



**ST VINCENT'S
HOSPITAL**
SYDNEY

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



Cardiac Rehabilitation Program

Leading to a healthy and active life

Conducted by the
Cardiac Rehabilitation Team
St Vincent's Campus

Table of Contents

Cardiac Rehabilitation Program: an overview	2
Program details and location	3
Physical Assessment and Exercise Sessions: what to expect	5
Education and discussion sessions - Topics covered	6
Additional service options available	7
Maintenance exercise class	7
How to make an appointment or contact a member of the Cardiac Rehabilitation Team	8
Donation details	8



What is the Cardiac Rehabilitation Program?

The Cardiac Rehabilitation Program has been designed for anyone who has had a heart attack, coronary artery stenting, heart surgery or any other cardiac problem.

Cardiac Rehabilitation helps you:

- Take more control of your health
- Reduce the risk of further heart problems
- Live longer
- Learn how to exercise to improve your heart's health and your strength
- Feel better, recover more quickly emotionally and physically
- Learn how to reduce stress
- Become more confident
- Return to your former social and work activities

The Cardiac Rehabilitation Team:

- Cardiologist
- Cardio-Thoracic Physiotherapists
- Clinical Nurse Consultants
- Dietician
- Occupational Therapist
- Pharmacist
- Social Worker

Each week every participant is reviewed by the Cardiac Rehabilitation team. At this meeting your progress and recovery needs are discussed.

Program Times and Location



The Cardiac Rehabilitation Program adopts a flexible approach to program scheduling. For example, some people will be returning to work and will be unable to attend all sessions. Similarly, some people may not need to participate in all of the sessions that are being offered. **Therefore, your schedule will be streamlined to suit your individual needs. A timetable will be provided at your first session.**

When can you start?

The starting date will depend on your medical condition. Most people are advised to start as soon as possible, usually within 1-2 weeks after leaving hospital.

Program Schedule

The program commences with an Assessment held on a Monday, 9.30-10.30am.

Day	Day	Sessions
Monday am	9:30–10:30am	Physical assessment session
Wednesday am	10:15–11:30am	Exercise
	11:30–12:30pm	Education and discussion
Wednesday pm	11:30–12:30pm	Education and discussion
	12:45–2:00pm	Exercise
Monday	1:00–2:30pm	Education
	2:30–3:30pm	Exercise

Location

St Vincent's Public Hospital, 390 Victoria St, Darlinghurst

Monday	9.30 Assessment - Gymnasium, Level 4, Public Hospital (main building)
Monday	1.00pm Education - Waiting at the top of the escalators in the waiting area on the Mezzanine, Level 4 (main building)
Wednesday	10.15 Exercise - Gymnasium, Level 4, Public Hospital (main building)
Wednesday	11.30 Education - Waiting at the top of the escalators in the waiting area on the Mezzanine, Level 4 (main building)

Parking

Paid parking is available (Access to Grimes Parking station from Victoria Street).

If you require transport the following contacts may be of use to you:

Sir Roden Cutler Community Transport: **9357 2801**

Holdsworth Street Community Transport: **9302 3630**

Department of Veterans Affairs (DVA): **9213 7888**

Things to bring:

- Please wear comfortable clothing and sensible walking shoes to all sessions
- A jacket
- All medications and medication list
- GP name and details
- A list of questions you may have

We advise you not to attend the program if you have a cold or flu

Physical Assessment and Exercise Sessions

A physical assessment includes:

- Having your blood pressure and heart rate checked
- Assessment and ongoing treatment of any wounds, breathing problems and other recovery issues

Your exercise sessions are individualised according to your needs and to your stage of recovery.

All exercise sessions are prescribed and supervised by the cardiac physiotherapists and nurses.

Please let the physiotherapist know if you have any pre-existing conditions.

Your exercise sessions are likely to include:

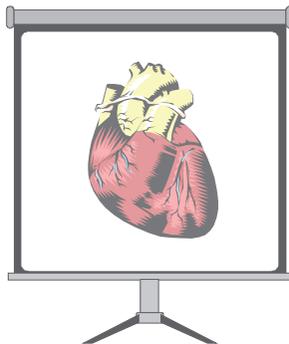
- Tai Chi warm up exercises
- A combination of treadmill and stationary bike work
- Upper body strengthening
- Ongoing advice regarding your home exercise program



Education and Discussion Sessions

Topics covered will include:

- **Facts, myths and the latest research** on heart disease
- **Cardiac risk factors:** how to manage and reduce your risk of further heart problems
- **Recovery issues:** what you may expect
- **Relationships and family:** the impact of a cardiac event
- **Managing psychosocial issues** such as stress and depression, and their relationship to heart disease
- **Returning to work,** sport and leisure activities
- **Medications:** why they are used and how they work
- **Healthy eating** for weight loss and for lowering cholesterol
- **Improving your fitness** in the short and long term
- **Achieving your goals** and staying motivated
- **Managing diabetes:** for diabetic patients



Additional Service Options

(Available according to individual needs)

- Stress management sessions
- Implantable Defibrillator support group
- Scar management
- Work assessment: readiness to return to heavy work
- Referrals to Community Services
- Counselling: individual and/or relationship counselling

Maintenance Exercise Class

Evening classes are available once you have completed the Cardiac Rehabilitation Program.

They have been designed to assist you further in:

- Maintaining or increasing your overall fitness
- Achieving further weight loss if necessary
- Increasing muscle strength and tone
- Having the benefit of continued support from health professionals

Location: The Gymnasium, Level 4

Time: Tuesdays / Wednesdays 4pm–6:30pm

Cost: \$150 for 10 sessions
(pensioner rates available with pension card)

How to make an appointment or contact a member of the Cardiac Rehabilitation Team

- To make an appointment, please contact the Cardiac Rehabilitation Dept on **(02) 8382 2321** and leave your name and phone number on the answering machine if the office is unattended.
- To avoid delay in commencing the program, call to make your appointment when you return home.
- If you should need to contact any of the coordinators for a more urgent matter, call the 0457 562 179

If for some reason you cannot attend or need to cancel your booking(s), please notify us

Donation Details

Donations to support the service are greatly appreciated. However our main concern is that you benefit from attending the Cardiac Rehabilitation Program.

For those who can afford it, a donation of \$200 will assist in running of the program. **All donations are tax deductible.**

We accept: credit cards, cash or cheque.

See the nurses to process your donation.



ST VINCENT'S
HOSPITAL
SYDNEY

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

Want more information about heart health?

You can access easy to understand information about heart conditions, procedures and cardiac rehabilitation by visiting the St Vincent's Hospital Heart Health website at

<https://svhhearthealth.com.au>

Like us on Facebook to keep updated

facebook.com/svhhearthealth