

## 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:

- Be a non-smoker
- Eat a low fat diet
- Keep a check on your blood pressure
- Exercise regularly

### 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 our Cardiac Rehabilitation

Coordinator:

Paula Keane

# Cardiac Rehabilitation Program



Community Rehabilitation  
Centre

Tuesday

Time: 1.30pm

For session enquiries

or bookings please contact the

Community Rehabilitation Centre

Corner of McCrae & Splatt St, Swan Hill

Phone: (03) 5033 9321 Fax: (03) 5033 9320

[crc@shdh.org.au](mailto:crc@shdh.org.au)

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**Swan Hill  
District Health**  
*my hospital*

## **Mission**

To provide education and support so as to enable the participants to return to normal living with confidence.

### **Goals:**

At the completion of the Cardiac Rehabilitation Program the client will:

- Have a greater knowledge and understanding of their heart condition to enable adjustment of lifestyle to promote a healthier life.
- Be able to demonstrate a knowledge of the management of prolonged chest pain.
- Recognize risk factors and the need to reduce them.
- Have an understanding of mood changes during the convalescence period e.g. depression, frustration and irritability.
- Understand the need for a convalescent period, and the importance of a gradual return to normal lifestyle and/or work.
- Be able to disregard “old wives” tales and myths concerning heart conditions.
- Understand the importance of regular visits to their medical practitioner.
- Recognize symptoms—e.g. chest pain, shortness of breath, 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 Educational program
- Exercise program each week
- For persons who have had Stents, Bypass &/or Valvular surgery, heart attack, or other heart conditions

### **Cardiac Nurse Week 1**

- The way the heart works
- How a heart attack occurs
- What is angina?
- Risk factors

### **Physiotherapy Week 2**

- Why we need to be fit
- Important things to look for in building up your fitness

### **Dietician Week 3 & 4**

Dietary guidelines for healthy hearts (Part 1 & 2)

### **Occupational Therapy Week 5**

- How to reduce stress
- Emotional responses
- Relaxation

### **Counselling Week 6**

- Lifestyle changes
- Emotional responses

### **Pharmacist Week 7**

Your medications

- What they do
- When to take them
- How to take them
- Side effects