

Dr. Dean Ornish Program for Reversing Heart Disease

Program Delivery At-a-Glance

Staff Key	
MD = Medical Director PD = Program Director NCM = Nurse Case Manager EP = Exercise Physiologist RD = Registered Dietitian GSF = Group Support Facilitator SMS = Stress Management Specialist	
12 Week Schedule	
Topics and schedule may be adjusted as needed	
MATERIALS AND EQUIPMENT	
<input type="checkbox"/> Instructor Manual(s) and CD(s) <input type="checkbox"/> PowerPoint Equipment <input type="checkbox"/> Participant Manuals and Supplemental Materials <input type="checkbox"/> Dry Erase Board or Flip Chart <input type="checkbox"/> Pens <input type="checkbox"/> Ornish-Friendly Food Display	

Week 1	Schedule & Lectures	
Day 1 4 HOURS	TOPIC 1: Introduction to Fitness – 1 hour TOPIC 2: Introduction to Stress Management & Meditation – 1 hour SHARED MEAL with LECTURE TOPIC 4: Introduction to Nutrition – 1 hour TOPIC 3: Introduction to Group Support-1 hour	STAFF: EP STAFF: SMS STAFF: RD STAFF: RD STAFF: GSF
Day 2 4 HOURS	Session 1: Exercise – 1 hour Session 2: Stress management –1 hour Session 3: SHARED MEAL with LECTURE TOPIC: Identifying Ornish-Friendly Foods How to: Personal Awareness Log (PAL)	STAFF: EP STAFF: SMS STAFF: RD STAFF: RD

	Session 4: Group support – 1 hour	STAFF: GSF
Desired Outcomes/Learning Objectives – Week 1		
<p>Fitness Spectrum</p> <ul style="list-style-type: none"> — Verbalizes understanding of use of RPE scale — Verbalizes understanding of minimum level of exercise adherence — Verbalizes plan for home exercise and how to modify home program <p>Stress Management</p> <ul style="list-style-type: none"> — Verbalizes understanding of the importance of SM in daily life — Demonstrates the importance of being comfortable and properly adjusts — Participates fully in SM class — Adheres to a minimum of 93% (390 minutes) each week <p>Nutrition</p> <ul style="list-style-type: none"> — Verbalizes understanding of Nutrition PAL form and Weekly Food Diary — Verbalizes understanding of Nutrition Spectrum-Reversal Program guidelines — Aware of supplements to include in daily regimen — Achieves nutrition adherence of 75% or greater <p>Group Support</p> <ul style="list-style-type: none"> — Demonstrates a willingness to participate in group — GSRS \geq 3 score = _____ 		
Week 2	Schedule & Lectures	
Day 1 4 HOURS	<p>EXERCISE – 1 hour</p> <p>STRESS MANAGEMENT – 1 hour</p> <p>SHARED MEAL with COOKING DEMO #1 – 1 hour</p> <p>GROUP SUPPORT – 1 hour</p>	<p>STAFF: EP</p> <p>STAFF: SMS</p> <p>STAFF: RD</p> <p>STAFF: GSF</p>

Day 2 4 HOURS	EXERCISE – 1 hour	STAFF: EP
	STRESS MANAGEMENT – 1 hour	STAFF: SMS
	SHARED MEAL with LECTURE – 1 hour TOPIC: Listening with Empathy and Compassion	STAFF: RD STAFF: GSF
	GROUP SUPPORT – 1 hour	STAFF: GSF

Desired Outcomes/Learning Objectives – Week 2

Fitness Spectrum

— Demonstrates a minimum of 180 min. exercise as logged on PAL

Stress Management

- Demonstrates an understanding of comfort using props, if needed
- Enters/exits quietly and demonstrates focus during SM class
- Adheres to a minimum of 93% (390 minutes) each week

Nutrition

- Adheres to major guidelines with overall score of 80% or higher
- Verbalizes understanding adherence score and identifies areas to improve
- Verbalizes understanding of the Reversal Food Guide Pyramid
- Able to identify both Ornish-friendly and non-friendly foods
- Attempts to include foods from major food groups in eating plan (per weekly diary), i.e. whole grains, fruits, vegetables, protein and soy

Group Support

- Successfully participates in group as demonstrated by active listening and/or talking.
- GSRS \geq 3 score = _____

