

Vision, Mission & Values

Our Vision Statement

To lead transformation in health care inspired by the healing ministry of Jesus.

Our Mission Statement

As a Catholic health and aged care service our mission is to bring God's love to those in need through the healing ministry of Jesus. We are especially committed to people who are poor and vulnerable.

We draw on the talents of our people and collaborate with others who share our vision and values to continue the pioneering spirit of Mary Aikenhead and the Sisters of Charity.

We are committed to providing compassionate and innovative care, enabling hope for those we serve.

Our Values

Compassion

Justice

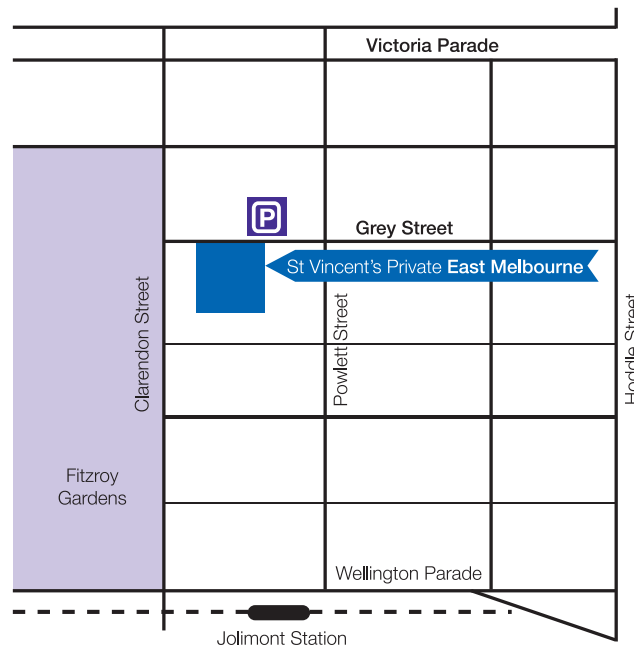
Integrity

Excellence

Our Care Statement

Our care is

- Provided in an environment underpinned by mission and values.
- Holistic and centred on the needs of each patient and resident.
- High quality, safe, and continuously improved to ensure best practice.
- Innovative and informed by current research using contemporary techniques and technology.
- Delivered by a team of dedicated, appropriately qualified people who are supported in a continuing development of their skills and knowledge.
- Provided with a commitment to a respect for life according to the Gospel.



Outpatient Cardiac Rehabilitation Program

Rehabilitation Gym, Ground Floor,
St Vincent's Private Hospital East Melbourne,
159 Grey Street, East Melbourne, Vic 3002

St Vincent's Private Hospital Fitzroy

59 Victoria Parade Fitzroy Vic 3065
Phone: (03) 9411 7111 Facsimile: (03) 9419 6582

St Vincent's Private Hospital East Melbourne

159 Grey Street East Melbourne Vic 3002
Phone: (03) 9928 6555 Facsimile: (03) 9928 6444

St Vincent's Private Hospital Kew

5 Studley Avenue Kew Vic 3101
Phone: (03) 9851 8888 Facsimile: (03) 9853 1415

www.svpm.org.au

ACN 083 645 505



Outpatient Cardiac Rehabilitation Program





St Vincent's Private Hospital Melbourne welcomes you to our Outpatient Cardiac Rehabilitation Program. Our multi-disciplinary team look forward to working with you to enable you to lead a fulfilling life with confidence following your cardiac surgery, cardiac procedure, and those of you at risk of, or living with coronary heart disease.

What is the cardiac rehabilitation program?

Our Cardiac Rehabilitation Program is an organised group program which combines health education, exercise and support for patients recovering from a cardiac event. Each patient is provided with an individualised supervised exercise program and specific referrals to members of the multi-disciplinary team where appropriate.

This six week outpatient program aims to facilitate recovery from a cardiac event allowing the individual to return to an active and satisfying life and prevent the risk of further cardiac events.

Family members or close friends are encouraged to attend and participate in this program.

What does the program offer?

Our Cardiac Rehabilitation Program will provide you with:

- An initial assessment by a Cardiac Rehabilitation Nurse, Physiotherapist and Rehabilitation Physician;
- A customised exercise program supervised by a Cardiac Physiotherapist;

- Comprehensive education program focused on developing an understanding of heart disease, management and prevention of further cardiac events;
- Physiotherapist expert advice on many aspects of heart disease;
- Assistance with making healthy lifestyle changes and modifications; and
- An open forum for both patients and support members to ask questions and share experiences.

Our multi-disciplinary team includes:

- Rehabilitation Physician.
- Cardiac Rehabilitation Nurse.
- Cardiac Physiotherapist.
- Occupational Therapist.
- Dietician.
- Pharmacist.
- Psychologist.

Referral to the program:

You will generally be referred to the program while you are still in hospital. However, you may also be referred to the program by a surgeon, cardiologist, physician or general practitioner. The program generally commences two weeks following discharge from hospital. The Cardiac Rehabilitation Nurse will contact you shortly after discharge to organise your initial program assessment.

Program Details:

Six week program every Tuesday and Friday

Time: 1.00 – 3.00 pm or 2.00 – 4.00 pm

Venue: Rehabilitation Gym, Ground Floor,
St Vincent's Private Hospital East Melbourne,
159 Grey Street, East Melbourne, Vic 3002.

Contact: Ms Katrien Janssen,
Cardiac Physiotherapist/Coordinator

Phone: (03) 9928 6003 on a Tuesday or Friday

Fax: (03) 9928 6888

Email: cardiac.rehab@svha.org.au

Parking: Available at no cost to all patients attending the program.

What to Bring:

- Loose, comfortable clothing and walking shoes.
- Anginine spray or tablets if you suffer from angina.
- Your Cardiacard – which profiles your cardiac history, medications and contains an ECG.
- A support family member, friend or relative.

Topics discussed during the program include:

- Risk factors for coronary heart disease.
- Understanding coronary heart disease.
- Healthy eating and cooking.
- Benefits of activity and exercise.
- Relaxation and lifestyle changes.
- Medications used to manage heart disease.
- Dealing with and managing stress.
- Cardiac procedures and surgery.
- Managing symptoms.

Cost:

The cost of this program will generally be covered by your private health insurance fund. As the health funds differ, we will complete a health fund check and notify you of any cost involved prior to commencement of the program.