3 times a day. I pretty much keep myself fit by keeping up with the work required to look after the properties and land with the help of my partner. This involves a lot of hard work and I get pleasure from doing the work and do not have a lot of time or need for further physical activities.

8: I enjoy my independence and have a large (old) house and garden. Most of my time is spent improving or maintaining this

P360: I am indebted to Raigmore for brilliant treatment, care and follow up. Living in a relatively remote place I feel it is particularly incumbent on me to take responsibility for my own rehabilitation - and I feel that this should be an underlying principle. This would mean that resources could then be focussed on those who, for whatever reasons, cannot do this themselves. Individuals are often slightly intimidated by general rules/regimes if they feel they cannot comply or meet that which is required. Difficult, but motivation must focus on the individual.

P373: This is totally down to the make up of the patient that needs to do it. A patient should not need the government, the NHS or the community to inspire them to get up and do something active regularly unless they are physically dependant i.e. disabled.

P383: Outside services incl. the NHS have done their best. It's up to me to overcome my own inertia and laziness. I know that when I am fit, I feel better in just about every way. I would be very interested to see the results in due course.

Sub-theme: benefits to CR

Health benefits

P133: The classes gave me an indication of my fitness level and introduced me to exercises that I have continued to use.

P134: It helped to focus on exercising p.s. should be more sessions

P146: They restored my fitness following surgery. They were convenient and well run.

P321 Enjoy exercise helped me to relax and slow down

P339 Because it provided a discipline to taking regular exercise. I felt that I was "letting someone down" by not attending.

P349 I have just started last week but will continue

P350 Doing the right exercise (we think).

P352 Focus to become stronger

P357 I lost weight and enjoyed them

P358 it gave me hope for the future

P363 It got me out of the house

P383 Knew it was beneficial. Useful yardstick for the intensity of exercise that was safe.

P385 Let me know how much exercise I could do before becoming slightly breathless.

P389 The classes made me more aware of my limitations and capabilities.

P405 I have PAD - improved my circulation

P419 I felt better afterwards

P424 Good to find out what I was capable of, how far I could push myself

P445 Good atmosphere, staff helpful and encouraging.

P449 Controlled and supervised exercise giving much benefit to wellbeing and fitness.

P453 It is useful for people that don't do exercise

P453 helps you be fitter

P463 Pushes you to limits you would normally think were not safe.

P473 I could exercise under supervision which took away anxiety about how much to do, how much to push myself. I could ask questions, no questions too small or silly, provided reassurance and enabled me to do exercise at home without having to worry.

P466 Was just the right level. Felt cared for, supported and valued.

P476 encouragement and advice

P478 Going weekly made you follow a pattern of exercises

P490 keeps you active

P505 Gave me the opportunity to see my progress and meet and discuss any issues with other patients and nurse.

P508 Very useful, feel fitter and more energy. Look forward to next class.

P530 Good exercise

P533 I enjoyed the exercises and relaxation which helped me to cope with life after the heart attack

P553 It was a good experience

P560 IT SET BOUNDARIES ALLOWING YOU TO EXERCISE FREELY AND SAFELY GIVING YOU CONFIDENCE

P570 Simple physio exercises with encouragement of staff. Made me realise how unfit I had become after the CABG operation.

P572 Alan, the physio was exceptionally supportive and engendered a very positive spirit through the whole group. (Also, one to one before and after assessment allowed questions to be addressed privately). We built up our fitness gradually and by measuring improvement it boosted confidence. Also important to have medical staff observing when you first "push" yourself after your heart attack.

130: I was able to control my breathing when walking

P465 I attended the classes because they were held to benefit me. It would have been insulting and disrespectful not to without good reason. I really appreciate the time and effort by all of the persons involved which helped me recover my good health. Thanks.

P496: No. It was presented well and I was easily convinced to go and it was an excellent use of time attending.

P150 I started to eat healthier and walk everyday, 4 miles. I also do exercises 6 days a week in the morning. Pilates and I use a rowing machine. Have lost 2 stone.

Knowledge acquisition

P4: Gave an insight to why exercise helps.

P41: This is the starting point on the road to recovery. The class is key to understanding your capabilities and the pace at which you are able to cope with in rebuilding your physical activity.

P32: They are educational, and I continue with the exercise programme at home.

P96: All aspects of the exercises and dietary hints were very well explained

P101 It was useful to find out the exercise level I could carry on at home without worrying about doing too much.

P149: Understanding of illness explained well and why the exercises and diet helped recovery taking into account my Parkinson's disease.

P197: the heart attack before my 2016 heart attack (I had a stent fitted) after I was well enough to go to cardiac classes went for full six weeks and found these classes enjoyable and informative. Felt better for going.

P259: I found the guidance helpful

P262: Regular exercise/advice from physiotherapist.

P303 I found the advice and exercise useful

P338 because I was given the correct exercises to perform relating to my condition

P380 The tutor instructed us on the correct exercise to gain the maximum benefit and at what rate for each exercise

P411 It explained the benefits of exercise, the likes of walking, gardening etc

P422 Enjoyable and educational

P470 The heart manual I received after second heart attack is invaluable. I still use it today.

P599 They helped me to understand that exercise helps not hinders recovery

P232: It would be helpful to have greater knowledge of the effects of blood pressure by stress, symptoms of possible problems, what to be aware of and what to ignore. Likewise

some drugs (prescribed!) have side effects that can be pretty unpleasant. Again most GPs simply don't have the time to have in-depth discussions about the above and the rehab classes that do or can expand on these and allied topics would be useful. A little reassurance can go a long way!

P524: I would like more information on my medication. I have been told I will be on this for the rest of my life. I find this confusing as the heart defect was a blocked artery, which has now been repaired with 2x stents. I worry a little about the side-effects of taking any medication for such a long time.

Confidence and motivation

P1: Initially I felt that vigorous exercise would be harmful until the excellent physios gave me confidence by monitoring each of us frequently. They were alert to our individual capabilities and even praised our individual efforts! I felt fitter and more supple after each class.

P5: Encouraged me to get my heart rate up gave me confidence

P44: Gave you a confidence to do physical exercise without worrying that you may have a cardiac event.

P54: It gave me more confidence in myself

P90: Helps regain confidence with shared experience. Greatly helps.

P111: Gradually built up confidence to exercise again. Stress reduction sessions were great!

P114: Increased confidence and helped me know the level of exercise I could do.

P183: Gave me physical/mental confidence

P192: Following heart attack December 2010, exercise classes held at Migdale Hospital Bonor Brdige. This programme built up my confidence and dispelled some fears. (bear in mind previous heart attack in 1986).

P202: Helped build my confidence, knew I wasn't alone having chest pains.

P220: Staff were very friendly and were able to answer any questions or concerns I had. They helped me rebuild my confidence and after rehabilitation classes ended, encouraged me to continue with taking regular exercise.

P234 to gain confidence in your body's ability to function "normally"

P274 Restores fitness, confidence and mobility. Indicated limitations and remedies.