Week 3	Schedule & Lectures	
Day 1 4 HOURS	EXERCISE – 1 hour	STAFF: EP
	STRESS MANAGEMENT – 1 hour	STAFF: SMS
	SHARED MEAL with LECTURE – 1 hour TOPIC: Responsibility	STAFF: RD STAFF: NCM/GSF
	GROUP SUPPORT – 1 hour	STAFF: GSF

Day 2 4 HOURS	EXERCISE – 1 hour	STAFF: EP
	STRESS MANAGEMENT – 1 hour	STAFF: SMS
	SHARED MEAL with LECTURE – 1 hour* TOPIC: Evaluating the ICR Eating Style	STAFF: RD STAFF: RD
	GROUP SUPPORT – 1 hour	STAFF: GSF

Desired Outcomes/Learning Objectives – Week 3

Fitness Spectrum

- Demonstrates a minimum of 180 min. exercise as logged on PAL
- Demonstrates accuracy in taking own pulse without assistance

Stress Management

- Demonstrates more comfort during and between poses using props, if needed
- Enters/exits quietly and demonstrates focus during SM class
- Adheres to a minimum of 93% (390 minutes) each week

Nutrition

- Adheres to major guidelines with overall score of 80% or higher
- Verbalizes understanding adherence score and identifies areas to improve
- Verbalizes understanding of the Reversal Food Guide Pyramid
- Able to identify both Ornish-friendly and non-friendly foods
- Attempts to include foods from major food groups in eating plan (per weekly diary), i.e. whole grains, fruits, vegetables, protein and soy

Group Support

- Successfully participates in group as demonstrated by active listening and/or talking.
- Demonstrates/verbalizes an awareness of feelings.
- GSRS ≥ 3 score = _____

Week 4	Schedule & Lectures
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<p>Day 1 4 HOURS</p>	<p>EXERCISE – 1 hour</p> <p>STRESS MANAGEMENT – 1 hour</p> <p>SHARED MEAL with COOKING DEMO #2– 1 hour</p> <p>GROUP SUPPORT – 1 hour</p>	<p>STAFF: EP</p> <p>STAFF: SMS</p> <p>STAFF: RD</p> <p>STAFF: GSF</p>
<p>Day 2 4 HOURS</p>	<p>EXERCISE – 1 hour</p> <p>STRESS MANAGEMENT – 1 hour</p> <p>SHARED MEAL with LECTURE – 1 hour TOPIC: Introduction to strength training</p> <p>GROUP SUPPORT – 1 hour</p>	<p>STAFF: EP</p> <p>STAFF: SMS</p> <p>STAFF:RD STAFF: EP</p> <p>STAFF: GSF</p>
<p>Desired Outcomes/Learning Objectives – Week 4</p> <p>Fitness Spectrum</p> <ul style="list-style-type: none"> — Demonstrates a minimum of 180 min. exercise as logged on PAL — Verbalizes difference between exercise and activity — Meets THR range consistently <p>Stress Management</p> <ul style="list-style-type: none"> — Verbalizes what effects the SM practice is having on him/her (i.e. physical, emotional or spiritual) — Demonstrates comfort with basic breathing practices — Adheres to a minimum of 93% (390 minutes) each week <p>Nutrition</p> <ul style="list-style-type: none"> — Adheres to major guidelines with overall score of 90% or higher — Identifies areas for improvement and has a plan to achieve — Accurately records foods and serving sizes majority of the time — Selects foods from major food groups in the Reversal Program — Includes MV with minerals and omega 3 FA supplements daily <p>Group Support.</p> <ul style="list-style-type: none"> — Demonstrates/verbalizes an awareness of feelings. — Demonstrates ability to listen attentively — GSRS ≥ 3 score = _____ 		

Week 5	Schedule & Lectures	
Day 1 4 HOURS	EXERCISE – 1 hour STRESS MANAGEMENT – 1 hour SHARED MEAL with LECTURE – 1 hour TOPIC: Overcoming Barriers to Stress Management GROUP SUPPORT – 1 hour	STAFF: EP STAFF: SMS STAFF: RD STAFF: SMS STAFF: GSF
Day 2 4 HOURS	EXERCISE – 1 hour STRESS MANAGEMENT – 1 hour SHARED MEAL with LECTURE – 1 hour* TOPIC: Shopping and Meal Planning GROUP SUPPORT – 1 hour	STAFF: EP STAFF: SMS STAFF: RD STAFF: RD STAFF: GSF

Desired Outcomes/Learning Objectives – Week 5

Fitness Spectrum

- Demonstrates a minimum of 180 min. exercise as logged on PAL
- Verbalizes 3 benefits of strength training

