

Referral

You can be referred to the Service by:

- Health professionals
- Your GP
- Cardiologist
- Other Hospitals
- Self referral

Steps to a healthier heart

- Be a non-smoker
- Eat a low fat diet
- Keep a check on your blood pressure
- Reduce salt intake
- Take medication as prescribed
- Be physically active
- People with Heart Failure are encouraged to reduce fluid intake and weigh yourself daily.

Cost

There is No charge for this service.

FOR MORE INFORMATION CONTACT:

CARDIAC NURSE

Department | Community Rehabilitation Centre

Address: 58 McCrae Street, Swan Hill

Phone: (03) 50339321

Email: crc@shdh.org.au

Web: www.shdh.org.au



Scan here to
self-refer



Cardiac Rehabilitation Service

About the service

The Cardiac Rehabilitation Service provides education and support, aiming to help you:

- have greater understanding of your condition
- recognise and reduce risk factors
- understand mood changes associated with your condition eg: low mood, frustration and irritability
- guide discussions with health professionals and understand the importance of regular medical practitioner visits
- recognise and manage symptoms associated with your cardiac condition e.g. chest pain, shortness of breath, weight gain and a build up of fluid in your stomach and ankles.

You may be eligible if you have experienced:

- cardiac stents, bypass surgery, valve surgery
- heart attack or cardiac event
- pacemaker and /or defib insertion
- chronic heart failure
- any other cardiac or heart condition

What do we offer?

1:1 Appointments

We offer 1:1 consultation with the Cardiac Nurse and/or Exercise Physiologist. This can be face-to-face at the centre or home. Telephone/telehealth consults are also available.

Relatives and carers are also encouraged to attend.

The Cardiac Nurse can also link you with other Allied Health, HARP (Hospital Admission Risk Program) or Counselling services, if required.

Cardiac Rehabilitation Program

This is an 8 week program, inclusive of education and supervised exercise. Pre and post assessments are used to monitor your progress.

Education sessions include:

- **Cardiac Nurse:** *The way the heart works, risk factors, Advanced Care Planning*
- **Exercise Physiologist:** *Building up your fitness*
- **Dietitian:** *Dietary guidelines for healthy hearts*
- **Occupational Therapy:** *How to reduce stress, emotional responses, relaxation strategies*
- **Pharmacy:** *Medication use and side effects*
- **Counselling:** *Emotional responses, lifestyle changes*



Heart Failure Program

This is an 8 week program, inclusive of education and supervised exercise. Pre and post assessments are used to monitor your progress.

Education sessions include:

- **Cardiac Nurse:** *The way the heart works, heart failure management, risk factors, Advanced Care Planning*
- **Exercise Physiologist:** *Building up your fitness*
- **Dietitian:** *Dietary guidelines for healthy hearts*
- **Occupational Therapy:** *How to manage and reduce stress, energy conservation, pacing, relaxation strategies*
- **Counselling:** *Emotional responses, lifestyle change*
- **Continence Nurse:** *Bladder and Bowel health*

