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Our cardiac rehabilitation services may be available to those with private health insurance, self-funded health cover and DVA benefits.

Please check with your private health insurer regarding your level of cover and reimbursement before commencement of any program.

Self-funded health cover

If you would prefer to pay independently, we can discuss payment options and the fee structure with you.

We accept referrals from GPs, Cardiologists, Cardiac Surgeons and other cardiac rehabilitation programs.

You will be referred to the program closest to where you live. If you live in the Chermside, Brighton, Nundah, North West or Pine Rivers areas, or if you already received cardiac services from our Hospital, then you may be eligible for our outpatient program.

After being referred, please allow two to three weeks to receive confirmation of entry. If you do not receive feedback within three weeks, please contact our Cardiac Rehab Team on 07 **3326 3276**.

Regular exercise and a healthy diet help decrease risk associated with cardiac events. They form an important part of the recovery process. If you cannot attend a cardiac rehabilitation program, you may be able to access phone-based support. You may also choose to speak with your GP about ways to modify your lifestyle and improve your cardiac health.

Please contact our Cardiac Rehab Team on 07 **3326 3276** for more information about our cardiac rehabilitation services.

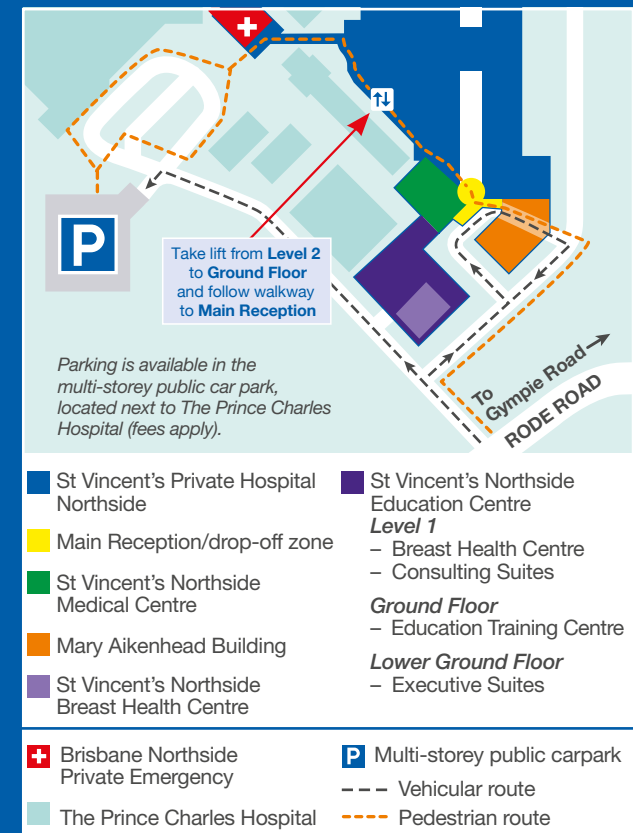
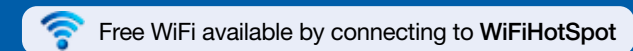
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f @stvincentsprivatehospitalnorthside



 Developed in consultation with our consumers (March 2016)

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES

Cardiac Rehabilitation



We innovate and lead highly specialised cardiac surgical and medical services for people with complex heart conditions.

As part of our commitment to delivering exceptional care, we provide cardiac rehabilitation to people with heart disease or following cardiac surgery.

What is cardiac rehabilitation?

Cardiac rehabilitation is a continuation of cardiac treatment. It is aimed at optimising physical function in those with heart conditions and those who have undergone cardiac procedures.

It is an important recovery step. Cardiac rehabilitation can help decrease the risk of further heart problems, improve quality of life and reduce anxiety. Research has found it improves long-term prognosis.

We help people with cardiac disease get back on their feet and lead an active and healthy life.

What is involved in a cardiac rehabilitation program?

Phase one (inpatient program)

Phase one begins the moment you are admitted to hospital. During this phase, you will receive information about managing cardiovascular disease, diet and exercise. You and your family will receive support, education and information about cardiac problems and risk factors.

Useful resource

Visit **www.heartfoundation.org.au** for more information. This website is a great source of information on cardiac health, nutrition and exercise, and support.

Phase two (outpatient program)

Typically, within the month following your heart event or surgery, you will commence phase two. It occurs once discharged from hospital. This phase involves travelling from home to a cardiac rehabilitation unit. Although the program structure may vary from organisation to organisation, most programs at this phase comprise of three key components:

Assessment component

A nurse and physiotherapist will complete a thorough history check and comprehensive assessment to identify your needs.

Exercise component

Exercise components depend on your needs and may include graded gym exercises and walking exercises.

Education component

Education forms an important part of cardiac rehabilitation. Sessions cover topics on anatomy and improving lifestyle.

Phase two at St Vincent’s Private Hospital Northside

We offer a six-week outpatient program involving physical, social and learning activities. It is conducted within a small group setting, giving you the opportunity to participate with other cardiac patients.

Assessment component

At the beginning of the outpatient program, you will meet with one of our cardiac nurses and physiotherapists for a 90-minute appointment. At this appointment, they will complete a thorough history check and comprehensive assessment.

You will attend a second appointment towards the end of your program to re-assess your cardiac health. After completing the program, we will send a letter to your GP and specialist outlining your progress.

What to bring to your assessment

- any relevant paperwork (including medication lists, pathology results and surgical details)
- private health care card or DVA card
- Medicare card.

Exercise component

Our exercise component consists of ten sessions. Each session runs for approximately 90 minutes and involves warming up, physical exercise and cooling down periods. Sessions are fully supervised by our cardiac nurse and physiotherapist.

What to bring to exercise sessions

- comfortable exercise clothing and footwear
- water bottle
- walking aids (if required)
- Nitrolingual™ spray or Anginine™ tablets
- asthma reliever (if required)
- snacks (particularly if diabetic).

Education component

Our education component consists of ten sessions. Sessions cover a variety of topics:

- anatomy and physiology of the heart
- cardiac risk factors
- medication
- exercise and its benefits
- relaxation and stress management
- returning to work
- maintaining behavioural changes
- diagnostic tests
- healthy eating.

Exercise and education sessions take place at our cardiac rehabilitation unit onsite at our Hospital.

Cardiac Rehabilitation Program

- ☐ I am interested in attending a Cardiac Rehabilitation Program
- ☐ I am **not** interested in attending a Cardiac Rehabilitation Program

Name: _____

Address: _____

Daytime phone: _____

Mobile: _____

Email: _____

Diagnosis: _____

Program locations

Please indicate which of the following would be your preferred location to attend a Cardiac Rehabilitation Program:

- ☐ St Vincent’s Private Hospital Northside, Chermside
- ☐ The Wesley Private Hospital, Auchenflower
- ☐ Moreton All Body Care, Burpengary
- ☐ Buderim Private Hospital, Buderim
- ☐ Eden Rehabilitation Program, Cooroy

Metro North Health Services (Public):

- ☐ Chermside
- ☐ North Lakes
- ☐ Redcliffe
- ☐ Caboolture

Other: (please list) _____

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