Stress Management Spectrum

- Verbalizes at least one change in physical comfort since program began
- Demonstrates increased comfort with physical practice since Program began
- Identifies problem areas in SM, if any
- Adheres to a minimum of 93% (390 minutes) each week

Nutrition Spectrum

- Adheres to major guidelines with overall score of 90% or higher
- Limits refined grains, sweets and alcohol
- Selects foods from major food groups in Reversal Program
- Includes MV with minerals and omega 3 FA supplements daily
- Consumes no caffeine

Love & Support Spectrum

- Demonstrates/verbalizes an awareness of feelings
- Demonstrates willingness to share feelings with group
- Demonstrates ability to listen attentively

— GSRS \geq 4 score = _____

Week 6	Schedule & Lectures	
Day 1 4 HOURS	EXERCISE – 1 hour STRESS MANAGEMENT – 1 hour SHARED MEAL with LECTURE – 1 hour TOPIC: Weight Management GROUP SESSION – 1 hour	STAFF: EP STAFF: SMS STAFF: RD STAFF: RD STAFF: GSF
Day 2 4 HOURS	EXERCISE – 1 hour STRESS MANAGEMENT – 1 hour POTLUCK MEAL #1 with LECTURE – 1 hour TOPIC: Eating Out, Traveling, and Socializing GROUP SUPPORT – 1 hour	STAFF: EP STAFF: SMS STAFF: RD STAFF: GSF

Desired Outcomes/Learning Objectives – Week 6

Fitness Spectrum

- Demonstrates a minimum of 180 min. exercise as logged on PAL
- Adheres to minimum strength training requirements of 2 days/week

Stress Management Spectrum

- Identifies problem areas in SM, if any
- Adheres to a minimum of 93% (390 minutes) each week

Nutrition Spectrum

- Adheres to major guidelines with overall score of 95% or higher
- Meets/exceeds individual weight loss goals (1-2# per week)
- Does not exclude any major Reversal Program food groups
- Identifies progress, and updates areas of focus for next 6 weeks
- Takes supplements as recommended in Reversal Program guidelines

Love & Support Spectrum

- Demonstrates/verbalizes an awareness of feelings
- Demonstrates willingness to share feelings with group
- Demonstrates ability to listen attentively
- Demonstrates ability to express empathy with others

— GSRS \geq 4 score = _____

Mid-Point Review

Week 7	Schedule & Lecture	
4 HOURS	EXERCISE – 1 hour STRESS MANAGEMENT – 1 hour SHARED MEAL with LECTURE – 1 hour TOPIC: Hitting the Wall GROUP SUPPORT – 1 hour	STAFF: EP STAFF: SMS STAFF: RD STAFF: GSF STAFF: GSF
<p>Desired Outcomes/Learning Objectives – Week 7</p> <p>Fitness Spectrum</p> <ul style="list-style-type: none"> — Demonstrates a minimum of 180 min. exercise as logged on PAL — Adheres to minimum strength training requirements of 2 days/week <p>Stress Management Spectrum</p> <ul style="list-style-type: none"> — Describes a personal imagery technique or experience with imagery — Adheres to a minimum of 93% (390 minutes) each week <p>Nutrition Spectrum</p> <ul style="list-style-type: none"> — Adheres to Reversal Program guidelines with overall score of 95% or higher <p>Love & Support Spectrum</p> <ul style="list-style-type: none"> — Demonstrates/verbalizes an awareness of feelings — Demonstrates willingness to share feelings with group — Demonstrates ability to listen attentively — Demonstrates ability to express empathy with others — GSRS ≥ 4 score = _____ 		
Week 8	Schedule & Lecture	

4 HOURS	<p>EXERCISE – 1 hour</p> <p>STRESS MANAGEMENT – 1 hour</p> <p>SHARED MEAL with LECTURE – 1 hour TOPIC: Advanced Exercise</p> <p>GROUP SUPPORT – 1 hour</p>	<p>STAFF: EP</p> <p>STAFF: SMS</p> <p>STAFF: RD STAFF: EP</p> <p>STAFF: GSF</p>
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Desired Outcomes/Learning Objectives – Week 8

Fitness Spectrum

- Demonstrates a minimum of 180 min. exercise as logged on PAL
- Adheres to minimum strength training requirements of 2 days/week
- Verbalizes understanding of the importance of the long-term exercise plan for home program as demonstrated by a verbal plan

Stress Management Spectrum

- Settles into the stress management practice with ease and comfort
- Adheres to a minimum of 93% (390 minutes) each week

