

# Introduction to the EXPERT tool (Release 3.3)

Version: Nov 2025



# What is the EXPERT tool?

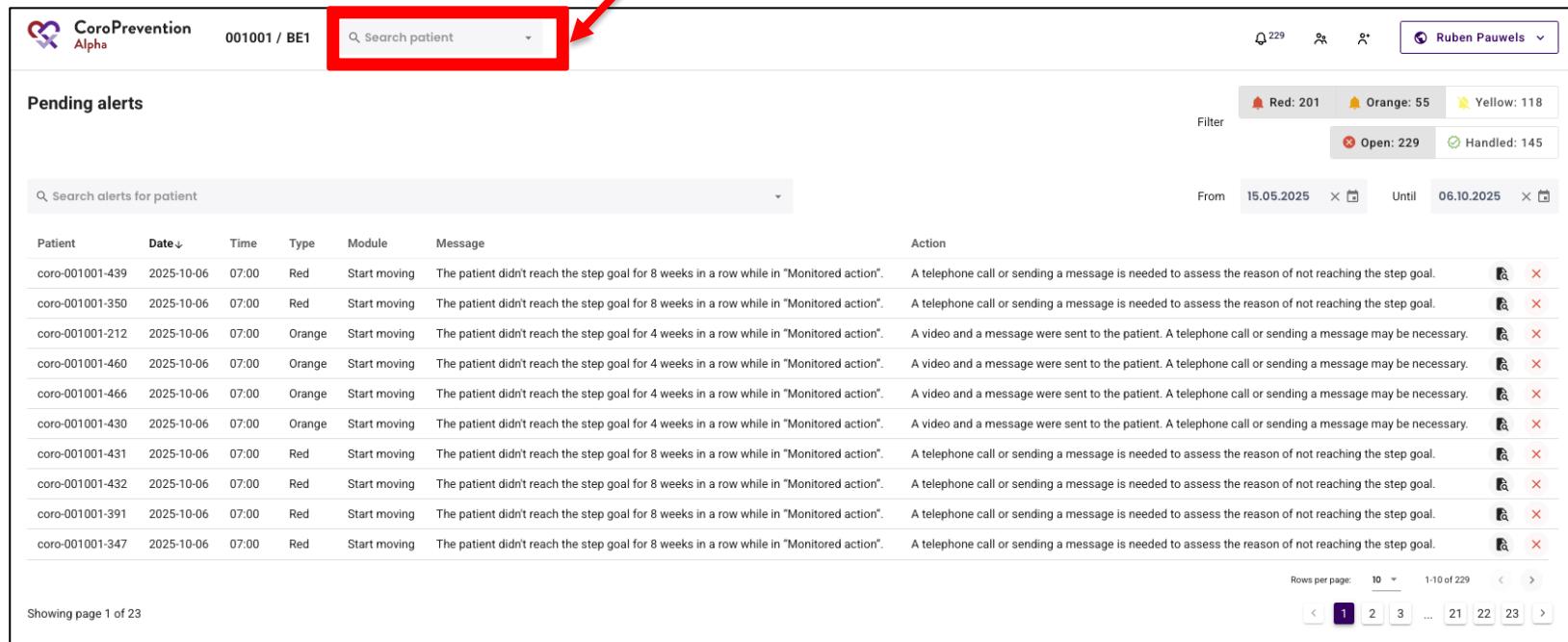
- Developed according to EAPC and ESC position statements/guidelines and the expert opinions of the EAPC EXPERT group members
- To select maximally clinically effective and medically safe training modalities for patients with cardiovascular disease
- Recommendation System to support prescription of personalized exercise training

# How to apply the EXPERT tool in CoroPrevention?

## Case description

- 64-year old male
- Medical history:
  - Arterial hypertension, obesity, hypercholesterolaemia, diabetes mellitus
  - Shoulder operation in 2015
  - Elective coronary angiography demonstrating severe 3-vessel disease in 2021
  - Elective CABG was performed
- Risk factors:
  - Obesity, diabetes, arterial hypertension, hypercholesterolaemia
  - Prior smoker, currently non-smoker
  - Low physical activity

# Open the EXPERT tool



CoroPrevention Alpha 001001 / BE1  Q 229 Ruben Pauwels

Pending alerts Red: 201 Orange: 55 Yellow: 118

From 15.05.2025 Until 06.10.2025

Patient	Date	Time	Type	Module	Message	Action
coro-001001-439	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.
coro-001001-350	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.
coro-001001-212	2025-10-06	07:00	Orange	Start moving	The patient didn't reach the step goal for 4 weeks in a row while in "Monitored action".	A video and a message were sent to the patient. A telephone call or sending a message may be necessary.
coro-001001-460	2025-10-06	07:00	Orange	Start moving	The patient didn't reach the step goal for 4 weeks in a row while in "Monitored action".	A video and a message were sent to the patient. A telephone call or sending a message may be necessary.
coro-001001-466	2025-10-06	07:00	Orange	Start moving	The patient didn't reach the step goal for 4 weeks in a row while in "Monitored action".	A video and a message were sent to the patient. A telephone call or sending a message may be necessary.
coro-001001-430	2025-10-06	07:00	Orange	Start moving	The patient didn't reach the step goal for 4 weeks in a row while in "Monitored action".	A video and a message were sent to the patient. A telephone call or sending a message may be necessary.
coro-001001-431	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.
coro-001001-432	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.
coro-001001-391	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.
coro-001001-347	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.

Showing page 1 of 23 Rows per page: 10 1-10 of 229 1 2 3 ... 21 22 23 >

# Open the EXPERT tool

CoroPrevention Alpha 001001 / BE1 coro-001001-001 (1987) 229 Ruben Pauwels

Patient

coro-001001-001 (1958)

General

Subject ID: coro-001001-001  
Gender: Male  
Year of birth: 1958  
Start date: 17-11-2023

URL and code to view the ePro for visit 2

<https://tablet-qa.coroprevention.eu/session/start/6M2tC7QtPnFTWoc>

Print QR code for ePRO application

Print a new QR password code for the mobile app Logout mobile app

Patient dropped out

Consultations during the study

1 2 3 4 5 6 7

Parameters

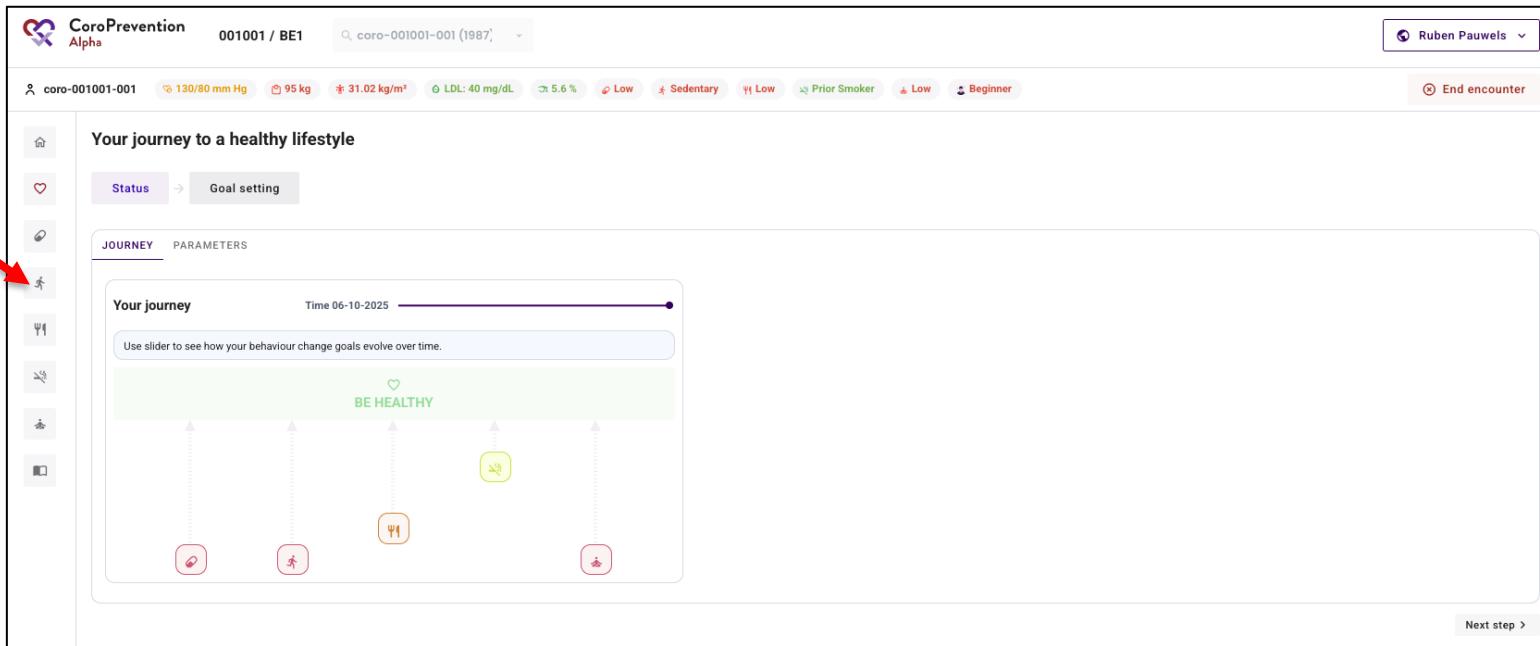
Blood pressure	130/80 mm Hg
Weight	95 kg
BMI	31 kg/m <sup>2</sup>
LDL cholesterol	40 mg/dL
HbA1c - (Glucose)	5.6 %

