START MONITORING REHABILITATION INDEPENDENCE HOSPITALISATION Time is Implementation Lifestyle Change Implement lifestyle change in old habits Time is Familiarisation Realisation & Insecurity Regaining trust in the body MI BOX ____Information is Time ___Adjusting to a new Norm__ **WEEK 12 - WEEK 20** MONTH 12 **WEEK 4 - WEEK 12** MONTH 6 WEEK 3 - WEEK 4 DAY 2 WEEK 1 - WEEK 3 DAY 3 @Other hospital METROMAP ELEMENTS Transfer to other hospital in case of bed shortage @LUMC To Catheter room Treatment step Box decision | Mission Talk **Clinic Consult**3 months after discharge **Digital Consult** 1 month after discharge **Digital Consult**6 months after discharge **Consult** 12 months after discharge To Hospital YES to the MI Box: Box is sent Adjustments Advice to program from LUM Cardio & Risks | Movement Psycho & Social | Diet Conversation with patient and opportunity for SDM moment multidisciplinary consultation Every 4 weeks Rehabilitation program Conversation with patient and planned SDM moment Care trajectory Optional care trajectory Repeated step Step without patient involvement End of care trajectory ·····> Ongoing trajectory Tools

Misused tools Nurse specialist / Cardiologist Care path information Results & Advice Monitoring at hospital Catheter procedure

Trajectory at transfer hospital Box: But yes, now you can actually see that graph.
Then it's yes I lost an ounce again, haha.

Box: And then they [MI Box users] see that high blood pressure and then't will be even higher ... so that needs a lot of reassurance.

Box: But yes, now you can actually see that graph.
Then it's yes I lost an ounce again, haha.

Box: And then I called the clinic and they suggested that I send an e-mail.

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Box: But I haven't ridden on my race blke before I performed the blike test and entered the rehabilitation process. MI: It [diagnosis MI] is of course already hard to hear... Box: ...but I haven't really thought about how I can fit that in. I have noticed that even for those 8000 passes you just have to be outside or active for 45 minutes to an hour. And if I am going to work more than 9 hours per day again, then that is a bit difficult to fit in. <u>Box</u>: Well, during the rehabilitation training it is especially nice that it is continuously checked whether something is going well. It is also explained well how those devices work and they are adjusted to your personal ... need, your strength and what you can do. You do a repetition and they look if it's too heavy or too light and then it's set. Box: I also spent just a very short time there on the heart monitor, I think only an afternoon. And I stayed a while on the nursing department there.

They keep you in for 48 hours I think. Box: No, I didn't feel comfortable about that [visiting a hospital on the road]. If it had been in Italy it would have been fine, because I can understand Italian, but on the way to France or Belgium I didn't like that idea. <u>Box</u>: Well, not during the procedure, but [woman] also rode along in the ambulance. Box: This has not been presented as a choice in my memory. MI: ...I was never such a medication taker. I always took meds when I was in pain or when it was necessary, but otherwise I had never been such a proponent of it, but I can't escape it now. Box: And especially that [goal] at height, [woman] also insisted a bit that I should also mention that. MI: You get that medication standard and you go to rehabilitation and then you have to figure it out by yourself.