

Program Curriculum:

The current cardiac rehabilitation program at UH, Cleveland has three phases. The CAM for Stress Management in Cardiac Rehab program will be integrated into the 2nd phase. The second phase consists of 12 weeks of exercise, vitals monitoring, and education. The CAM program will take place every other week of the second phase program for 6 weeks of CAM programming. The CAM program sessions will be 2 hours long each and will include education and an experiential involving the 5 categories of CAM (alternative medical systems, mind-body interventions, biologically based treatments, manipulative and body-base methods, and energy therapies) and a session of review, community resources, and questions (Institute of Medicine, 2005). We will acquire a local professional or specialist to lead each of the 5 sessions and the 6th wrap-up session will be led by the program leader.

Session 1 – (April 5, 2023) Alternative Medical Systems (for example – Chinese medicine, Ayurvedic medicine, homeopathy, and acupuncture). We will have a local certified acupuncturist conduct an education session and then provide acupressure instruction and group acupuncture to the participants. Cabioğlu et al. (2012) suggest that acupuncture increases the synthesis and release of hormones that are known to help strengthens an individual's ability to cope with stress.

Session 2 – (April 19, 2023) Mind-body interventions (for example – Yoga, meditation, and prayer). We will employ a local certified yoga instructor to provide education on yoga for positive mental health and stress as well as provide a safe experiential class. Yoga intervention which includes postures, breathing, and meditation/prayer for integration of mind, body, and spirit, is suggested to help improve coping with stress, sleep quality, and overall quality of life (Kwong et al., 2015).

Session 3 – (May 3, 2023) Biologically based treatments (for example – specialized diets, herbal, and other natural products). We will have certified herbalists conduct this session with information about different herbs that help with cardiovascular diseases as well as possible drug interactions (Ray & Saini, 2021).

Session 4 – (May 17, 2023) Manipulative and body-based methods (for example – chiropractic and massage therapy). We will acquire services from a local chiropractic provider for this session. Chiropractic services often include chiropractic manipulation as well as massage. Rabito & Kay (2013) suggest that chiropractic services are one of the most frequently used CAM modalities and have been identified in the research in cardiovascular diseases.

Session 5 – (May 31, 2023) Energy therapies (for example – Qi Gong, Reiki, and therapeutic touch). We will incorporate a local Reiki master to educate participants on energy therapies and provide a group Reiki session. Though little research has been done on the effects of Reiki, studies do suggest that Reiki can aid in stress reduction and improve vagal activity, which results in greater relaxation (Rabito & Kay, 2013).

Session 6 – (June 14, 2023) Review, Resources, and Questions. In this final session, the program leader will review what was learned, provide local resources including discounts to continue any local CAM classes from the sessions, and answer any questions the participants might have.

References

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- Institute of Medicine: Committee on the Use of Complementary and Alternative Medicine by the American Public. (2005). *Complementary and alternative medicine in the united states*. National Academies Press (US). <https://www.ncbi.nlm.nih.gov/books/NBK83804/>
- Kwong, J., Lau, H., Yeung, F., Chau, P., & Woo, J. (2015). Yoga of secondary prevention of coronary heart disease. *Cochrane Database of Systematic Reviews*, *6*(CD009506).
<https://doi.org/10.1002/14651858.CD009506.pub3>
- Ray, S. & Saini, M. (20212). Cure and prevention of cardiovascular diseases: Herbs for heart. *Clinical Phytoscience*, *7*(64). <https://doi.org/10.1186/s40816-021-00294-0>