Behavioural goals

Medication adherence	Low	Inactive
Start moving	Sedentary	Inactive

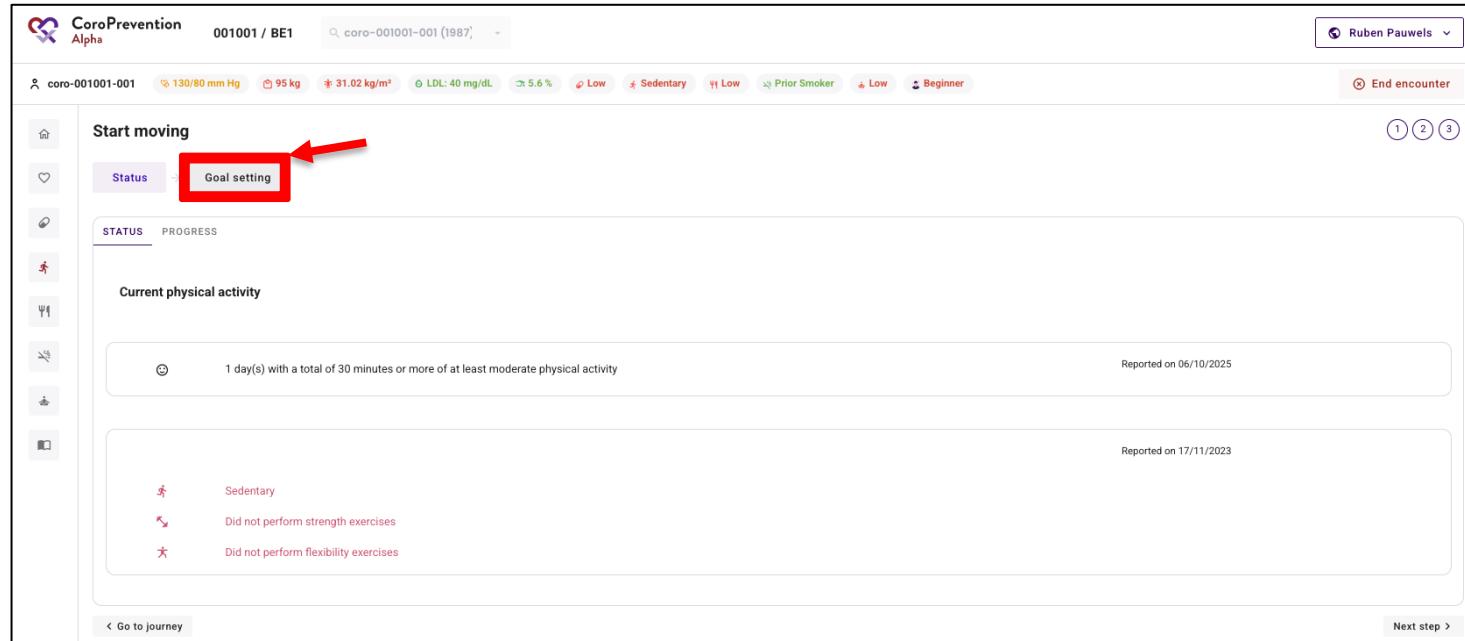
**View patient record** **Start visit 2**

# Open the EXPERT tool



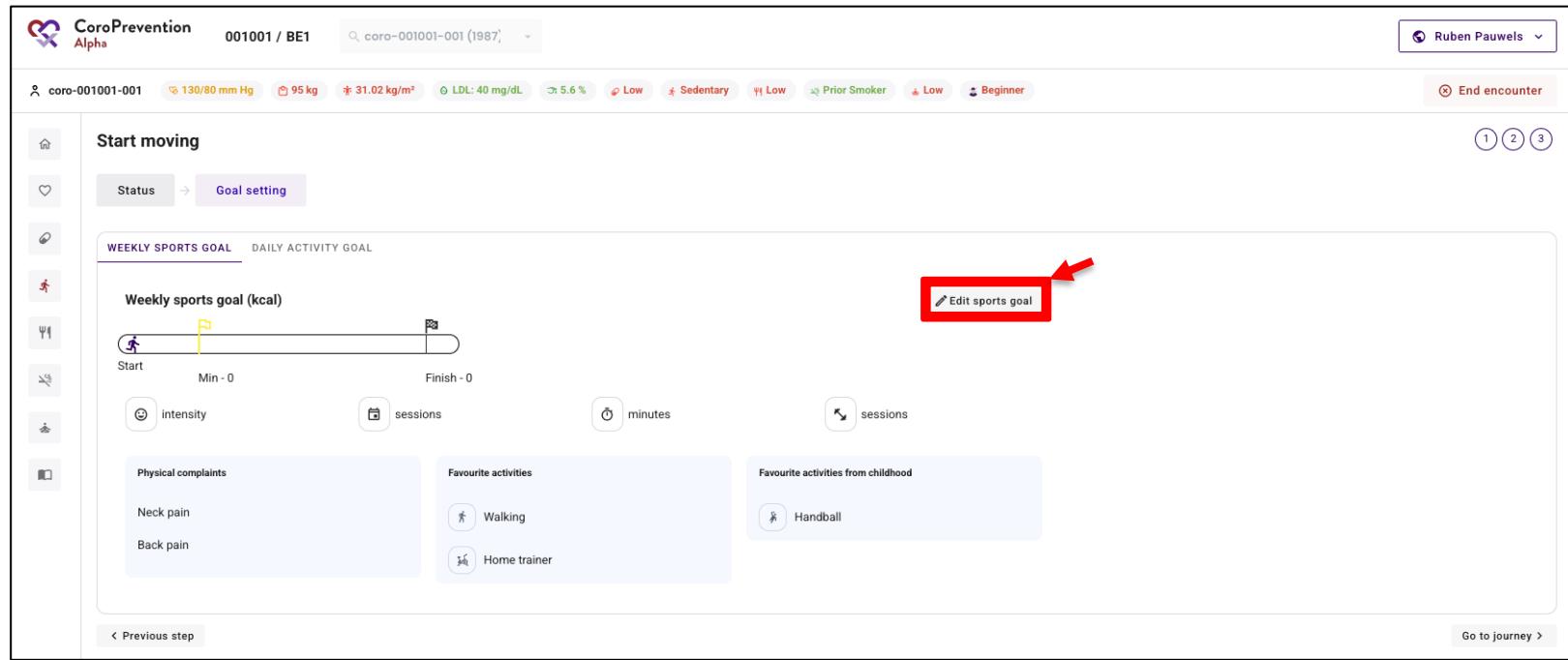
The screenshot shows the CoroPrevention Alpha EXPERT tool interface. At the top, there is a header with the CoroPrevention logo, the identifier '001001 / BE1', and a dropdown menu for 'coro-001001-001 (1987)'. On the right, a user profile for 'Ruben Pauwels' is shown with a dropdown arrow. Below the header, a navigation bar includes a user icon, the identifier 'coro-001001-001', and various status indicators: '130/80 mm Hg', '95 kg', '31.02 kg/m<sup>2</sup>', 'LDL: 40 mg/dL', '5.6 %', 'Low', 'Sedentary', 'Low', 'Prior Smoker', 'Low', and 'Beginner'. To the right of the bar are buttons for 'End encounter' and a user profile icon. The main content area is titled 'Your journey to a healthy lifestyle' and shows a 'Status' tab selected, with a 'Goal setting' tab next to it. Below this, there are tabs for 'JOURNEY' and 'PARAMETERS'. The 'JOURNEY' tab displays a timeline from '06-10-2025' with a slider labeled 'Use slider to see how your behaviour change goals evolve over time.' A green bar labeled 'BE HEALTHY' is shown above the timeline. The timeline features several icons: a red heart, a red gear, a green heart, a green gear, a red gear, and a red heart. A red arrow points to the first red heart icon on the left. At the bottom right of the journey section is a 'Next step >' button. The entire interface is contained within a light gray box with a thin black border.