P325 They gave me confidence that I can do more exercise and activities.

P327 after my cardiac event I felt some apprehension to participating in physical activity, but after attending a session, I felt more confident.

P316 Very important in building up my confidence in exercising with the security of being around health professionals.

P444 Gave me confidence to exercise without worrying about doing too much.

P471 Gave me a bit more confidence in myself by showing me what I could and could not do.

P529 Helped to bring back some of lost confidence

P67: I am now realising big drop in my confidence in my abilities. Runner since 1960, leader of various groups now just "tail end Charlie". Exercise induced asthma appears to be true. Heart pain episode was one off.

P428: I very much enjoyed my sessions at the heartbeat centre. All the staff were very helpful and gave me the confidence to continue to exercise freely independently.

P116: It encouraged me to commence exercise early after bypass surgery.

P152: Motivation to exercise

P222: Encouraged me to exercise

P367 I felt motivated and encouraged to carry on with exercises at home.

P428 I really boots confidence especially being in a safe, controlled environment. I felt disappointed when the class finished as I enjoyed it immensely.

P492 Shown a variety of exercises which were both helpful and interesting. It helped with motivation.

P426: Not really, I think people should be motivated enough themselves to attend especially after a procedure to help their long-term health and wellbeing.

Safety, reassurance

P19: I was worried about how to get back to a fitness level.

P209: After a heart attack you feel afraid and you don't know how much you should do so it was great to get the reassurance on what you can do.

P243: I felt the benefit of doing exercise properly and not having to worry I was overdoing it

P382 They took the "fear" of doing myself damage after recent operation

P275 They proved that one does not need to be afraid of exertion after a heart attack.

P430: To be able to exercise in an Hospital where I can feel safe. If anything happens to me I know that I have the full benefits to immediate health care that isn't available in the local communities. Cardiologists and ICU.

Element: Peer support

Exercising with a similar group

P1: Have become friendly with cardiac class member from neighbouring village. We joined class at same time. She volunteered to drive. We compare notes on progress and encourage each other to attend.

P6: Interesting to meet others with similar cardiac problems. I looked forward to the various exercises and I felt my health had improved.

P8: You were given advice and did exercises along with other people, it was encouraging and friendly.

P141: Good to meet other cardiac patients and the stretching exercises were useful

P143: helped activity and meeting people with similar health problems

P145: I think the exercises are well chosen and paced. It is beneficial from a social view point, having a regular meeting with others in similar circumstances.

P161: Relaxing! Meeting others with heart condition

P181: Was in a group with people who were the same as me. Felt not alone in how I felt.

P239 It allowed you to find a level of exercise appropriate to post medical treatment. Good to meet other persons in similar position to ones self.

P255: To meet other people with the same problem.

P268: good to meet up with other people in similar circumstances

P271: helps recovery by seeing others who are in the same or worse condition

P282 Mixed with others and talked about how others coped.

P264: The exercise with others helped to put me at ease and talking to others also helped.

P300 It was good to meet others who had the same or similar operations and the actual exercise was of benefit

Need number. Dedicated time. It is always reassuring and encouraging to know you are not alone with the problem.

P386 it is good to meet every week with people who have similar conditions

P408 It was good to see people like yourself

P423 Mixing with people who had a similar problem to myself helped. Understanding and supportive staff were also of a benefit.

P433 Meeting people with the same problems as yourself

P546 Meeting other people with same ops

P556 Meet people in similar circumstances. More confidence with med professional present. Helped to get me back out and about.

P575 Good to be able to talk to people with similar problems as me. Made me realise I was getting better and helped me regain some confidence.

P581 ENJOYED DOING AS A GROUP

P155: Unlike keep fit classes there was no pressure to be the best in class so i did my best and thoroughly enjoyed it.

P271: If required I would attend again for the benefit of the combined exercise with others.

Element: Healthcare provider support

Staff

P232 Group activity - good to talk to other patients and staff. Actual exercise moderate at most.

P305 They reassured me I could get better. They showed me an exercise regime is beneficial. Also showed me there are many others in the same boat.

P426 Enjoyed the exercise and the interaction with people in a similar situation. Also the team encouraged us in our exercise and also to continue exercising after the class finished.

P437 Just started the class last week - enjoyed exercising in a group and being "encouraged to push myself"

P394 Well organised, small numbers, motivational trainer, monitoring was good as one knew limits and exercise levels and targets to aim for. Good for meeting and having contact with others who may have gone through similar issues.

P452 Peer group support - expert advice readily available.

P535 encouragement and advice from physio. Being with people in a similar situation.

P496 Confidence booster and understanding people that I could ask questions

P373: Yes I think a talking session with other patients as well as staff would help with handling heart issues. There was none of this.

P33: They were carried out locally with excellent physiotherapist who carefully provided and monitored exercise which suited each individual member of small group. Relaxed atmosphere, advice and encouragement. Benefit felt.

P52: The pace and programme were tailored to my needs. The physios were superb - always supportive and encouraging. Meeting with and talking to, others in a similar situation was reassuring. It was great to see my heart-rate recovery time improving as the weeks went by. The post-exercise discussions and presentations were very helpful.

P187: It was helpful to be reassured I was doing everything well

P248: They let me know what I could safely do and build me up to do it all by the end of the sessions.

P253: There was a structured programme. The staff were excellent. We had a number of interesting talks. Our blood pressure and heart/pulse rate were checked and moderated.

P430 The physiotherapist was able to motivate me to achieve goals. With a range of exercises that helped me with day to day activities. Exercising in a controlled hospital environment also gave me the confidence to push myself.

P239: I was very impressed with the operations, staff and facilities. Well done to all.

P262: No - I suspect we all quite enjoy attending (very pleasant physio staff)

P357: I don't think so on the class I experienced. All were very friendly and the nurses were very encouraging.

P389: I was very glad of any support that was offered as you lose so much confidence and you were being offered support and guidance.

P321: Very impressed with staff knew how to help people who were struggling

P155: My time spent in Inverness hospital was a very happy one. The nurses were very attentive and kind to me, and the doctors (Mr Smith and Professor Leslie) took time out to tell me about how my problem was to be solved and made me feel at ease. I was very grateful to them all.

P187: The whole experience was amazing. The NHS does work well. The rehab classes were good but somewhat irregular due to staff training, shortages etc. Diet was not an issue for me but I was quite surprised it wasn't mentioned in rehab (perhaps it was done in private). I wonder if in follow up the consultant would say more about taking care of your body isn't just exercise. The surgeon never spoke about how lucky I was to have the operation and that I should be positive going forward!!

P508: Have to travel 12 miles - for cardiac rehab exercise, as there is nothing local, so hoping NHS will continue funding such a worthwhile activity. Feel so good since starting fitness rehab classes. Under our capable instructor Julie Brown. Never used GTN spray since starting classes. Would be devastating for me personally if it would stop. Just thank you all for the facilities.

Opinions on the programme

Intensity

P17: I found the exercises very easy and required little effort to complete

P27: It help to push yourself with med staff there just in case anything happened.

