

Relatives and carers are encouraged to attend

All sessions will be closely supervised by members of the Cardiac Rehabilitation Team

Four steps to a healthier heart:

- Weigh yourself daily
- Restrict your fluid and salt intake
- Take your medication as prescribed
- Be physically active

Referral

Your doctor can refer you to this program.

Hospital referrals after procedures, with patient permission can be referred to this program.

Self referral

Cost

You will be charged a small fee for your initial consult and assessment, however weekly participation within the group will be free of charge.

Further Information

Contact:

Cardiac Rehabilitation Coordinator:
Paula Keane

Heart Failure Program



**Community Rehabilitation
Centre**

Thursday

Time 10.30am

Community Rehabilitation Centre
Corner of McCrae & Splatt St, Swan Hill
Phone: (03) 5033 9321 Fax: (03) 5033 9320
crc@shdh.org.au
www.shdh.org.au

Updated version: September 2017



**Swan Hill
District Health**
my hospital

Mission

To contribute to improvements in the quality of life and health of participants with heart failure

To help clients, their families and carers have a better understanding of the conditions of heart failure.

Goals:

At the completion of the Heart Failure Program the client will:

- Have a greater knowledge and understanding of their heart failure to improve their quality of life.
- Help you, your family and care givers have a better understanding of chronic heart failure and the treatment and management involved..
- Help guide your discussions with health care professionals and answer some questions with chronic heart failure.
- Recognize symptoms—eg: chest pain, shortness of breath, weight gain and how to deal with them.

Educational Program

- 7 week rotating program with a re-assessment after completion
- Join in on any week and follow through
- 7 week Exercise and Education Program
- For persons with chronic heart failure, pace maker insertion or other heart conditions.

Cardiac Nurse

- The way the heart works
- How a heart attack occurs
- Management of heart failure
- Risk factors
- Advanced Care Planning

Occupational Therapy

- How to reduce stress
- Relaxation
- Energy conservation

Physiotherapy

- Important things to look for in building up your fitness



Dietician

Dietary guidelines for healthy hearts



Counselling

- Lifestyle changes
- Emotional responses
- Advanced care planning