# Open the EXPERT tool



The screenshot shows the CoroPrevention EXPERT tool interface. At the top, there is a header with the CoroPrevention logo, the identifier '001001 / BE1', and a search bar. On the right, there is a user profile for 'Ruben Pauwels' and a 'End encounter' button. Below the header, a navigation bar has 'Start moving' as the active tab, with 'Status' and 'Goal setting' as options. A red arrow points to the 'Goal setting' button. The main content area is titled 'Current physical activity' and displays two reports. The first report, from '06/10/2025', shows '1 day(s) with a total of 30 minutes or more of at least moderate physical activity'. The second report, from '17/11/2023', shows 'Sedentary' status with icons for strength and flexibility exercises. On the left, there is a sidebar with various icons and a list of activities. At the bottom, there are buttons for 'Go to journey' and 'Next step'.

# Open the EXPERT tool



The screenshot shows the CoroPrevention Alpha EXPERT tool interface. The top navigation bar includes the CoroPrevention logo, patient ID (001001 / BE1), a search bar, and a user dropdown (Ruben Pauwels). Below the navigation, a row of status indicators shows blood pressure (130/80 mm Hg), weight (95 kg), BMI (31.02 kg/m²), LDL (40 mg/dL), physical activity (5.6%), sedentary levels (Low), and smoking status (Prior Smoker, Low, Beginner).

The main section is titled "Start moving" and is divided into "Status" and "Goal setting" tabs. The "Goal setting" tab is active, showing the "WEEKLY SPORTS GOAL" and "DAILY ACTIVITY GOAL".

**WEEKLY SPORTS GOAL:** Weekly sports goal (kcal) with a progress bar from 0 to 0. Below the bar are controls for "intensity", "sessions", "minutes", and "sessions".

**Physical complaints:** Neck pain, Back pain.

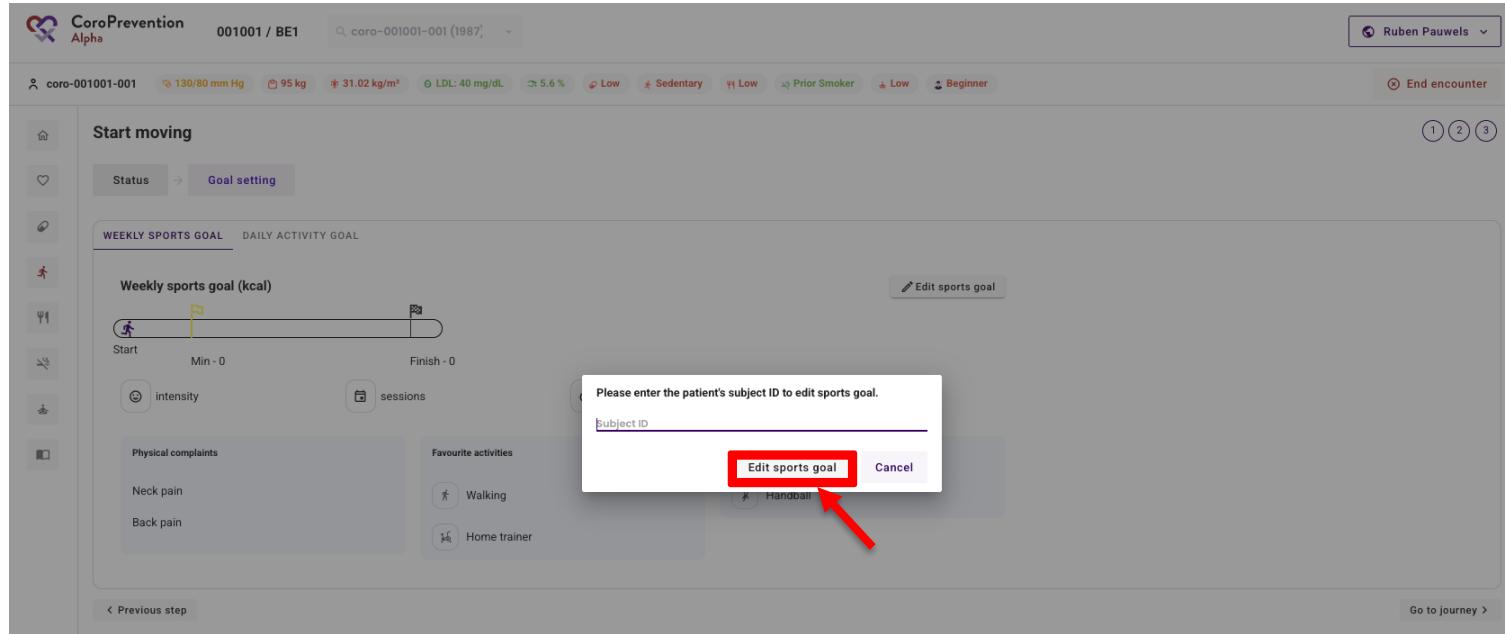
**Favourite activities:** Walking, Home trainer.

**Favourite activities from childhood:** Handball.

At the bottom of the "Goal setting" section, there is a red box highlighting the "Edit sports goal" button, which is also pointed to by a red arrow.

Navigation buttons at the bottom include "Previous step" and "Go to journey".

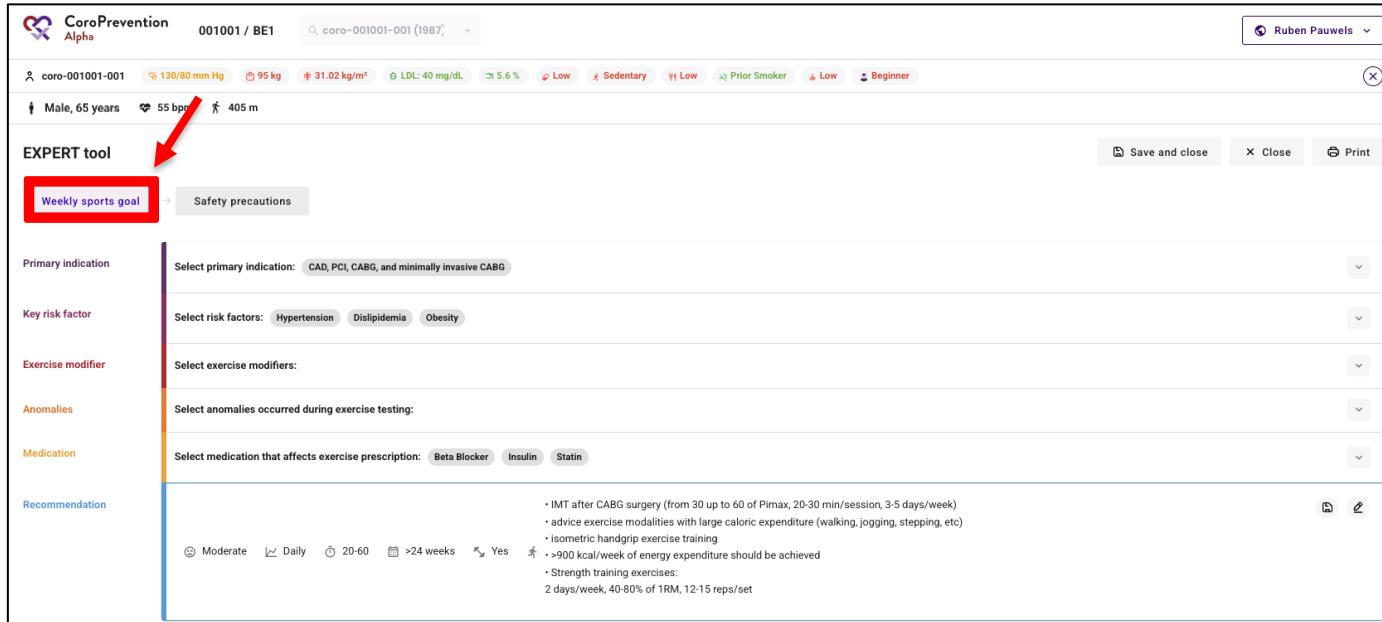
# Open the EXPERT tool



The screenshot shows the CoroPrevention EXPERT tool interface. At the top, the patient ID is 001001 / BE1, and the search bar shows 'coro-001001-001 (1987)'. The top navigation bar includes a user profile for 'Ruben Pauwels' and an 'End encounter' button. Below the header, a summary of vital signs and risk factors is displayed: coro-001001-001, 130/80 mm Hg, 95 kg, 31.02 kg/m<sup>2</sup>, LDL: 40 mg/dL, 5.6 %, Low, Sedentary, Low, Prior Smoker, Low, Beginner. On the right, there are three circular icons labeled 1, 2, and 3.

