

LOCATION

Following an assessment by the cardiac nurse and Physiotherapist, you will be enrolled into the Cardiac Rehabilitation Program.

The Physiotherapist will design a program to suit your exercise ability.

Classes are conducted in the gym which is located in the Community Health section of the health service.

Classes run twice a week on Monday and Wednesday afternoons

For further information, or to book into the Cardiac Rehabilitation Program, please phone the ADH Intake Officer on (03) 5772 0908



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Cardiac Rehabilitation Program



A program to improve your health and well-being following a cardiac event.

WHO CAN COME?

Anyone who has had a cardiac event:

- Heart Attack
- Coronary Artery Bypass Graft Surgery (CABGS)
- Valve replacements
- Angioplasty (and stents)
- Stable Angina
- Heart Failure

Any person with heart disease and:

- Diabetes
- Obese
- Hypertension
- Smokers
- High cholesterol
- Family history

Family members / spouses who provide support for their partners / parent who are attending the Cardiac Rehabilitation program are welcome to attend the education sessions.

AIMS OF THE COURSE

Exercise:

- To return your optimal level of activity prior to illness.
- To recognise the value of regular physical activity.
- To maintain or improve quality of life

Information

- To gain a basic information of heart disease, treatments and tests to reduce risk of further cardiac events.

Risk Factor Modification:

- Identify risk factors for heart disease.
- Recognise the need for change of lifestyle behaviours.
- Learn skills for behaviour change and its maintenance.

The program runs for 8 weeks. It is by appointment only and includes the following:

Exercise: (45-60 minute sessions, twice a week)

Wear loose clothing, closed toe comfortable shoes and bring along a drink bottle and gym towel.

Information (45-60 minute session, once per week)

Your Healthy Heart Team, GP, Registered Nurse, Physiotherapist, Dietitian, Occupational Therapist, Counsellor.

Topics include:

- How does the heart work?
- Identify risk factors with heart disease
- Medications
- Physical activity
- Healthy eating
- Reactions to heart disease, changing a behaviour
- Diabetes and heart disease