P30: they showed me that I could work a bit harder than what I was doing (exercise).

P43: They pushed you to your limit

P51: Greater exercise than I expected

P551 I stopped going when I returned to full time work, exercise classes did not push hard

P550 Too slow I was back at work and in my job I have to work at a fast pace. Made people very frightened of themselves

Exercise type

P21: The class gave me exercises that I can do at home to keep my mobility

P76: It was exercising parts of my body which I don't normally do.

P104: 1. It encouraged regular exercising. 2. It was fun. 3. It raised awareness of why exercise is important.

Sub-theme: Solutions/ ideas for improvement

P176 More available

P330 Because there wasn't anyone at Raigmore to take these classes. Yes have someone at the hospital who is qualified to take these classes when patients are asked to attend.

P580 Person taking classes was on holiday!

P1: There needs to be more centres and trained physios available. Cost would be prohibitive but class members would have to pay or share cost with the centre (if local authority) concessions for those with gym or related membership. It could be assumed that cardiac patients would attend cardiac rehab after discharge rather than a simple invitation to do so.

P2: More classes available

P5: Would have liked a class every day or every other day instead of once a week

P6: As far as I know I attended all my classes, there was talk of more advanced classes, but I haven't heard any more news. I would like to attend more classes if there are any.

P17: Slightly harder/longer exercises to push the limits a little more

P22: Easier to get to

P33: I was very impressed with my local one but realise not all are necessarily the same. Having small groups locally with experienced physiotherapist who put you at ease while encouraging you in a friendly but firmly passing on the importance of activity within your capabilities and knowing when to stretch you.

P44: Have more experts to give talks on cardiac problems and how to avoid another event. This may include food, exercise, medical advice etc.

P57: Evening classes

P67: Make it sooner after the OP/procedure.

P104: Possibly offer the course to a wider membership. 1a - those who have previously attended but who would like more of the same. 1b - Those who would have had cardiac procedures before the course was eventually available. 1c. Those whom their GP would consider would benefit.

P111: Have full morning sessions

P116: Not really, I would like to have been worked harder; however, as the classes have to satisfy different age groups and conditions, it would be difficult.

P133: Include them at the local gym so that people could attend whenever they wanted to. (Cost may be prohibitive though).

P141: Make them more reliable in my part of the world (Highlands - Caithness)

P143: Could be made more available

P149: Time spent, before leaving hospital, with relevant staff knowledgeable in cardiac rehabilitation.

P167: They are quite repetitive. Vary activities. Perhaps include games.

P197: Maybe transportation (but I have a car). Also an assessment of health. After a cardiac event some people are very ill and the invitation to come to rehab classes may be too soon. Maybe within a six month period. I know classes are there to help but if a person is not capable to do a class, after hospital, there is no other offer.

P220: A prior look at rehab class facilities before leaving hospital.

P227: Make the classes available in all medical centres.

P232: More of the same - a chance to discuss health, drugs, when to seek further advice and to learn more about cardiac problems and drug side effects.

P245: Hydropool sessions? I have a weekly session and don't seem to have any induced pain problems there.

P275: Classes out with working hours could help people to attend.

P303: Have more classes per week. One day a week is not always enough as people work.

P325: Give more interest, doing the same exercises every week is boring - virtually no equipment is used.

P330: Yes have someone at the hospital who is qualified to take these classes when patients are asked to attend.

P339: The main problem was the range of people attending. Most were old and women and I felt a bit out of place. Had the classes been "grouped" others may have attended.

P358: Make it compulsory

P380: Look at different times for classes and locations

P394: Train more people to carry out programme and knowledge of monitoring techniques. Arrange classes at times which are convenient and easy to attend.

P422: Choice of days/times. Being flexible

P430: Help with travel arrangements and travel expenses out with Inverness for people not on benefits. Possible age-related groups and group buddies. People that have already been through the rehabilitation classes who can promote the benefits first hand.

P444: I found it difficult to get away from work. Night sessions would have been good for me. Would be okay now because I have retired.

P445: More flexibility with range of exercises dependent on age and ability.

P473: I am trying to attend the next cardiac rehabilitation class but because I work it is difficult to find a class running at the right time. I had to miss two classes because of my work. Evening classes might be useful.

P492: Different people will want different things - some may not want interaction, some may; anonymity may be desired but this may not be easy in a rural area. More classes in scattered locations would reduce distances.

P508: Car sharing. I'm quite willing to take someone who has no car as I go anyway. More advertising, word of mouth.

P533: Explain to patients and close family members the importance of exercise. Invite patients to bring their spouse or friend along to a class.

P535: Get a better gym... or use some one else..!

P542: Classes would have been more useful immediately after release from hospital

P550: Assess all aspects of the person and make it fit to the individual and not "molly-coddle" people

P599: The classes I attended were on the afternoon, which was not a problem for me, but could be for those still in employment. It may help to hold some classes in the evening.

P34: After my heart attack I now wear a fitbit this encourages me to do more steps. To get up and walk regularly to keep me active. Walking for me is one of the best activities.

P41: Information on local support groups that are available. Discounted fees on joining local sports centres. More input in the aspects of building individual confidence in one's ability to be more active. Group sessions/education. Information on life/work/diet/physical activity balance.

P43: An exercise class should be available to different age groups ie over 60 or under 60.

P44: If a gym class was laid on at the hospital on a regular weekly basis, with instructors, that would help. My own impression is that I am bone idle and have been for many years... But if a class was set up, same lines as the rehab one, I am sure I would attend. I also think that the class could be held at night or at a time when parking at the hospital is possible.

P52: Since walking constitutes most of my physical activity, I am lucky to live in Inverness with its wealth of good walks which are easily accessible. I prefer being outdoors to the more formal gym atmosphere although I greatly appreciated, and benefited from, the cardiac rehab sessions. It could be useful to publicise the range of local walks, with an indication of their difficulty, for those attending rehab classes. It might be beneficial to use one of the sessions for a gentle, paced walk for those who could manage it. (e.g. round the Ness Islands, which is close to the Inverness Leisure centre where the rehab classes are held).

P101: I do find any gym based exercise very boring, perhaps any walking activities could be explored? A booklet on country walks suitable for people with heart problems, local community green gyms etc. Any outdoor activity organised in the Summer months to bring local communities together.

P104: Personally I am OK with all my activity requirements. I much prefer outdoor activity cycling and hillwalking and generally am a loner. However, it strikes me that there maybe a need for information to be provided for those who are looking, or need to be pointed to, local activity groups in their area. By this I mean a list of activities such:- cycling groups, walking groups, canoeing groups, archaeological digs, voluntary groups active in landscape management (tree planting, path making, drainage, dyke building etc.) and similar things. How the information is gathered and disseminated I'm not sure but it could, if successful, get more people doing enjoyable work without realising that they are exercising as well!

P111: Run more fitness classes @ the hospital?

P143: It would be beneficial if the rehabilitation classes went on for a longer period of time.