The main content area is titled 'Start moving' and shows the 'Goal setting' tab selected. It includes sections for 'WEEKLY SPORTS GOAL' and 'DAILY ACTIVITY GOAL'. The 'WEEKLY SPORTS GOAL' section features a progress bar for 'Weekly sports goal (kcal)' with 'Start' and 'Finish' markers, and buttons for 'intensity' and 'sessions'. The 'DAILY ACTIVITY GOAL' section shows 'Physical complaints' (Neck pain, Back pain) and 'Favourite activities' (Walking, Home trainer). A modal window is overlaid on the screen, prompting the user to 'Please enter the patient's subject ID to edit sports goal.' It contains a text input field for 'Subject ID', a red box highlighting the 'Edit sports goal' button, and a 'Cancel' button. A red arrow points to the 'Edit sports goal' button. At the bottom of the modal, there are links for 'Handball' and 'Home trainer'. Navigation buttons at the bottom of the main screen include '< Previous step' and 'Go to journey >'.

# EXPERT tool – Weekly sports goal



The screenshot shows the CoroPrevention Alpha software interface. At the top, there is a header with the CoroPrevention logo, the ID '001001 / BE1', and a search bar. On the right, there is a user profile for 'Ruben Pauwels'. Below the header, there are patient vital signs: blood pressure (130/80 mm Hg), weight (95 kg), BMI (31.02 kg/m²), LDL cholesterol (40 mg/dL), and smoking status (5.6%, Low, Sedentary, Prior Smoker, Low, Beginner). The patient is identified as Male, 65 years old, with 55 bpm and 405 m. The main title 'EXPERT tool' is displayed, with a red arrow pointing to the 'Weekly sports goal' button in the navigation bar. The 'Safety precautions' button is also visible. The tool interface includes sections for Primary indication, Key risk factor, Exercise modifier, Anomalies, Medication, and Recommendation. The 'Recommendation' section contains a list of exercise guidelines and a table with checkboxes for exercise frequency and duration.

EXPERT tool

Weekly sports goal → Safety precautions

Primary indication: Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor: Select risk factors: Hypertension, Dislipidemia, Obesity

Exercise modifier: Select exercise modifiers:

Anomalies: Select anomalies occurred during exercise testing:

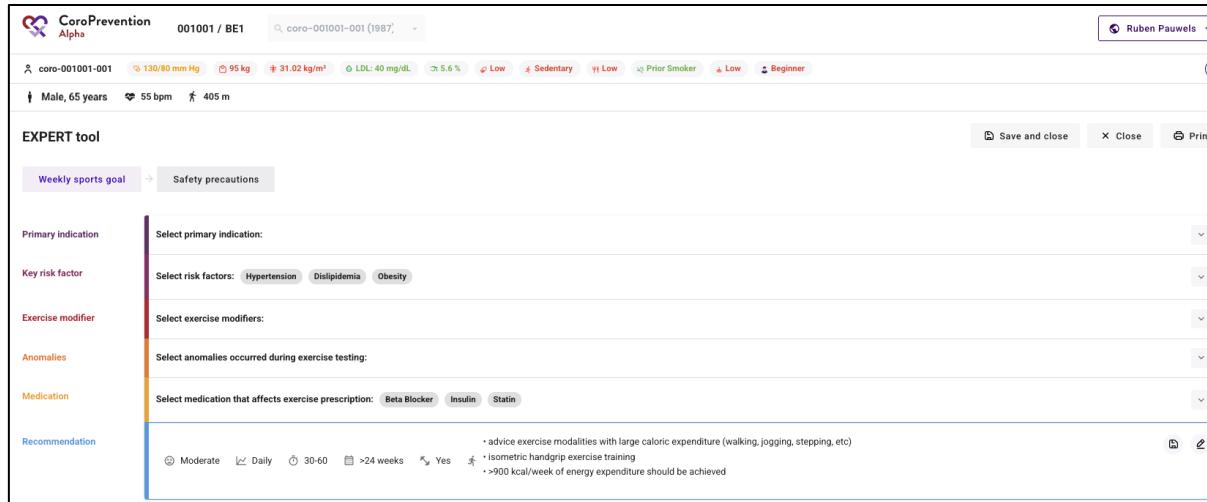
Medication: Select medication that affects exercise prescription: Beta Blocker, Insulin, Statin

Recommendation:

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- advise exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises: 2 days/week, 40-80% of 1RM, 12-15 reps/set

Moderate Daily 20-60 >24 weeks Yes

# EXPERT tool – Exercise prescription



The screenshot shows the CoroPrevention Alpha software interface for exercise prescription. At the top, patient information is displayed: ID 001001 / BE1, search term coro-001001-001 (1987), and user Ruben Pauwels. Below this, clinical data includes blood pressure (130/80 mm Hg), weight (95 kg), BMI (31.02 kg/m<sup>2</sup>), LDL (40 mg/dL), triglycerides (5.6 %), smoking status (Low, Sedentary, Prior Smoker), and exercise levels (Low, Beginner). The patient is a 65-year-old male with a heart rate of 55 bpm and a distance of 405 m.

The main section is titled "EXPERT tool" and contains a "Weekly sports goal" tab (selected) and a "Safety precautions" tab. The "Weekly sports goal" tab includes sections for "Primary indication", "Key risk factor", "Exercise modifier", "Anomalies", "Medication", and "Recommendation".

The "Recommendation" section lists applicable exercise modalities: "advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)" followed by a list of activities: "Moderate", "Daily", "30-60", "24 weeks", "Yes", and "isometric handgrip exercise training". A note states: "→ >900 kcal/week of energy expenditure should be achieved".

- Select applicable items

# EXPERT tool – Primary indication

Primary indication

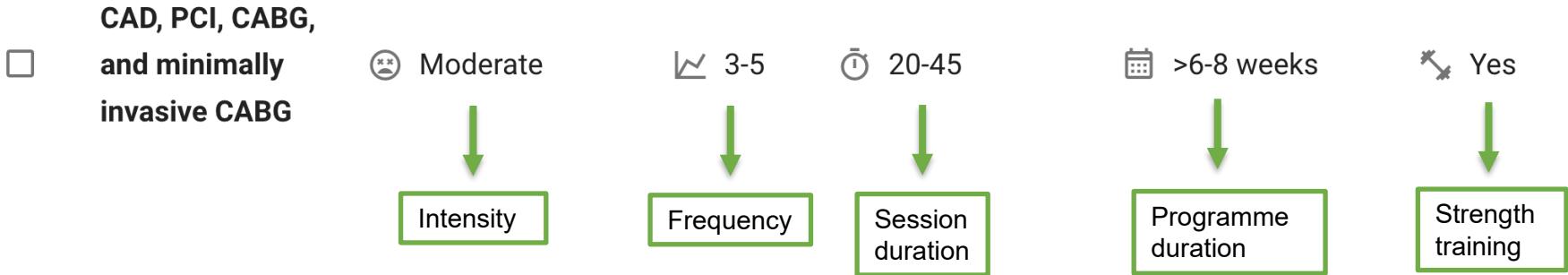
Select primary indication:

Condition	Intensity	Age	Duration	Yes
<input type="checkbox"/> CAD, PCI, CABG, and minimally invasive CABG	<input type="radio"/> Moderate	≤ 3-5	20-45	<input type="checkbox"/> Yes
<input type="checkbox"/> Heart failure (with lowered LVEF) and CMP	<input type="radio"/> Moderate or High Intensity Interval	≤ 2-5	30-60	<input type="checkbox"/> Yes
<input type="checkbox"/> CRT, pacemaker, ICD	<input type="radio"/> Low (Dependent on underlying heart disease, Dependent on device settings)	≤ 3-5	Dependent on underlying heart disease	<input type="checkbox"/> Yes
<input type="checkbox"/> Pulmonary arterial hypertension	<input type="radio"/> Moderate-High or High Intensity Interval	≤ 3-5	>45	<input type="checkbox"/> Unknown
<input type="checkbox"/> Peripheral artery disease	<input type="radio"/> On pain threshold	≤ 3-5	30-60	<input type="checkbox"/> Yes
<input type="checkbox"/> Left ventricular assist devices	<input type="radio"/> Moderate	≤ 3-5	45-60	<input type="checkbox"/> Yes
<input type="checkbox"/> Cardiac transplantation	<input type="radio"/> Low-Moderate	≤ 3	30-40	<input type="checkbox"/> Yes
<input type="checkbox"/> Valve disease/surgery (without CABG)	<input type="radio"/> Moderate	≤ 3	>30	<input type="checkbox"/> Yes
<input type="checkbox"/> Congenital heart disease	<input type="radio"/> Moderate-High	≤ 3	30-60	<input type="checkbox"/> Yes
<input type="checkbox"/> In-hospital phase (early mobilisation)	<input type="radio"/> Low	≤ Daily	Individualised	<input type="checkbox"/> Yes
<input type="checkbox"/> Chronic coronary syndrome	<input type="radio"/> Moderate	≤ 3-5	30-60	<input type="checkbox"/> Yes
<input type="checkbox"/> TIA or stroke in subacute phase	<input type="radio"/> Moderate	≤ 3-5	20-60	<input type="checkbox"/> Yes