Nutrition Spectrum

- Adheres to Reversal Program guidelines with overall score of 95% or higher

Love & Support Spectrum

- Demonstrates/verbalizes an awareness of feelings
- Demonstrates willingness to share feelings with group
- Demonstrates ability to listen attentively
- Demonstrates ability to express empathy with others
- Demonstrates ability to connect socially with group members
- GSRS ≥ 4 score = _____

Week 9	Schedule & Lecture
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4 HOURS	<p>EXERCISE – 1 hour</p> <p>STRESS MANAGEMENT – 1 hour</p> <p>HARED MEAL with LECTURE – 1 hour* TOPIC: Advanced Nutrition</p> <p>GROUP SUPPORT – 1 hour</p>	<p>STAFF: EP</p> <p>STAFF: SMS</p> <p>STAFF: RD STAFF: RD</p> <p>STAFF: GSF</p>
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Desired Outcomes/Learning Objectives – Week 9

Fitness Spectrum

- Demonstrates a minimum of 180 min. exercise as logged on PAL
- Adheres to minimum strength training requirements of 2 days/week
- Identifies potential barriers to the long-term exercise plan

Stress Management Spectrum

- Verbalizes recommitment to home practice
- Identifies barriers to adherence; plans strategies to overcome them
- Adheres to a minimum of 93% (390 minutes) each week

Nutrition Spectrum

- Adheres to major guidelines with overall score of 95% or higher
- Inclusion of a variety of foods in the Reversal Program has increased or verbalizes the benefits of eating a variety of foods

Love & Support Spectrum

- Demonstrates/verbalizes an awareness of feelings
- Demonstrates willingness to share feelings with group
- Demonstrates ability to listen attentively
- Demonstrates ability to express empathy with others
- Demonstrates ability to connect socially with group members
- GSRS ≥ 5 score = _____

Week 10	Schedule & Lecture
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4 HOURS	<p>EXERCISE – 1 hour</p> <p>STRESS MANAGEMENT – 1 hour</p> <p>SHARED MEAL with LECTURE – 1 hour TOPIC: Communicating with Your Doctor</p> <p>GROUP SUPPORT – 1 hour</p>	<p>STAFF: EP</p> <p>STAFF: SMS</p> <p>STAFF: RD STAFF: MD/NCM</p> <p>STAFF: GSF</p>
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Desired Outcomes/Learning Objectives – Week 10

Fitness Spectrum

- Demonstrates a minimum of 180 min. exercise as logged on PAL
- Adheres to minimum strength training requirements of 2 days/week
- Verbalizes long-term exercise plan for home
- Scheduled appointment for GXT, if appropriate.

Stress Management Spectrum

- Describes comfort with poses and a sense of enjoyment with SM practice
- Adheres to a minimum of 93% (390 minutes) each week

Nutrition Spectrum

- Adheres to Reversal Program guidelines with overall score of 95% or higher

Love & Support Spectrum

- Demonstrates/verbalizes an awareness of feelings
- Demonstrates willingness to share feelings with group
- Demonstrates ability to listen attentively
- Demonstrates ability to express empathy with others
- Demonstrates ability to connect socially with group members
- GSRS ≥ 5 score = _____

Week 11	Schedule & Lecture
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4 HOURS	<p>EXERCISE – 1 hour</p> <p>STRESS MANAGEMENT – 1 hour</p> <p>SHARED MEAL with LECTURE – 1 hour TOPIC: Transitions: What is Behind and What is Ahead/Q & A</p> <p>GROUP SUPPORT – 1 hour</p>	<p>STAFF: EP</p> <p>STAFF: SMS</p> <p>STAFF: RD STAFF: GSF/ALL</p> <p>STAFF: GSF</p>
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Desired Outcomes/Learning Objectives – Week 11

Fitness Spectrum

- Demonstrates a minimum of 180 min. exercise as logged on PAL
- Adheres to minimum strength training requirements of 2 days/week
- Describes 2 benefits he/she has experienced from exercise

Stress Management Spectrum

- Demonstrates and identifies mindfulness in daily activities
- Identifies improved relationships
- Adheres to a minimum of 93% (390 minutes) each week

Nutrition Spectrum

- Adheres to Reversal Program guidelines with overall score of 95% or higher

Love & Support Spectrum

- Demonstrates/verbalizes an awareness of feelings
- Demonstrates willingness to share feelings with group
- Demonstrates ability to listen attentively
- Demonstrates ability to express empathy with others
- Demonstrates ability to connect socially with group members
- GSRS ≥ 5 score = _____