P149: As a Parkinson's disease sufferer, I feel that a greater co-operation between all rehabilitation organisations would be a benefit to all who need exercise, therefore in the long run cutting costs.

P152: Perhaps organising cycling and walking events for those that can??

P206: Provide transport to/from activity

P185: Local government could install more seats in the streets.

P214: Local government could make access to sport facilities free to the over 60s as the cost of going to the pool work out quite expensive when you are on a pension.

P239: More support with gym activities (private). Help payments to gym memberships. Support with modern tec equipment (how to use them, set them up) e.g. heart monitors, steps per day, calorie counters e.g. fit bit or such like equipment. Arrange walking activities in the local area of Inverness. Swimming clubs arranged with a local gym. Thanks for listening.

P599: Local government could assist people to make it easier for people to be more physically active, by maintaining pavements and footpaths properly

P253: I believe that active prevention of heart disease is best. Could NHS in collaboration with Highland council promote healthy eating and activity through the councils annual contact with residents in the community. Tax communication and others communications. Does NHS promote healthy lifestyle in towns and locations in the Highlands through participation at local events eg Belladrum, other festivals across Highland. Does NHS promote healthy eating and activity on local radio stations?P255: Some people cannot do active work because the heart might be working but the rest of their body might not be.

P303: It would help myself and other if there were more classes (eg nights) for people who are working. I work on my own so it is not always possible to get time off to go to the Tuesday classes. I do go to Wed night classes which are heart smart

P305: I am reasonably fit (very lucky for my age) but I am a little restricted in what I can do because of occasional angina and an arthritic knee joint. I do not rely on government etc for my activities but this might change if I could no longer take part in my walking, curling, gardening and fishing. It might be beneficial if I could perhaps attend a class every 3/6 months to check my physical limits - my wife and I are nervous at times about whether I am doing too much, especially when I get chest pain.

P312: Having worked for 24 years in Germany I miss their cycle paths. UK seems to be 20 years behind other countries in providing safe cycle paths in towns. Exercise restrictions are more from arthritis and *cannot read this word - bilateral?* knee replacements - cannot kneel for example.

P321: Cheaper gym membership. More information on the importance of physical activity especially the benefits of walking.

P339: I live in a fairly remote area and access to facilities such as a sports centre is limited. However, I do think that group activities are the key. Treating exercise as a socialising activity is a great incentive. Of course, local courses and classes can be run in village halls etc. but lack of qualified instructors will always hold back the number of classes which can be organised. However, once people are together, there are all sorts of opportunities to organise other things e.g. cycling, running, walking, etc.

P355: Put on more over 50 classes. Sometimes the classes are full and there is a problem with funding extra classes, so we miss out on a class, particularly OTAGO.

P363: As I turn 60 in August this year, cheaper sport centre payment will be easier.

P382: More "cardio" geared classes are needed. I haven't been able to find many at the local community centres unfortunately. I would feel more confident with a person who was monitoring me, at least until my confidence returns.

P384: Incentives like free/concessions for benefit claimants at swimming pools etc

P394: I really require to self-motivate myself to do more physical activity as I tend to find excuses for not doing exercise. However, I am aware how important it is for my ongoing health to do more activities. Therefore I would say that group sessions are very important and would be an important factor to motivate me to do more exercise. Increase the cardiac class time to perhaps twice a week or train more leisure centre staff to do the programme.

P426: Personally speaking I would have been happy to attend cardiac rehab more than once a week. If it was an option I would have attended 3-5 times weekly.

P444: I would like to be checked maybe every 6 months with a cardiac nurse when I am doing physical activity. Once you are finished your rehab you are more or less flying solo and don't know where you are physically or how your heart is coping with all the exercise you are doing. A lot of the time reassurance is as good a healer as all the meds you are on.

P470: Struggling with high blood pressure, upper back pain and more recently pain and discomfort through left breast. Heart beat throbbing, left neck and head. Feel I have lost bodily strength. I would like to see more clinic reviews, to see that everything is still okay, due to my age and disability walking, and swimming would be safest activities.

P466: Would have liked longer than 8 weeks cardiac rehab

P473: Made cardiac rehabilitation follow on classes more available eg on evenings. Help with affordability of using gym and leisure facilities. I can't afford this. More groups with people of similar problems to exercise together perhaps. I don't feel confident to join a normal exercise class. A forum, website to ask exercise related questions after you have done the rehabilitation class. I have asked the doctor but she makes me feel stupid!

P492: Local government - perhaps those with a cardiac problem could be given reduced/free membership of a gym. This would be a great help to many. It would also show that government care. NHS - It might be an idea to have a follow up appointment with the cardiologist. A cardiac problem for many people is life changing - if there is no follow up, they may think a heart attack is about to happen and will not push themselves to exercise so much. That has happened here. - Depending on other medications, there may be a conflict with clopidogrel which will leave them tired and not fit to exercise for the duration of the medication. Perhaps more information would be a motivation that this will not last for long.

P496: Local community fitness classes would be great otherwise living remotely means exercising alone which is hard for some people.

P532: Better access to rehab staff. I phoned a number of times to join a Thurso rehab but could not get a response. I feel I am motivated however was advised to limit exertion but was unsure the pace I should improve or increase the load of exercise. A good understanding of exercises in the home would be useful and how to gradually improve intensity. I was offered months after my heart attack.

P535: Cardiac group at a local gym would be very helpful. Being in a social group with other cardiac patients would be emotionally supportive. I find it embarrassing to go into a gym and be seen to be clearly struggling to "keep up" with the young, fit and beautiful!

P542: More prompt intervention from cardiac rehab teams in outlying rural hospitals would help especially with morale. We waited over six weeks for a phone call from local team meanwhile I started my own back to gentle exercise at my local gym.

P560: After a heart attack patients are at different levels of recovery/fitness. it would be beneficial if this was not only identified but a programme was in place to attend at the relevant level. exercise limits need to be made more clear?

P572: If staff and funds allowed, post cardio event rehab classes should be extended to a point where the participants have a very good level of fitness and then they could be subsidised, if necessary, to a ten week fitness class at a local gym/community centre/sports club. Hopefully, that investment would establish a habit and enjoyment of fitness classes for life. a leaflet giving links to other local physical activities eg sports clubs, walking groups, senior cycle clubs etc. I think it would have a very positive effect if the cardiac doctors themselves spent a couple of minutes with each patient before their release very strongly stressing how critical it is to exercise regularly and to reduce weight or all their work will have been in vain. A practice nurse appointment within a month of getting home should reinforce that message, measure weight, blood pressure and check patient is attending post card physio

Main theme- physical activity

Sub-theme: Benefits

Element: Health

P1 the more sitting around you do the less able you become (fact). Speaking as an elderly person I have witnessed the horror of visiting my contemporaries or younger in care homes, sitting elbow to elbow, not allowed to move unassisted by staff lapse into a zombie state - preserve me!

P6 Like all muscles the heart needs to exercise in order to function correctly, a lack of exercise leads to muscle deterioration.

