

ONLINE PROGRAM

- Phone assessment by Cardiac Rehab Nurses
- Education package via our online Members Area



CONTACT US

1-2 DAYS AFTER DISCHARGE



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CARDIAC REHABILITATION

The next step on your road to recovery



ST VINCENT'S
HOSPITAL
HEART HEALTH

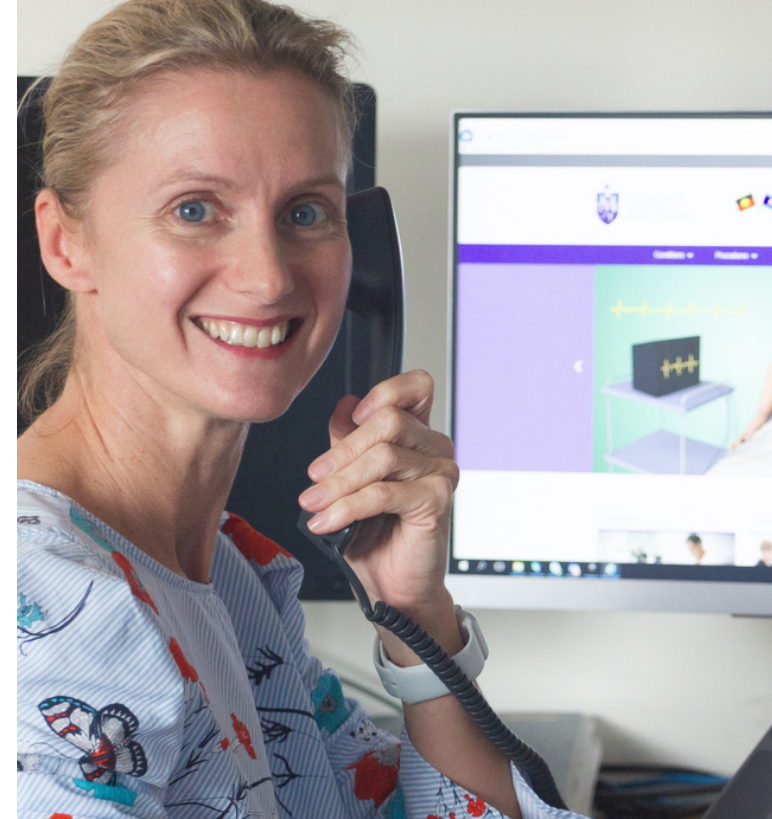


EXERCISE COMPONENT

The exercise is suited to your ability and level of fitness.

Once a week 60-90 minute visits to the public hospital physiotherapy gym for:

- nurse assessment
- guidance on your recovery
- exercise prescription
- exercise supervision



WHO CAN TO ENROL?

Cardiac rehabilitation has been shown to improve outcomes and quality of life for patients following a cardiac event.

Our program is available to patients who have had any of the following:

- heart attack
- heart surgery (bypass or valve)
- cardiac stenting
- TAVI
- SCAD



EDUCATION COMPONENT

60 - 90 minute education workshops.

Education topics include:

- Managing risk factors for heart disease
- Know your medicines
- Exercise during recovery and long term