



**Brockville**  
**CARDIOVASCULAR**  
**PROGRAM**  
part of Brockville  
General Hospital

Brag and Steal  
March 31, 2017  
Travis Coughlin, R. Kin

# Faculty/Presenter Disclosure

- Faculty: Travis Coughlin
- Relationships with commercial interests:
  - **Grants/Research Support: None**
  - **Speakers Bureau/Honoraria: None**
  - **Consulting Fees: None**
  - **Other: None**

# Our Team

- Registered Kinesiologists (Jason and Travis)
- Registered Nurse (Helen)
- Registered Dietician (Adonica)
- Stress Management, R.N (Gail)

# A Little History

- Almost 10 years at BGH
- Nearly 1000 graduated patients
- Mostly Secondary treatment
- Our patients include:
  - Bypass
  - STENT
  - Transplant
  - 2+ risk factors

# What We Do

- Focus on lifestyle modifications
- Follow the guidelines of the Cardiac Care Network
- Try to decrease the stress on the healthcare system by properly educating and training patients at high risk
- Beginning preventative treatment (2+ risk factors)
- Measure the changes in:
  - Cholesterol
  - Weight
  - Waist
  - Physical capacity (6 minute walk test)

# Barriers

- No way of ensuring the patients continue their lifestyle modifications after graduating
- Lack of resources in the community
- Financial strain
- Weather
- Fear of unknown capabilities

# Contact for more information:

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