P8 Exercise is very important for your general well being and as your heart is a muscle it needs to be exercised to efficiently pump blood around your body. after exercise you feel invigorated and out walking you get fresh air too.

P11 For your own well-being and good for your heart

P15 because it keeps you fit and going.

P17 Being active is important to exercise the heart and muscles

P8 Exercise is very important for your general well-being and as your heart is a muscle it needs to be exercised to efficiently pump blood around your body. after exercise you feel invigorated and out walking you get fresh air too.

P11 For your own well-being and good for your heart

P22 help keep heart healthy and improve circulation and general fitness

P23 You have to get your "puff" back! without exercise you will be struggling!

P27 So you can strengthen your heart muscle and push yourself a bit more.

P30 Being fit and active keeps you fit and the heart healthy.

P32 Being active is beneficial to one's health

P33 Physical activity can help other/many other illnesses/diseases e.g. diabetes. It can also help you to feel better.

P34 Lack of physical activity aggravated my heart issues which were also a result of my smoking and family history.

P35 Exercise helps to strengthen the heart muscle. Fresh air and sunshine promotes a feeling of wellbeing.

P40 The benefits of physical activity is well known for all age groups, as well as ex-heart patients.

P41 Physical activity is essential in the recovery process. This together with diet and other lifestyle changes has to be a long-term plan. Assistance in getting the balance right would be helpful as part of rehab.

P43 I have always been fit exercise always makes me feel better

P44 To get the heart working. I had not exercised for about 40 years - so it was a bit of a shock walking into the rehab gym. But it did give me confidence to carry on after the classes. I bought an exercise bike and attempt to use it every day.

P48 Exercise will keep my juices flowing, clearing my tubes and keeping my joints supple.

P51 Exercise makes me feel better

P52 Physical activity made me feel good, and its increasing extent and more demanding nature, provided an obvious and motivating, indicator of recovery process. It also led to an evident reduction in heart-rate recovery times after exertion.

P54 It keeps you feeling good about yourself

P56 Exercise is good for the heart and for mental health. I have always been physically very strong and active and want to regain - as far as possible - that level of fitness. Living here requires a lot of physical work!

P57 Keeps your body in trim.

P71 I was very active before/problem. I am improving all the time with a little caution.

P76 As we get older and retire we become less active and don't have to get up and get going in the mornings.

P79 The more physical exercise the healthier you feel. It also leads to a better lifestyle.

P87 You need to keep your muscles working which includes your heart. This helps keep blood pumping round your body and keeps it well oxygenated.

P89 It helps you get stronger and fitter

P90 Improved confidence and mental wellbeing

P91 Overall health and wellbeing. To help with not having any future cardiac problems.

P95 1. Heart efficiency and circulation are both improved. 2. Cholesterol levels are probably lowered. 3. There is an overall improvement in feelings of well-being. 4. I would find such exercise to be beneficial only if it had some purpose (e.g. gardening) and, conversely, I would find gymnastic activity positively unhelpful, particularly if it were communal.

P101 Being physically active not only improves recovery but stimulates the mind, especially when walking outdoors.

103 It's like the old saying, if you don't use it you lose it. I have to keep moving or it becomes harder when you do.

P104 Exercise is proven to be beneficial to maintaining a healthy cardiovascular system. For me I am fortunate to have activities which I enjoy so I do them. It is not therefore a chore. I find that after exercise I am in a mentally better place, calmer and take a more balanced view on life.

P106 Reduce risk of further heart problems

P111 I have always exercise. Basically, because I think it is important to your overall life quality. Also to keep control of my weight.

P114 To aid recovery and build up strength again and also to increase confidence levels.

P126 To keep physically fit. Get fresh air etc.

P129 Exercise keeps me occupied, makes me feel energetic. Prevents depression and keeps my weight in control.

P132 Physical exercise used to be enjoyable. This from climbing/hill walking and latterly as walking/cycling postman

P135 Keeps you fit and helps fight health problems

P138 To maintain a healthy lifestyle

P141 For general fitness and weight reduction

P143 You have to think positive and keep as active as possible

P145 With regular exercise the wellbeing (or feeling of) is improved and allows for increasing amount of exercise making normal living easier and more enjoyable.

P146 It is important to keep all muscles - including heart – fit

P149 It helps with general health and mental health

P150 It keeps you motivated and energises you. Strengthens your heart and the rest of your body. Helps with weight loss when needed.

P166 The old saying if you don't use it you lose it. I have always been physically active and enjoyed exercise, but as I get older I have found the need to pace myself and take things a little slower.

P167 The heart is a muscle and needs exercised.

P179 Help prevent further heart problems. Helps keep weight down (hopefully!). Good for your mental health.

P183 General wellbeing circulation

P188 Keeps your heart and body healthy

P194 Gives you a more positive outlook and helps prevent weight gain.

P195 Because it makes me feel better, mentally and physically, and helps to keep my weight down.

P197 being physically active is good for heart and lungs, also for mind as well. As we age (as I know) our bodies slow down. After a cardiac event this is magnified, and we become sluggish. We need to assess ourselves and tap into our energy levels and get going and try to do some exercise. It is important to our recovery whatever that may be (I was very active in life until my illness).

P201 To make the heart stronger.

P202 I need to lose weight to help with my condition.

P209 I was shocked to find after my heart attack I was finding the slightest elevation in the road making me puff and am so pleased after the cardiac rehabilitation and continuing other exercise I am managing much better.

P216 I need exercise to keep fit and to keep my heart active

P220 I feel the fitter I am the less chance of another heart attack

P230 The heart is a muscle which needs exercising. The body functions best when regular exercise is taken and a good diet is adhered to.

P232 At least in theory exercise helps improve general health, lower blood pressure (to an extent) and benefits the heart. It certainly improves mood and makes for a more positive outlook. Different people probably need different exercise levels?

P245 Helps to keep heart and lungs working well and enables one to help control weight and counter obesity.

P250 Physically activity helps the body in many ways, circulation, fresh air, and movement of muscle

P255 It keeps your heart going.

P264 Being active I think helps with feeling better and helps with circulation and other health benefits.

P268 to keep yourself fit and healthy also to control my weight

P272 If I was more physically active, I would have done more physical activity. I am aware of how important it is for my health and recovery. I do try and walk every day.

P275 I know that a strong heart and circulation can maintain my health better.

P278 This is very important, it helps to prevent and it will also help you to recover quicker. Even if heart problems are in your genes and you are in good physical condition being active is always going to be better than if you were not doing any activity.

P280 Keeps you active instead of feeling sorry for yourself

P282 Heart attack was a warning to change some aspects of my lifestyle.

P286 I feel that my work and the moderate exercise I get through walking keeps me healthy enough. I eat well and I sleep well.

P291 As a former sports individual I find it most important that physical activity can help my health and recovery.