## Medical history:

- Arterial hypertension, obesity, hypercholesterolaemia, diabetes mellitus
- Shoulder operation in 2015
- Elective coronary angiography demonstrating severe 3-vessel disease in 2021
- Elective CABG was performed

# EXPERT tool – Primary indication



# EXPERT tool – Key risk factor

Key risk factor	Select risk factors: Dislipidemia Hypertension Obesity Type 2 Diabetes									
<input checked="" type="checkbox"/> Obesity		Moderate		3-5		>60		>24 weeks		No
<input type="checkbox"/> Type 1 Diabetes		Moderate		3		>30		>12 weeks		Yes
<input checked="" type="checkbox"/> Type 2 Diabetes		Moderate		5		>30		>12 weeks		Yes
<input checked="" type="checkbox"/> Hypertension		Moderate-High		Daily		30-60		>6 weeks		Yes
<input checked="" type="checkbox"/> Dislipidemia		Moderate		3-5		>45		>12 weeks		Yes

## Risk factors:

- Obesity, diabetes, arterial hypertension, hypercholesterolaemia
- Prior smoker, currently non-smoker
- Low physical activity

# EXPERT tool – Exercise modifier

Exercise modifier	Select exercise modifiers:
<input type="checkbox"/> CRT, pacemaker, ICD	Low (Dependent on underlying heart disease, Dependent on device settings)  ⌚ 3-5 ⚡ 30-60 ⏷ >6-8 weeks ✅ Yes
<input type="checkbox"/> Sarcopenia/frailty	Low-Moderate  ⌚ 3 ⚡ 40-60 ⏷ >12 weeks ✅ Yes
<input type="checkbox"/> COPD	Moderate or High Intensity Interval  ⌚ 2-5 ⚡ 20-60 ⏷ >12 weeks ✅ Yes
<input type="checkbox"/> Renal Failure	Moderate  ⌚ 3 ⚡ 30-45 ⏷ >12 weeks ✅ Yes

## Medical history:

- Arterial hypertension, obesity, hypercholesterolaemia, diabetes mellitus
- Shoulder operation in 2015
- Elective coronary angiography demonstrating severe 3-vessel disease in 2021
- Elective CABG was performed

# EXPERT tool – Anomalies

**Anomalies**

Select anomalies occurred during exercise testing:

ICD threshold      Heart rate      bpm

Ventricular tachycardia      Heart rate      bpm

Atrial fibrillation, provoked during exercise testing

Myocardial ischemic threshold      Heart rate      bpm

# EXPERT tool – Medication

**Medication**

Select medication that affects exercise prescription: **Beta Blocker** **Statin**

**Beta Blocker**

**Statin**

**Insulin**

**Meglitinide**

**Sulfonylurea**

# EXPERT tool – Recommendation

Recommendation	
<p>⌚ Moderate    ↗ Daily    ⏱ 20-60    📅 &gt;24 weeks    🚶 Yes</p> <p>• IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)</p> <p>• advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)</p> <p>• electro muscle stimulation in case of significant muscle weakness</p> <p>• isometric handgrip exercise training</p> <p>• &gt;900 kcal/week of energy expenditure should be achieved</p> <p>• Strength training exercises: 2 days/week, 40-80% of 1RM, 12-15 reps/set</p> <p>2 days/week, 70-85% of 1RM, 8-10 reps/set, at least 21 sets</p>	 

# EXPERT tool – Intensity

Light activity	Feels like you can maintain it for a long time. Easy to breathe and carry on a conversation.
Moderate activity	Feels like you can exercise for a long period, but probably not for hours. Your breathing is somewhat heavier but you are still able to speak in full sentences.
Vigorous activity	Feels like you cannot exercise very long, your breathing is heavy and you are not able to say a full sentence without gasping for extra air.

# EXPERT tool – Recommendation

Recommendation

 Moderate  Daily  20-60  >24 weeks  Yes  

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- electro muscle stimulation in case of significant muscle weakness
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises: 2 days/week, 40-80% of 1RM, 12-15 reps/set
- 2 days/week, 70-85% of 1RM, 8-10 reps/set, at least 21 sets



# EXPERT tool – Recommendation

Recommendation

Moderate  Daily  20-60  >24 weeks  Yes  No

Intensity  
Value  Moderate  Dependencies

Frequency  
Value  7  Dependencies

Session duration  
Range  20  50  Max  Dependencies

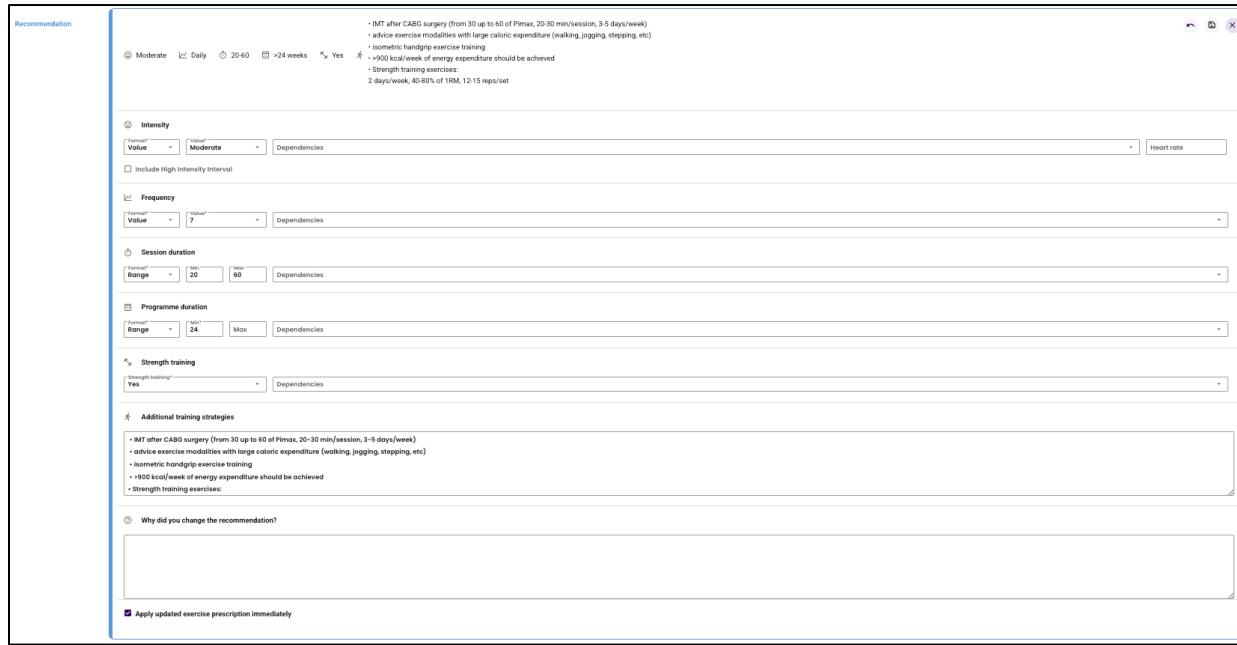
Programme duration  
Range  24  Max  Dependencies

Strength training  
Strength training  Yes  Dependencies

Additional training strategies  
IMT after CABG surgery (from 30 up to 60 of Pmax, 20-30 min/session, 3-5 days/week)  
advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)  
isometric handgrip exercise training  
>900 kcal/week of energy expenditure should be achieved  
Strength training exercises:  
2 days/week, 40-80% of 1RM, 12-15 reps/set

Why did you change the recommendation?