Week 12	Schedule & Lecture
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4 HOURS	EXERCISE – 1 hour STRESS MANAGEMENT – 1 hour GROUP SUPPORT – 1 hour POTLUCK MEAL #2 with GRADUATION TO STAGE II CELEBRATION	STAFF: EP STAFF: SMS STAFF: GSF STAFF: ALL / Significant others
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Desired Outcomes/Learning Objectives – Week 12

Fitness Spectrum

- Demonstrates a minimum of 180 min. exercise as logged on PAL
- Adheres to minimum strength training requirements of 2 days/week
- Describes new exercise Rx, long-term plans and progression of home program
- Completes 12-week stress test, as appropriate.

Stress Management Spectrum

- Verbalizes plan for transition to Stage II or SDC
- Adheres to a minimum of 93% (390 minutes) each week

Nutrition Spectrum

- Adheres to major Reversal Program guidelines with overall score of 95% or higher
- Meets requirements for protein, fat, cholesterol and calcium for age
- Meets calorie needs per weight history and PAL adherence

Love & Support Spectrum

- Demonstrates/verbalizes an awareness of feelings
- Demonstrates willingness to share feelings with group
- Demonstrates ability to listen attentively
- Demonstrates ability to express empathy with others
- Demonstrates ability to connect socially with group members
- GSRS \geq 5 score = _____

*Optional potluck meal

Outcomes Evaluation At-a-Glance

Pre-Program (Baseline) Evaluation

Medical Testing/Evaluation at Baseline:

Maximal (or submaximal) exercise stress test
Physical assessment
Lipid panel
Hemoglobin A1C (for participants w/ diabetes)
Weight
Blood pressure
Body composition assessment
Body mass index and waist-to-hip ratio

Participant Materials Completed at Baseline:

Psychosocial Questionnaire Packet including:
Center for Epidemiological Studies – Depression (CES-D),
The Modified Cook- Medley Hostility Scale
3-Day Food Diary
Participant Health Questionnaire
Food Frequency Questionnaire (FFQ)
Participant Consent and Release form
Facility's designated Medical Records Release form

Program Pre-Requisites

Viewed by Each Participant

New Hope, New Choices
How the Program Works

STAGE I Weeks 1-12

Week 1

2 sessions/week 4 hours/session

Forms Completed by Participants

- Personal Awareness Log (PAL)*
- Nutrition PAL forms*
- Weekly Food Diary*

Session Outline:

- Introduce participants to all program elements and expectations.
- Begin discussing strategies for the inclusion of new lifestyle changes in daily life
- Build the foundation of “community” for long-term support
- See weekly presentation schedule

Week 2-6

2 sessions/week 4 hours/session

Forms Completed by Participants

- Personal Awareness Log (PAL)*
- Nutrition PAL forms*
- Weekly Food Diary*

Each session consists of four elements:

- Exercise
- Stress management
- Group support
- Prepared meal/lecture
or Cooking Demo or Potluck meal/lecture

Mid-Point Reviews

Week 7-11

1 session/week 4 hours/session

Forms Completed by Participants

- Personal Awareness Log (PAL)*
- Nutrition PAL forms*
- Weekly Food Diary*

Each session consists of four elements:

- Exercise
- Stress management
- Group support
- Prepared meal/lecture
or Cooking Demo or Potluck meal/lecture

Week 12

1 session/week 4 hours/session

Forms Completed by Participants

- Personal Awareness Log (PAL)*
- Nutrition PAL forms*
- Weekly Food Diary*

- Prepare participants for the Self-Directed Community
- Determine home care plan for each participant post-12 week program including exercise, nutrition plan, resource referrals and element-specific counseling, as needed.

End-Program Testing and Outcomes

Medical Testing/Evaluation at *Week 12*

Weight
Blood pressure
Body composition assessment
Body mass index and waist-to-hip ratio
Functional Capacity
Physical assessment (updated)
Lipid panel
Adherence
Medication Usage

Participant Questionnaires Completed at *Week 12*

Psychosocial Questionnaire Packet including:
Center for Epidemiological Studies – Depression (CES-D),
The Modified Cook- Medley Hostility Scale
3-Day Food Diary
Food Frequency Questionnaire (FFQ)

STAGE II

Outcomes Assessment at *1 Year*

Adherence
Adverse Events
Medication Usage

Questionnaires Completed at *1 Year*

Stage II NCM Interview