P292 Because it is beneficial for the heart

P295 Keeping both body and mind strong

P297 Very important for my general health and wellbeing both mentally and physically

P298 As you get older - things get harder with a history of cancer and family heart problems - I am very aware of physical wellbeing

P300 I have made a very good recovery and feel that is at least partly due to taking regular exercise (walking, swimming and rehab classes)

P305 Because it was explained to me that the heart is like any other muscle, it needs exercise. Also being physically fit helps to reduce a build up of plaque and cholesterol. Also I feel better if I am reasonably fit.

P314 If I do not walk I become very stiff

P316 extremely important in both physical and mental well being. Building up confidence and to help starting to get back to leading a normal life. Physical activity will help to regain strength and stamina, and keep the heart muscle healthy.

P318 I think it is important to keep active for mind and body

P320 keeps the blood pumping and arteries clear

P321 Always been active and find it important to keep active for the good of my health.

P324 Exercise is very important in keeping all muscles fit and healthy.

P325 Doing no exercise is a sure way to deteriorate. I'd like to do more than at present. I would like a follow-on fitness course if one becomes available.

P327 I believe that physical activity combined with a healthy lifestyle will/may reduce a cardiac event.

P330 It is easy to sit back and do nothing, but that means joints, organs and many parts of the body seize up. Being active keeps everything moving; not going fast but easy exercise being kept up.

P335 The heart is a muscle. Rehab means appropriate, progressing use of the muscle. Also vital to my mental wellbeing. Feeling in control instead of a victim.

P339 For a large part of my life I did specific fitness training for football and cycling. I understand that your heart is a muscle which can be made stronger. As soon as I came out of hospital I embarked on a programme to strengthen my heart.

P344 1. Fitness. 2. Weight loss

P347 My understanding is my heart is what keeps me alive, and is like a pump for a motor, for an engine!

P349 Every muscle responds to exercise. The heart is a muscle therefore exercise is good for your heart.

P350 Fitness/weight/feel good

P355 At my age (75) I think I would seize up without regular exercise. It's good for the heart and keeps me mobile.

P356 I enjoy being active, keeps my joints moving

P357 I have been fit most of my life and I don't like being unfit even at my age.

P358 Physical activity has given me a positive outlook for the future.

P360 Circulation is crucial. Also feeling you're working to a positive goal is psychologically encouraging. General fitness is good and creates a positive and resilient mind set.

P370 I attend the rehab exercise classes enjoyed any time there and have followed them up by doing a number of exercises at home.

P371 To keep heart and other muscles supple.

P372 Physical activity is good for you both mentally and physically. It keeps the mind active as well as the body. I feel that this is important.

P373 to keep fit and wellbeing of mind

P382 It improves your overall health and strengthens muscles including the heart. Gives you a feeling of being "normal" again.

P384 It is beneficial to good circulation and mental health

P385 Keeps the heart healthy and helps prevent another heart attack

P386 If you have been active all your life, you cannot just stop the muscles round your heart need even more exercise now.

P389 It is important for your mental and physical well-being, mentally to be meeting people and keeping busy, physically, I have an arthritic hip so I need to keep on the move.

P390 To make my heart stronger

P393 Makes you feel better mentally.

P394 Exercise is crucial for good health and particularly the cardiac exercises which have been incorporated into this programme. It also lifts the mood and I always feel very much more motivated after I exercise and keen to do more.

P405 All the body's organs are interdependent and need to be developed together at the right maintainable level of activity.

P406 Keep weight down. Morale. Fellowship.

P412 I need to stay physically active for work and it helps any aches or pains in my joint from developing

P419 It improves mobility, circulation lung and heart functions.

P420 Physical activity is good for body and mind.

P422 Being active on a regular basis helps to feel more energetic and less lethargic. Helps the healing process.

P423 Keeping my weight at a good level is important and regular walking helps this. Walking helps me keep fit and helps with a good breathing pattern.

P424 Helps maintain a healthy heart and wellbeing. Improves my mood.

P426 Apart from the physical benefits of exercise I find it helped mentally and gives me a sense of overall wellbeing plus I like to challenge myself to do better.

P430 Your heart is a muscle you have to use it. Even though my heart will not get better after exercising I felt happier. I had achieved something that day. When I started I struggled to do daily activities. Even though I still struggle I find it slightly easier. Exercise also helps maintain my weight putting less stress on my heart.

P436 Exercise is very important for mobility and mental health.

P437 I know that keeping physically fit is a major factor in my physical and mental health

P444 All the advice that you receive tells you that regular exercise is vital to aid your recovery after stenting.

P445 Every piece of available evidence suggests that moderate exercise is hugely important in maintaining a healthy lifestyle.

P449 Improves circulation, appetite and general wellbeing.\

P451 Exercise/health improvements help mental health, weight control, aerobic stamina and general health.

P458 To keep heart healthy.

P463 The heart is a muscle and needs to be exercised - can help to prevent other illness. Makes you feel better.

P466 Very important. Feel it is better when monitored for longer than eight weeks.

P470 I was always physically active before cardiac problems, despite what is wrong with me, total inactivity like sitting or lying is more problematic, even standing is worse than walking, so I have to move despite pain and extreme fatigue.

P471 As they say, if you don't use it you lose it. Got to keep active.

P473 The heart is a muscle and needs to be exercised to keep it working. My heart attack was mild but killed off a small part of my heart. I am hoping that exercise, as well as keeping the rest of my heart healthy, will enable my heart to bypass naturally the part of my heart that was damaged and compensate for it in some way. I also do not want to have another heart attack and hope that exercise will reduce my risk.

P482 Circulation, muscle tone, breathing, keeping a healthy weight/appetite, digestion, making heart work harder.

P490 keeps you active

P492 Last year when exercising more, I felt better and could do more without being made easily breathless. It would mean that the heart would function better.

P496 Physical activity keeps the body and the mind in top condition. Makes you feel good afterwards and allows you to stay active.

P498 keeps me feeling healthy, keeps my weight down, keeps me feeling better about myself.

P505 Physical exercise is excellent for your overall mental and physical health.

P508 Feel fitter and stronger physically and just wanting to do more.

P524 Too many other things can go wrong if you don't keep active - mentally and physically.

P529 Helps circulation etc and heart

P533 I know I need to keep walking and exercising because of hardening of the arteries

P540 I look on my heart as being another muscle - and should be used and exercised - used to it's capacity.

P542 Feel better if you get some regular exercise

P545 Physical activity keeps everything active

P546 Keeps mind and body active

P558 Exercise is known to be of health benefit

P560 The heart and the body both benefit from exercise. the heart being a muscle.

P564 All the experts say that physical things are good for people.

P572 It exercises the heart and other muscles. Lifts your spirits. Helps reduce excess weight. Opportunity to socialise.

P575 Mentally I need to feel fully fit to be able to continue my usual active lifestyle. Being physically fit is good for your body and heart health.

P576 I feel it is good for both mental and physical health. I often feel worse if I don't exercise

P580 Not only does it keep your body fit but also helps you mentally. It makes you feel good out in the fresh air! Also it keeps your joints from seizing up and makes your heart stronger.