Apply updated exercise prescription immediately



- Remember to record reason **why you made the change**

# EXPERT tool – Recommendation

Recommendation

Moderate Daily 20-60 >24 weeks Yes

Intensity: Value Moderate Dependencies

Frequency: Value 7 Dependencies

Session duration: Range 20 90 Dependencies

Programme duration: Range 24 Max Dependencies

Strength training: Yes Dependencies

Additional training strategies:

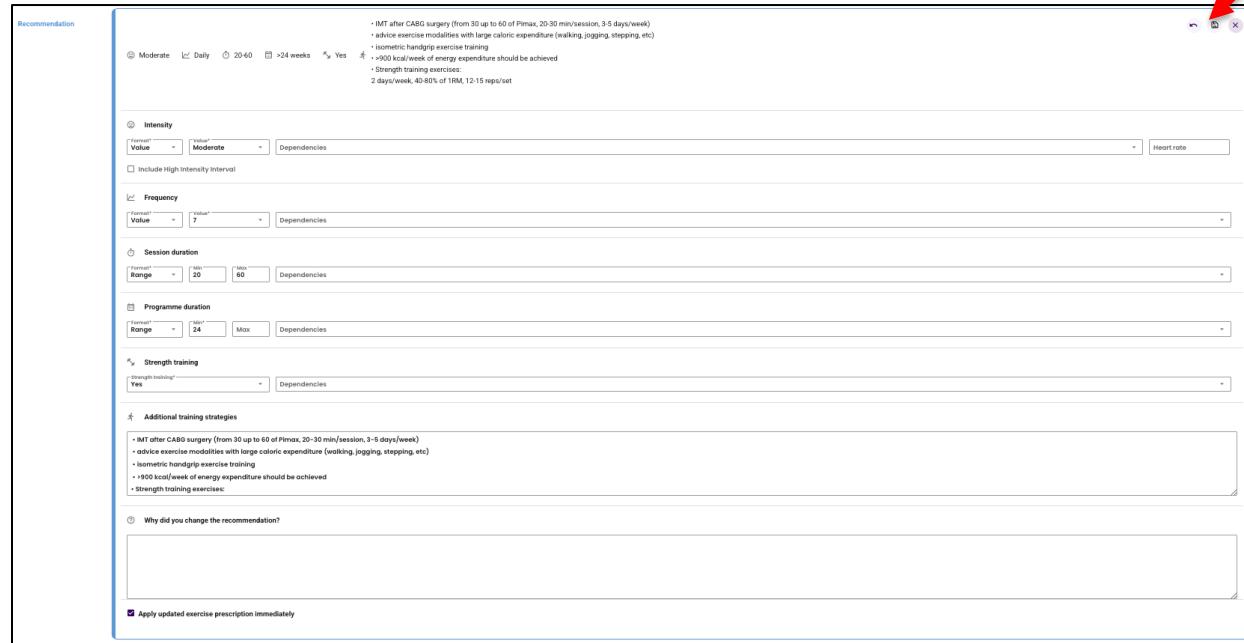
- IMT after CABG surgery (from 30 up to 60 of Pmax, 20-30 min/session, 3-5 days/week)
- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises: 2 days/week, 40-80% of 1RM, 12-15 reps/set

Why did you change the recommendation?

Apply updated exercise prescription immediately

- At the top, **view the recommended prescription**
- At the bottom, **edit the prescription**

# EXPERT tool – Save exercise prescription



Recommendation

Moderate Daily 20-60 >24 weeks Yes

Intensity: Value Moderate Dependencies

Frequency: Value 7 Dependencies

Session duration: Range 20 90 Dependencies

Programme duration: Range 24 Max Dependencies

Strength training: Yes Dependencies

Additional training strategies:

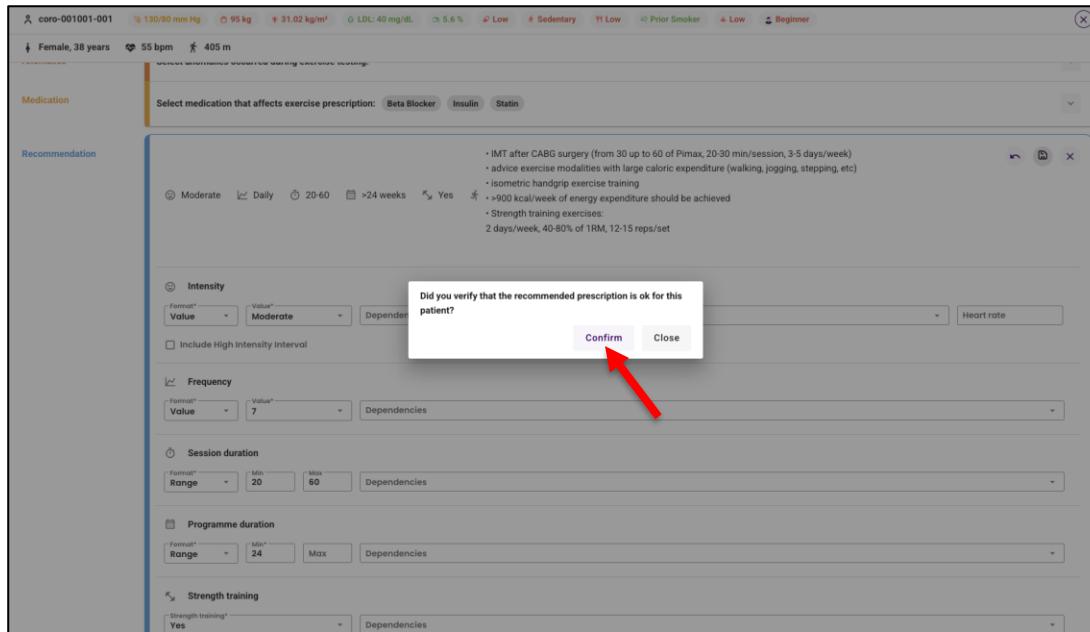
- IMT after CABG surgery (from 30 up to 60 of Pmax, 20-30 min/session, 3-5 days/week)
- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises: 2 days/week, 40-80% of 1RM, 12-15 reps/set

Why did you change the recommendation?

Apply updated exercise prescription immediately

- At the top, **view the recommended prescription**
- At the bottom, **edit the prescription**

# EXPERT tool – Save exercise prescription



# EXPERT tool – Save exercise prescription

coro-001001-001 130/80 mm Hg 95 kg 31.02 kg/m<sup>2</sup> LDL: 40 mg/dL 5.6 % Low Sedentary Low Prior Smoker Low Beginner

Female, 38 years 55 bpm 405 m

Medication

Select medication that affects exercise prescription: Beta Blocker Insulin Statin

Recommendation

IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)  
advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)  
isometric handgrip exercise training  
>900 kcal/week of energy expenditure should be achieved  
Strength training exercises:  
2 days/week, 40-80% of 1RM, 12-15 reps/set

Moderate Daily 20-60 >24 weeks Yes

Intensity

Format\* Value\* Value\* Dependencies

Is this a new programme or a continuation of the existing one?

Create new Update existing Cancel

Frequency

Format\* Value\* Value\* Dependencies

Session duration

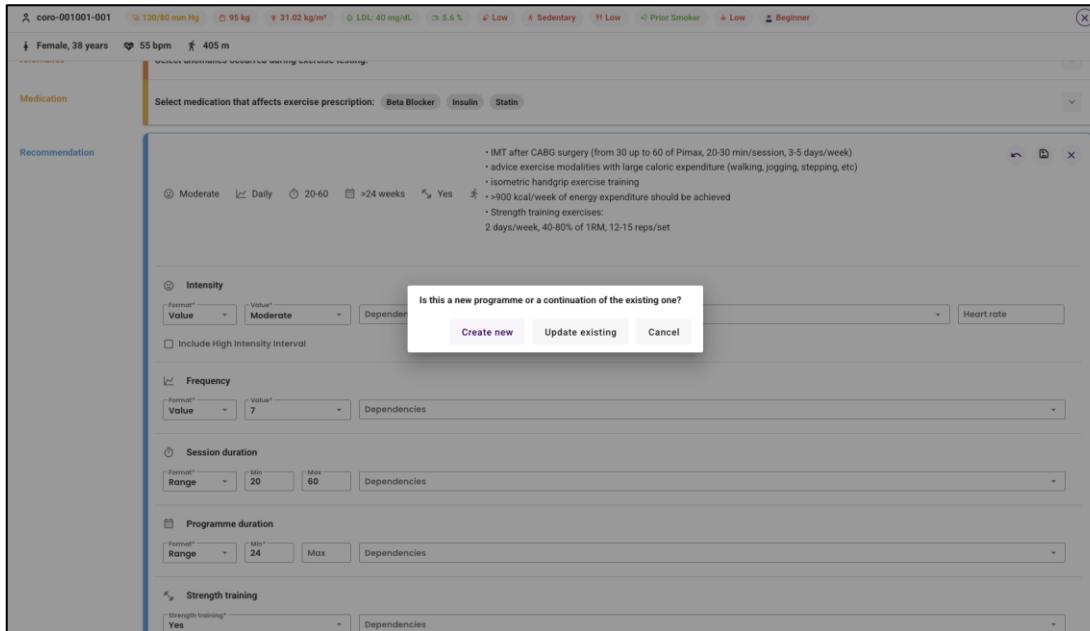
Format\* Range\* Min\* 20 Max\* 60 Dependencies

