

## Cardiac Rehabilitation & Risk Reduction Program

# Program Overview

### Why Participate?

Research has demonstrated that people attending such programs can achieve the following benefits: Reduced incidence of further heart problems such as heart attack; Improved quality of life (including reduced anxiety, depression, improved confidence); Accelerated physical and psychological recovery; Reduced related risk factors (eg. blood pressure, cholesterol, weight, smoking)

### How does it work?

#### A. Orientation :

We will book you in for an initial orientation and assessment. This appointment includes an assessment, education, and lifestyle planning. Individual dietary consultations are also included as needed. Partners are encouraged to attend. This assessment will determine when you are suitable to begin your exercise program.

#### B. Exercise and Information Sessions:

The program includes ten (10) weekly supervised exercise sessions in conjunction with ten(10) information sessions. These sessions are held once per week at St Andrew's Hospital (Brisbane) or the Sunshine Coast Private Hospital (Buderim). Partners may participate in the exercise sessions for a fee of \$7.70 per session if spaces are available. Participation in the information seminars is free of charge for partners and family.

#### C. Progress Checks

After you have completed your exercise and information sessions, participants will be called back to undertake progress checks and additional guidance at 6 and 12 months. This appointment includes re-assessment, education, and lifestyle planning.

#### D. Ongoing Phone Contacts:

The case manager may contact participants throughout the program by phone, e-mail, or mail to help implement their plan and to monitor progress. The frequency of contacts is negotiated between the participant and their case manager. Participants who do not live nearby or are unable to attend classes are prescribed a home exercise program and offered more regular phone follow-up.

#### E. Additional assistance:

If you ever have any questions or concerns we encourage you to contact your case manager at any time. If they are not in, leave a message and they will return your call as soon as they return.

| Program Content               | Frequency          |
|-------------------------------|--------------------|
| Orientation & Check-ups       | 0, 6 and 12 months |
| Supervised Exercise Sessions  | 10 x 1/week        |
| Information sessions          | 10x 1/week         |
| Ongoing phone/e-mail contacts | As required        |

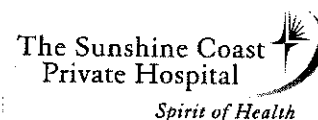
First exercise session appointment:.....Your Case Manager

is.....



**Ph: (07) 3834 4285**

E-mail:



## Responsibilities

The program is designed for people who want to recover as fully as possible and reduce their risk of further heart problems.

### Your role/responsibilities within the program are:

- a) To commit to and act on achieving what you want from the program.
- b) To be honest with yourself and in the information you share with us. You will get little or nothing from the program if you are not honest.

### Your case manager's role/responsibilities are:

- a) To inform you of ways that can contribute to reducing your risk of further heart problems.
- b) To let you know if and when your actions are not consistent with your goals. This is the purpose of the follow-up phone calls and check-ups. We are serious about helping you achieve heart health. Your case manager will be honest, and let you know if they think you are making excuses or have lost your commitment.

## Adherence and Commitment

Commitment is very important if you are going to achieve your goals. In addition, some health funds will only rebate upon successful completion of the program.

If, throughout the program, your commitment wanes, let your case manager know so that they can offer suggestions, support and strategies to help you 'get back on track'. It is expected that some people will find it more difficult than others and motivation will fluctuate. However, if after several attempts, over time, there is little change you will be asked to consider the value in continuing to participate in the program. If you decide to leave before the final 12-month assessment, please tell us, so that we can finalize your program.

The program is flexible enough to continue regardless of travel and work. If you are unable to keep an appointment or scheduled contact, please notify your case manager as soon as possible.

## Payment

The program is covered 100% under top hospital cover (not extras) by most private health insurers and we bill the health fund directly. We can help you find out if you are appropriately insured. This process may take up to approximately 1 week.

Department of Veteran Affairs automatically cover people if they have had a cardiac intervention.

## Parking and Public Transport (Brisbane)

Car parking is also currently available at St Andrew's Hospital at the North St Car Park. Note : This car park is NOT the one situated under St Andrew's Place or St Andrews Hospital.

Cost: \$2 per visit.

Conditions apply to the use of these car parks and you will need to agree to and acknowledge these conditions and consequences of misuse. You will be required enter your registration number to the 'Car Park Users Sign-in' book on arrival to our rooms.

**This carpark is only for use when attending this Cardiac Rehabilitation facility.**

For those coming via Public Transport, Roma Street and Central train stations are equally close to the hospital, however, they are both a steep walk away.

Free Bus Service- The Brisbane City Council's free Spring Hill Loop, proudly supported by St Andrew's War Memorial Hospital runs every 10 minutes, and connects with train and bus services. The St Andrew's stop 182 is on Boundary Street near Gregory Terrace.

## Information Discussions

Eight information sessions are offered before or after each exercise class. There are eight different topics presented along with time to ask questions and general discussion. You may return to any of these information forums even after finishing your program. We encourage family and friends to attend with you.

Topics include:

1. Taste and Temptation – Principles and practicalities of heart healthy nutrition.
2. Getting Moving – Principles of safe and effective physical activity and exercise.
3. The Head and The Heart \_ Psychological
4. The Nuts & Bolts – Causes and treatment of heart disease, as well as the risk factors.
5. Stress Management – Identifying better ways to cope in a busy world
6. Medications – common types, their uses and side effects
7. Maintaining Motivation – how to stay focused on your health
8. By Request – A topic requested by program participants.
9. CPR (Cardio Pulmonary Resuscitation) Information Session.
10. Practical Shopping Tips – Label reading and product recommendations.

## Supervised Exercise Classes

For those living within the Brisbane or Sunshine Coast areas, you can attend eight (8) supervised exercise classes. These classes are offered once per week, together with a home-based program on remaining days of the week.

If you wish to continue after you have completed these sessions, you can pay yourself and continue attending.

- **WHAT TO BRING:** Please bring your own towel for the exercise session. Wear comfortable, breathable clothing that you can move freely in and comfortable exercise shoes. **VALUABLES:** Please use the lockers/cupboards provided for your valuables. The hospital takes no responsibility for loss or damage of your belongings.
- **COME & LEAVE ON TIME:** Classes start and finish on time to avoid overcrowding and so that you receive appropriate supervision. If you arrive late you may need to shorten your program so you finish in time for the next class to start.
- **REPORT:** Let the staff know if there has been any change in your medications or medical condition since your last visit. Report any feelings of chest discomfort, dizziness, shortness of breath, nausea or general discomfort *immediately* to the staff.
- **SHOWERS:** Please observe the safety and hygiene instructions for the area.

For your own safety it is essential you do not start to exercise  
Before the two designated staff members are present

### Class Timetable

Choose one class time for your weekly visit. Please notify us if you intend to change times.

#### St Andrew's Hospital (Brisbane)

| THURSDAY   |                 |
|------------|-----------------|
| AM Class 1 | 7.00am – 8.15am |
| AM Class 2 | 7.45am – 9.00am |
| PM Class 3 | 3.00pm – 4.15pm |

#### Sunshine Coast Private Hospital (Buderim)

| FRIDAY     |                  |
|------------|------------------|
| AM Class 1 | 8.30am – 9.45am  |
| AM Class 2 | 9.15am – 10.30am |
| PM Class 3 | 1.00pm – 2.15pm  |