P586 To keep mobile

P593 A reasonable level of physical activity is essential for physical and mental well-being, assuming a reasonable level of physical activity is possible...

P599 Physical activity is important to my health and recovery as the heart is a muscle, muscles which are not used deteriorate and cause further problems and more discomfort.

P253 physical activity is good for your general health - both physically and emotionally and socially. Your heart is like your other muscles - it needs regular exercise.

Sub-theme: Reasons for staying physically active

Types of exercise

P67 Physical activity is great fun and enjoyable (running). Does not need to be high level nor Olympics standard.

P81 I have two large dogs too. Exercise – always

P109 I understand and have always been active. I rise at 5:45am and walk my dog there after general housework and dog walking but slower than I used to.

P118 When I was much younger, I swam, played netball, cycled, hill walked. I always felt more fit and able to do more.

P130 I have always been physically active

P133 Physical activity (exercises, gardening, DIY) have left me fitter than I was before my op. And although I did some of these before, I now feel better after doing them.

P155 BECAUSE EXERCISE KEEPS MY JOINTS SUPPLE AND I THOROUGHLY ENJOY PLAYING BOWLS, TABLE TENNIS, SWIMMING (THREE TIMES A WEEK) AND TAKING MY DAUGHTER'S DOG FOR A WALK. ALSO SOCIAL OCCASSIONS LIKE LUNCHEON CLUB (TWICE A WEEK) AND WHIST (TWICE A WEEK) AND GOING TO DANCES AND CEILIDHS WITH MY GIRLFRIEND.

P199 Exercise is something everyone should take part in. Before the arthritis and fibromyalgia, I cycled, swam, hill walked, played badminton and ran about after the children when I was younger. I'm hoping once my hip recovers, I'll be able to get back on my bike and back to swimming.

P192 Having always been an active person in sport until near 40, then gardening, DIY and much walking (with two Boxer dogs), still walking (not so far, no dogs).

P246 walk every day feel better

P258 I've been involved with physical activity in my work environment all my working life. Most of my hobbies focus around exercise skiing, biking, golf, swimming and walking. Don't like to be unfit.

P96 I have always lead a very active life due to sport, DIY and garden.

P337 I have always been a very active person and consider this to be the reason for reaching the age of 84. With good food, friendship and activity has got my this far.

P343 I have always lived a relatively active life which I prefer anyway.

P352 Until my heart event I was a strong active person combining my croft activity with professional work, often overseas for short periods. One has to do your own work where I live!

P418 Have always led an active, sporty life; though running no longer possible (knee problems).

P465 physical activity is very important to me. I have been active for a lot of years and it has become a habit. I cycle on the road and mountain bike too. I attend the local climbing wall twice a week, though I don't climb the hardest routes. I walk when I'm not doing the other things, even if it's late in the evening, 30-40 minutes. Larger during the day. If I miss an outing I consider it a rest and recovery day. I also have a short routine I do at home most days using rubber bands and light weights and some easy stretching. I could say I do something every day. I do not schedule my activity or say I have a regular routine. I just fit it in. Getting older takes its toll, I am aware that I can't do as much as before or I take care that I don't overdo it or injure myself - well I try not to. I could say I am health conscious and intend to stay active as long as possible.

P485 I don't feel 80 but am about to be so. I put this down to a love of walking and have two Labradors who demand it.

P487 For physical exercise I do my housework. For mental activity I am an avid reader.

P544 I understand the requirement for exercise. I try to ensure I complete 9000 steps of brisk walk daily carrying a relatively heavy rucksack. Also play golf as much as I can (weather and work permitting)

P216: All my adult life until my late sixties I have been a keen hillwalker, climbing munros and corbetts. I was also cycling off road on a regular basis. In my late sixties I developed sciatica which I have never completely recovered from. I do physio exercises every day. Due to the sciatica I am no longer able to hillwalk which I greatly miss and wish I could still do it. The activities I am able to do now are short walks, cycling around 5 miles and gardening. In the summer in total my activities amount to 2-4 hours per day. In the winter this is reduced

to about 1/2 an hour per day cycling or walking. Since my heart attack in September 2016 I have slowed down considerably but am now managing to do a lot more.

P553: Dancing every day in house to my own music. 1 hour day walking the shop then and back.

P268: My moderate activity is bowling twice a week indoors, totalling about 3 hours per session

P300: I have been very happy with all that the NHS has done for me both before my operation and in the recovery period. Doctors, nurses, physiotherapist etc have all been kind and supportive. There is a local walking group that meets regularly but I have not joined it as I am happy walking alone or with family members and friends. I swim once a week with a friend and the pool is convenient and staff welcoming.

P318: Most of my activity is concerned with work around the home eg cutting trees for wood burner, splitting logs for wood burner, digging garden, looking after chicken, mowing grass etc.

P356: I enjoy walking, I walk everywhere if I can, I'm always out and about, I do my housework myself.

P420: By exercise the questionnaire does adequately cover - shortwalks, general duties such as: putting out dustbins, retrieving dustbins, filling bird seed unit, dipping fuel tank

P197: My husband and family were so stressed they couldn't see me doing physical activity (after illness) except little bit house work with help. I can go down town now. Now for 15 mins and rest (investigations ongoing)

P476: I like to walk and I can do that anytime/anywhere. That's enough activity and options for me so I don't need additional facilities.

P485: I walk my dogs 7 days/week for a minimum of 1 hour per day but often 1.5 or 2 hours. If there were facilities to swim close by I would add those to my menu. I liked it when every level of the stairs in Raigmore told you how you were doing walking (or climbing) a Munro. I do like to sit because I have osteoarthritis in my ankles which are treated 2x pa with cortisone injections - swimming would be most helpful,

P487: I am 90+ years old so my answers are based on my age. For physical exercise I concentrate on my house work. For mental activity and I find this very important I read a lot.

P192: My activity now relates to keeping myself, home, shopping and gardening, if and when time exists a walk. The difference now is pacing myself taking periodic rests if needed.

P52: This corresponds to a 4.5-5 mile walk, often uphill and at a steady brisk pace. In addition, I would be walking around the house and garden, doing shopping, etc, visiting friends and family. In Spring and Summer I do a fair amount of moderate physical activity

through chores in the garden. (cutting grass, pruning shrubs, trimming hedges, moving pots around.....)

Element: the future - motivations

P28 Want to get back to my golf and fishing and gardening.

P49 I think it probably helps the heart to regain a degree of normality and gives patients confidence to proceed with a normal life.

P85 Must keep moving. Play golf in the summer but *can't read this word* exercise becomes more and more difficult as the years go.

P108 Inactivity leads to sitting drinking coffee and eating cakes!

P116 Hopefully, it will prolong an active life and mental capacity.

P115 Being physically fit, for your age, helps to be mentally fit and become able to participate in family and community events.

P160 Would like to keep active for my grandchildren and my great grandchildren and also for my remaining son and family.

P187 I need to keep fit so I can enjoy life and family

P156 To live an independent life and enjoy what life is left.

