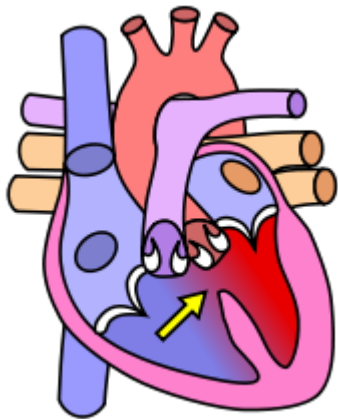


Relatives and carers are encouraged to attend the education sessions

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.

FOR MORE INFORMATION CONTACT:

CARDIAC NURSE - PAULA KEANE

Department | Community Rehabilitation Centre

Address: CNR Splatt & McCrae Street, Swan Hill

Phone: (03) 50339321

Email: crc@shdh.org.au

Web: www.shdh.org.au



Cardiac Rehabilitation Program

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
- Recognize risk factors and how to reduce them
- Be able to demonstrate a knowledge of the management of prolonged chest pain
- 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
- 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

Education Program

- 8 week program, with a re-assessment after completion
- Join in on any week and follow through
- 8 week exercise and Education program
- Exercise program each week
- For persons who have had stents, Bypass &/or Valvular surgery, heart attack, or other heart conditions

CARDIAC NURSE

- The way the heart works
- Risk factors
- Advanced Care Directives

PHYSIOTHERAPY

- Important things to look for in building up your fitness

DIETICIAN WEEK

Dietary guidelines for healthy hearts (Part 1 & 2)

OCCUPATIONAL THERAPY

- How to reduce stress
- Emotional responses
- Relaxation

COUNSELLING

- Lifestyle changes
- Emotional responses

PHARMACIST

Your medications:

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