

Topics

Session 1: You and Your Heart

- Anatomy & function of the heart
- What is Coronary Heart Disease?
- Chest Pain Management
- Cardiac Risk Factors
- Recovery Guidelines following Cardiac Event

Session 2: Exercise for Cardiac Health

- Why being active is important
- Principles for effective and safe exercise
- Calculating HR training zones
- Goal setting & planning own exercise program

Session 3: Understanding your Medications

- What your medications do to improve heart health
- Importance of taking your medications

Session 4: Nutrition for Cardiac Health

- Healthy diet for cardiac health
- Fats & Cholesterol
- Modifications for recipes

Session 5: Activities of Daily Living

- General principles regarding resumption of activities
- Self-monitoring of exertion and symptoms
- How to resume general activities using principles of energy conservation & work simplification
- Guidelines for return to self-care, home, work & leisure activities.

Session 6: Stress Management

- Link between heart disease and stress
- Stress Management Strategies:
 - Relaxation techniques
 - Time management
 - Setting priorities
 - Balancing work family and leisure
 - Resources available

Once Upon completion of your Cardiac Rehabilitation

- During your last week of cardiac rehab you will discuss with the Exercise Physiologist/ Physiotherapist strategies for continuing structured exercise

- Wellness programs run at the Hospital are available for patients after discharge
- Phase 3 Follow up: Once a month patients who have been discharged from the service are welcome to meet for a morning tea & discussion session with staff. You will be provided with dates & further details in your last week of training.

Please note we have transport services available. Please talk to our admin team when organizing your initial assessment. We are also on the Hop Skip & Jump bus route

LOCATION



CONTACT US

Address: Manly Waters Private Hospital
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Manly Waters Private Hospital

Cardiac Rehabilitation Program



Optimise your recovery and reach your full potential

What is Cardiac Rehabilitation?

- Cardiac rehabilitation is a structured exercise and education program designed to improve your cardiovascular health, fitness and knowledge.
- Participants in the program have usually been diagnosed with Coronary Artery Disease, Arrhythmias or Heart Failure. Or have had coronary interventions such as bypass surgery, stents or valve surgery.
- Structured and controlled exercise elicits many positive physiological effects on the heart after a cardiac event. Exercise can help reduce blood pressure, improve fitness, increase blood flow and improve quality of life.

About the Program:

- The Cardiac Rehabilitation program runs for approximately 6 weeks and is a supervised exercise and education program run by a team of Cardiac Nurses and Allied Health Professionals and Rehabilitation Physicians.
- You will attend an Initial assessment prior to commencing exercise. Participants funded under BUPA private health are required to participate in a 3hr program
- Prior to commencing the program a referral is needed from your GP or Cardiologist.

Referrals can be found on our website <http://www.macrehab.com.au/rehabilitation-referral-form/>

What to Bring to your Assessment?

- You will be asked to complete a 6 minute walking test on your first day so please wear comfortable clothes, closed in shoes, towel & water bottle (However, refreshments will be provided).
- List of current medications
- Any information relating to your hospital admission e.g. Discharge summary, reports.

Initial Assessment

- Once you have been referred for the program you will have a medical assessment by the Rehabilitation Specialist.
- Upon admission into the program you will have an assessment with a combination of any of the following disciplines: Physiotherapist, Exercise Physiologist, Cardiac Specialist Nurse, Dietitian, Occupational Therapist.
- The initial assessment will allow us to discuss your medical history, discuss any questions you may have & obtain baseline measures. A resting ECG will also be performed where needed.
- The assessment will allow us to provide you with a safe individualized exercise program suited to your current fitness level and goals.

Exercise Sessions

- The exercise session will be specifically tailored to your needs. The session includes a warm up, individual resistance, strengthening and aerobic conditioning & cool down.
- Your resting observations (including heart rate and blood pressure) will be taken before and after exercise. Please allow 15min at the beginning and end of exercise for staff to take readings for each participant.
- All sessions are supervised by a Cardiac Nurse & Exercise Physiologist/Physiotherapist.
- The program will be tailored to your own level & exercise intensity will be monitored during the session.
- We encourage participants to self-monitor their own exercises and intensity by the end of the 6 week program.

Education Sessions

- You will be provided with education material & have the opportunity to ask any questions at each session.
- Refreshments and a light lunch will also be provided.

Education Presenters Include:

- Cardiac Nurse Specialist
- Exercise Physiologist/Physiotherapist
- Occupational Therapist
- Dietitian

Payment:

- If eligible, your program will be covered by your private health insurance. We will run an eligibility check and discuss the results with you.