Programme duration

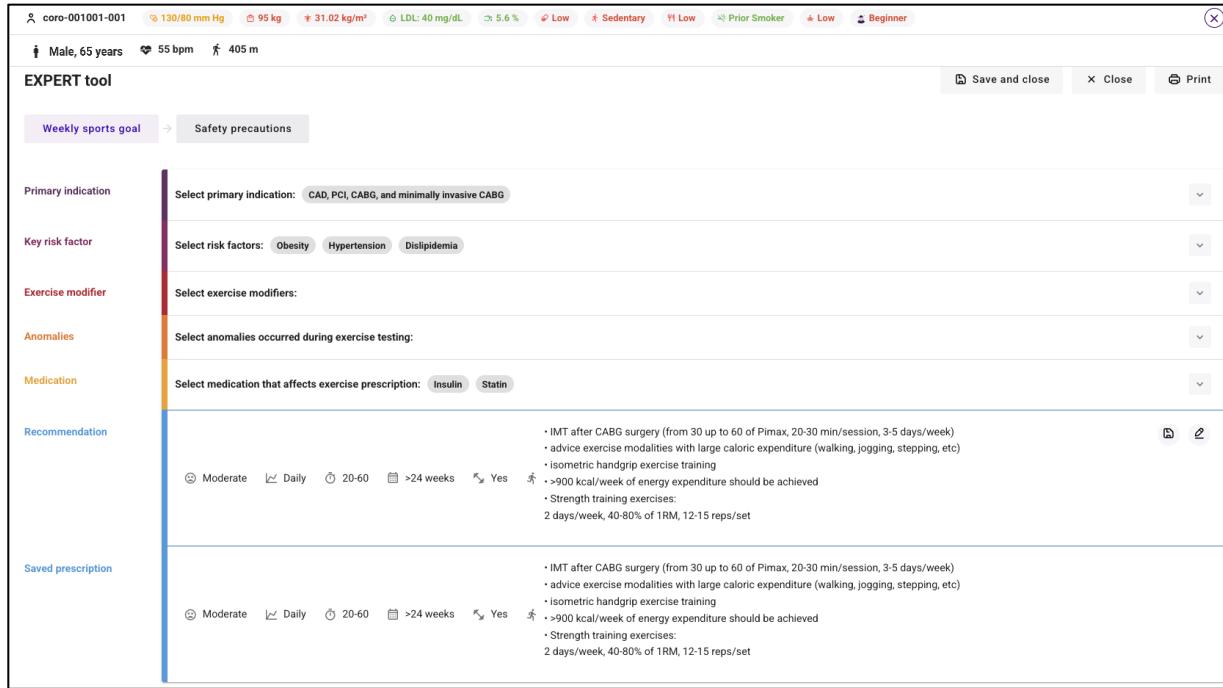
Format\* Range\* Min\* 24 Max\* Dependencies

Strength training

Strength training\* Yes Dependencies



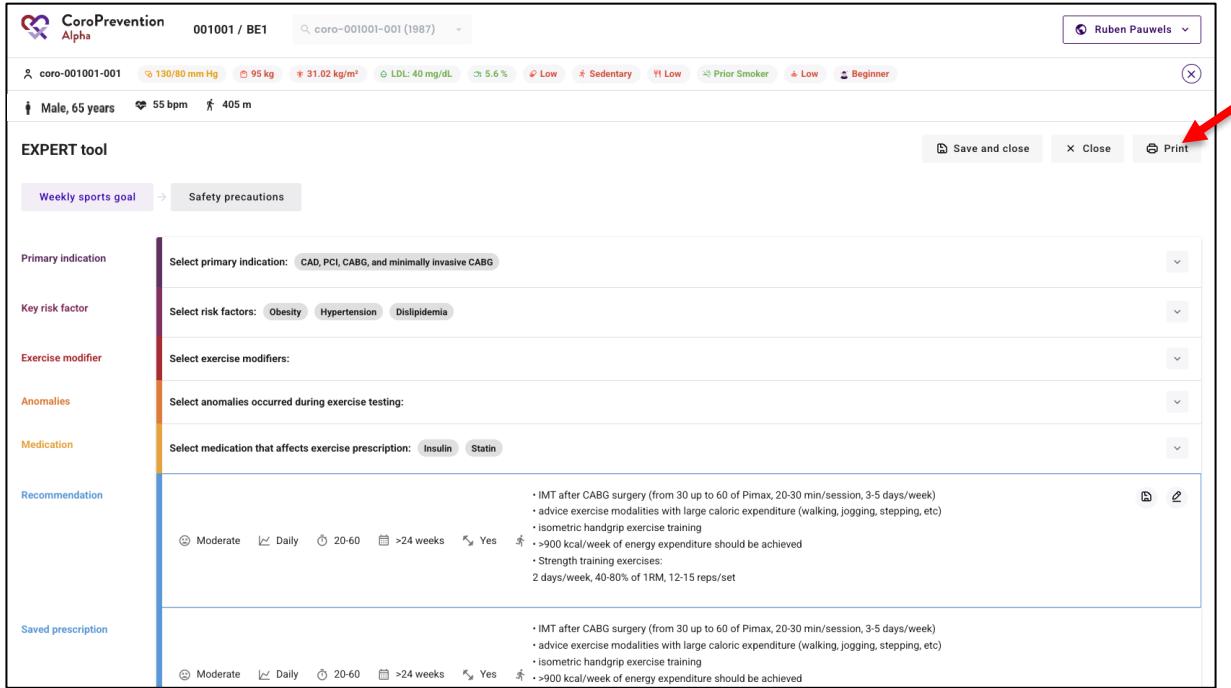
# EXPERT tool – Saved prescription



The screenshot shows the EXPERT tool interface for a saved prescription. At the top, there are various clinical parameters: coro-001001-001, 130/80 mm Hg, 95 kg, 31.02 kg/m<sup>2</sup>, LDL: 40 mg/dL, 5.6 %, Low, Sedentary, Low, Prior Smoker, Low, Beginner. Below these are patient details: Male, 65 years, 55 bpm, 405 m. The main title is 'EXPERT tool' with tabs for 'Weekly sports goal' (selected) and 'Safety precautions'. The prescription details are as follows:

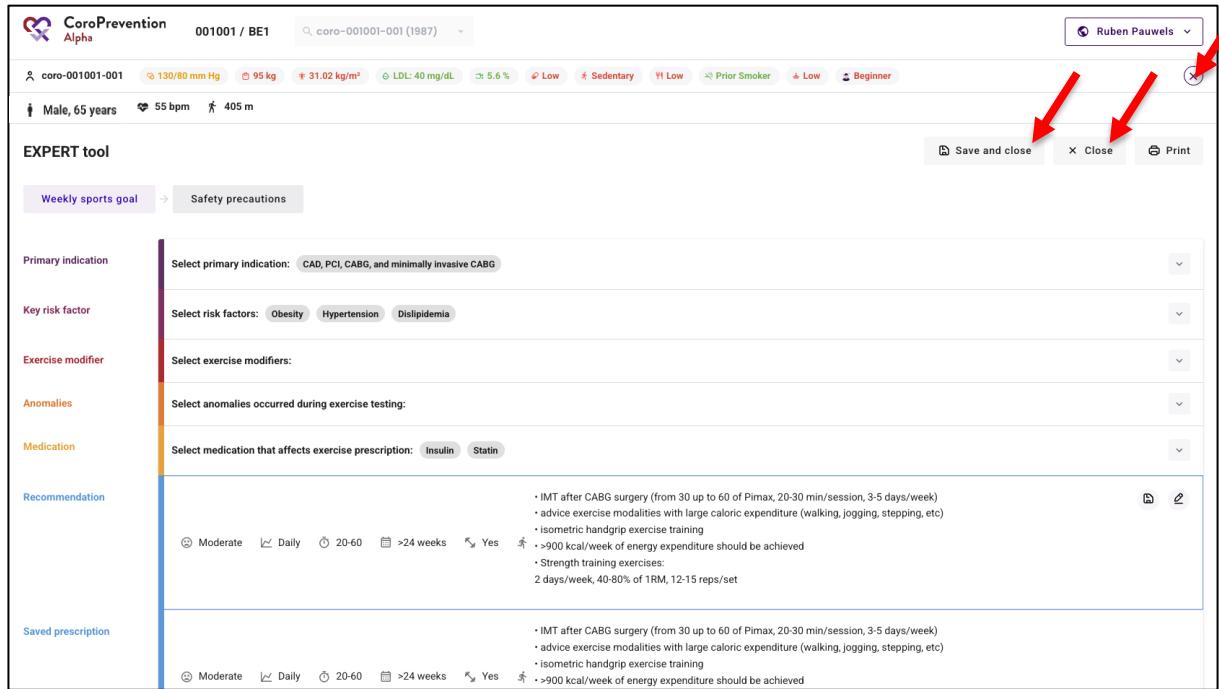
- Primary indication:** Select primary indication: CAD, PCI, CABG, and minimally invasive CABG
- Key risk factor:** Select risk factors: Obesity, Hypertension, Dislipidemia
- Exercise modifier:** Select exercise modifiers: (empty)
- Anomalies:** Select anomalies occurred during exercise testing: (empty)
- Medication:** Select medication that affects exercise prescription: Insulin, Statin
- Recommendation:** A blue box contains:
  - Moderate exercise: Daily, 20-60 minutes, >24 weeks, Yes
  - IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
  - advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
  - isometric handgrip exercise training
  - >900 kcal/week of energy expenditure should be achieved
  - Strength training exercises: 2 days/week, 40-80% of 1RM, 12-15 reps/set
- Saved prescription:** A blue box contains the same recommendation details as the recommendation section.