P185 To fulfil my outdoor activities i.e. golf, bowls, gardening, shopping, dancing and walking

P225 knowing it's advisable to keep active

P217 Because I look after my grandchildren

P239 Since I have had my stents fitted I am able to exercise for the first time in 5 years without discomfort. Since stents fitted, I am determined to get as fit as possible. All exercise is very important for my future health.

P248 Just wanted to get back to level I was at before surgery

P259 I want to carry on with life.

P354 Live a longer life

P383 No doubt that it postpones further incidents and death. Feel better. Sleep better. Less chance of depression. More energy.

P452 Without support and encouragement it is all too easy to backslide into bad habits.

P456 More you sit back and do nothing the worse you get.

P499 I need to be active

P571 To stay alive

P521 Try to keep working. Some heavy work leaves me short of breath.

P581 Keep fit to enjoy life as we get older

P161 Keeping active is important

P161: Would like to be kept informed of any further meetings of heart groups that would benefit me.

P49: Not aware of any gov. advice - but I think a degree of daily activity is beneficial. Note. Did not attend any rehab classes. I attended all local physio appts and completed all prescribed exercises without any adverse effect. I am not PA as above - but I always endeavour to be active daily by other means i.e. gardening, walking, household etc, relevant to my age/weather conditions etc - less during winter.

Sub-theme: Barriers to physical activity

P2 5: but still get sore pains through calf and severe pain in left shoulder which causes issues with lots of things.

P18 I was always very fit until I fell now my knee is very painful and I can't walk far. I give this a 5.

P86 Because of my age because I've had a heart attack and lots of broken bones I like to keep all working parts moving by exercising daily.

P131 Have always been very active my work was very physical. I also was very strong swimmer and usually 3 days per week until I had to stop due to my arthritis also my right knee is fused that gives me many problems. I have arthritis in most of my joints.

P244 I had a new hip on the 27th Oct 2017

P243 I don't know why but have been advised by Doc of this, I have a physically active job, but curtailed by sore joints and eye.

P312 Physical activity keeps mobility of joints, prevents xs obesity. Exercise restrictions have been because of 2 total knee replacements - I do what I can but avoid pain.

P475 Always been physically active until vascular, neuropathy and cardiac problems arose. Now waiting for by-pass surgery to allow vascular surgery.

P531 Because of my age and state of health I would find it very difficult to exercise

P367 I hadn't realised I had condition I had thought it was a nasty chesty cold giving me a lot of bother.

P18: I would love to be active again if I had transport and someone to coach me doing it as I was always very fit used the gym every day love to do it again even if I am 81 years I still feel I could do it if supervised to start with.

P23: I have always been active throughout my life, but since my heart attack my activity has decreased by 75% despite my best efforts! perhaps I am expecting too much of my medication, or perhaps it is just part of getting old.

P28: At present I am troubled with retention of fluid which is affecting my breathing. If something could be done about this I feel I would be able to get back to my golf and fishing.

P61: Normally in good weather my husband and myself are out walking about 3 days a week but with all the snow and ice we have had we have hardly been out of doors.

P87: I try to get out as much as possible to go walking. Both my hips get sore after a short while so I just have to rest for a while. I don't go out by myself incase I suffer a bad turn. It's not just a physical barrier with some patients it's a mental barrier that stops them from exercise.

P103: After I started feeling better it was 9 months after the op. the benefits agency stopped my mobility money which helped stop any plans I had and getting to and from anything medical including the procedure at Raigmore to cure the irregular heartbeat I still have. Also I have suffered from severe depression my whole life and lately its been getting worse with everything that's going on so its a bad place I'm in just now, which sucks, amd there isn't anybody to catch me and make sure I'm getting what I need or even just getting by.

P109: I have angina and would do more if able. It is slowing me down.

P133: I would use the local gym but find the cost prohibitive. Some special rates for O.A.Ps would be handy.

P162: I had to stop exercise due tp severe hip pain. A hip repair?

P209: As well as cardiac disease I have macular degeneration both eyes and sight is currently being held stable by injection every 6 weeks. This disease in itself slows a person down and makes exercise sometimes more difficult although we are well served here with a walking for health group each week in the woods.

P220: I have exercise facilities at home but I'm unable to use them at present due to another health problem. Physical exercises I would like to do include the use of my multigym equipment and treadmill.

P230: I find arthritis tends to limit my activities a bit. I do as much as I can. I have been skiing for the past week which has affected some of my answers to the questions.

P233: With the condition I have more exercise gives more pain. I find everyday chores like cleaning the house does as well as exercise. Dressing in the morning, showering does the same in my mind. Yes I put weight on and take it off as easy. I find mind over matter when your body gives pain you get on with it till the job is done then deal with it whether that means painkillers relax let them work.

P244: Since retiring in nineteen eighty-seven (1997) I usually played golf basically 3 to 4 times per day for 4 to 5 days. Because of age, new hip, and weaning health lately, golf is curtailed to some days using a buggy.

P254: I am a member of local bravehearts after my last heart attack I now suffer from polymyalgia this constrains my walking etc and grass cutting in summer. And I also find in windy wet weather walking not so good. My biggest disappointment after my heart attack was waiting in vain for an invitation to join the rehab class.

P272: I would like to do more but very breathless now

P259: Rehab classes. A little more structure and organization is required. Possibly a short rehab class several years after recovery.

P278: I really enjoy lifting weights and as my local gym does not have much I use a private gym. It has all health questions and if you have a health problem (heart attack etc) you need a doctors letter which is £30. This could put people off. Also I know if people are on benefits they can use our local gym for 50p per time. Before I signed up I trialled it and had to pay £5.90 and now pay £30 per month for my family of 4 but I find this unfair just because I work does not mean I have more money. This is our local authority gym.

P377: I do what I can haven't been able to do much at the moment as I've got an ulcer on my toe so I haven't been able to walk on it much. Before that I had walks and gardening exercise

P405: My answers about recent activity are much affected by pneumonia, kidney disease and PAD and anaemia

P449: The last 7 days have not been representative due to the severe inclement weather conditions prevailing.

P450: To be honest I feel very anxious about strenuous or prolonged exercise: close to paranoia!

P217: Short of breath because of heart. Had 1 heart attack and 2 operations for 4 stents put in.

P546: Due to my large nerve in leg being damaged I am not able to do regular exercises but do some when pain killers kick in. I am able to walk the dog. As I live out in the sticks local community is not an opinion! Only 4 neighbours.

P471: In my area, there is no excuse not to be active, unless you are not medically fit to do so. The only reason I have not been active in the last 2 and 1/2 years is because I have been getting treatment for prostate cancer and have had no energy to do so. Have tried. And I have also had to have 2 heart procedures i.e. stents fitted in 2016 and 2017. Other than that after my first heart attack in 2006, I cycled, walked and done 3 days a week at my local gym, up until I was diagnosed with my cancer. But hope to start exercise again soon, health permitting.

P18: Sorry had a bad fall can't do much now loved the gym but can't do it now.

P132: I am unable to walk any distance without leg pain particularly left leg