



Cardiac Rehabilitation Secondary Prevention Program



KYABRAM DISTRICT
HEALTH SERVICE

Cardiac Rehabilitation

Secondary Prevention Program

An eight week educational program for people with coronary artery disease, angina, or following heart attack, angioplasty or heart surgery. The program is run by a multidisciplinary team of health professionals.

When & where

Cardiac Rehabilitation is held weekly on Tuesday 9.30am-12 noon

Cardiac Rehabilitation is a continuous program and you may start at any point and go on to complete the 8 sessions.

Commencement of this program is recommended 2-3 weeks following discharge from hospital.

Program Outline

9.30am-Arrive to program and measure pulse and blood pressure.

9.45am-Commence exercise program

10.30am-Relaxation session

10.45am-Morning Tea

11.00am-Education session

Contacts

KDHS Cardiac Nurse ☎ 58570200

Heart Foundation www.heartfoundation.org.au

☎ 1300 362787

Exercise

A light, modified exercise session will be conducted each week. Please wear comfortable clothing and shoes.

Your pulse and blood pressure will be checked before each exercise session, and re-checked again while exercising.

Educations Sessions

Education sessions will be provided each week on the following topics:

- ♥ Anatomy and heart health
- ♥ Exercise
- ♥ Medications
- ♥ Psychological recovery –your emotions
- ♥ 4 steps for life
- ♥ Return to work and usual lifestyle
- ♥ Good nutrition for heart health-Part I
- ♥ Good nutrition for heart health-Part II

Fees

Fees apply to this service; please refer to the attached fee brochure.



The National Heart Foundation recommends that all patients with angina, or following a heart attack, or cardiac surgery, should attend a structured outpatient cardiac rehabilitation program.

Kyabram District Health Service

Kyabram Health

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Stanhope Health

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www.kyhealth.org.au

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