# EXPERT tool – Print



The screenshot shows the CoroPrevention EXPERT tool interface. At the top, there is a header with the CoroPrevention logo, the identifier '001001 / BE1', and a search bar. Below the header, the patient's basic information is displayed: 'coro-001001-001', '130/80 mm Hg', '95 kg', '31.02 kg/m<sup>2</sup>', 'LDL: 40 mg/dL', '5.6 %', 'Low', 'Sedentary', 'Low', 'Prior Smoker', 'Low', 'Beginner', 'Male, 65 years', '55 bpm', and '405 m'. The main content area is titled 'EXPERT tool' and contains several sections: 'Weekly sports goal' (selected), 'Safety precautions', 'Primary indication' (CAD, PCI, CABG, and minimally invasive CABG), 'Key risk factor' (Obesity, Hypertension, Dislipidemia), 'Exercise modifier', 'Anomalies', 'Medication' (Insulin, Statin), 'Recommendation' (Moderate exercise prescription: 20-60 min/session, 3-5 days/week, including advice on caloric expenditure, isometric handgrip exercise training, and strength training exercises), and 'Saved prescription' (similar to the recommendation section). At the bottom right of the content area, there are 'Save and close', 'Close', and 'Print' buttons. A red arrow points to the 'Print' button.

# EXPERT tool – Save and close



CoroPrevention Alpha 001001 / BE1 coro-001001-001 (1987) Ruben Pauwels

coro-001001-001 130/80 mm Hg 95 kg 31.02 kg/m<sup>2</sup> LDL: 40 mg/dL 5.6% Low Sedentary Low Prior Smoker Low Beginner

Male, 65 years 55 bpm 405 m

**EXPERT tool**

**Weekly sports goal** → **Safety precautions**

**Primary indication**  
Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

**Key risk factor**  
Select risk factors: Obesity Hypertension Dislipidemia

**Exercise modifier**  
Select exercise modifiers:

**Anomalies**  
Select anomalies occurred during exercise testing:

**Medication**  
Select medication that affects exercise prescription: Insulin Statin

**Recommendation**

Moderate Daily 20-60 >24 weeks Yes

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises: 2 days/week, 40-80% of 1RM, 12-15 reps/set

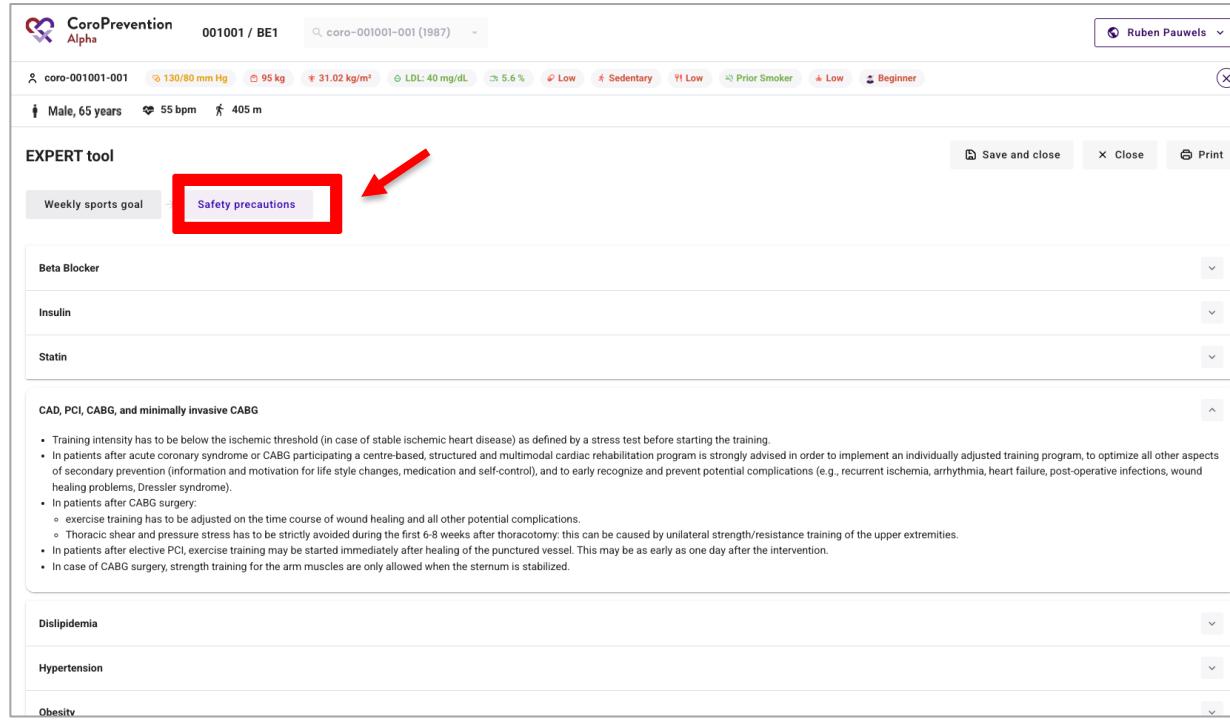
**Saved prescription**

Moderate Daily 20-60 >24 weeks Yes

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved

Save and close Close Print

# EXPERT tool – Safety precautions



The screenshot shows the CoroPrevention EXPERT tool interface. At the top, there is a header with the CoroPrevention logo, the ID 001001 / BE1, and a search bar. Below the header, there are patient demographic and clinical data: coro-001001-001, 130/80 mm Hg, 95 kg, 31.02 kg/m<sup>2</sup>, LDL: 40 mg/dL, 5.6 %, Low, Sedentary, Low, Prior Smoker, Low, Beginner; Male, 65 years, 55 bpm, 405 m. The main area is titled 'EXPERT tool' and contains a 'Weekly sports goal' section and a 'Safety precautions' section. A red box highlights the 'Safety precautions' section, and a red arrow points to it from the left. Below these sections are dropdown menus for Beta Blocker, Insulin, and Statin. The 'Safety precautions' section contains a list of guidelines for training intensity and safety after various procedures. At the bottom, there are sections for Dislipidemia, Hypertension, and Obesity.

**EXPERT tool**

Weekly sports goal **Safety precautions**  

**Beta Blocker**

**Insulin**

**Statins**

**CAD, PCI, CABG, and minimally invasive CABG**

- Training intensity has to be below the ischemic threshold (in case of stable ischemic heart disease) as defined by a stress test before starting the training.
- In patients after acute coronary syndrome or CABG participating a centre-based, structured and multimodal cardiac rehabilitation program is strongly advised in order to implement an individually adjusted training program, to optimize all other aspects of secondary prevention (information and motivation for life style changes, medication and self-control), and to early recognize and prevent potential complications (e.g., recurrent ischemia, arrhythmia, heart failure, post-operative infections, wound healing problems, Dressler syndrome).
- In patients after CABG surgery:
  - exercise training has to be adjusted on the time course of wound healing and all other potential complications.
  - Thoracic shear and pressure stress has to be strictly avoided during the first 6-8 weeks after thoracotomy: this can be caused by unilateral strength/resistance training of the upper extremities.
- In patients after elective PCI, exercise training may be started immediately after healing of the punctured vessel. This may be as early as one day after the intervention.
- In case of CABG surgery, strength training for the arm muscles are only allowed when the sternum is stabilized.

**Dislipidemia**

**Hypertension**

**Obesity**