



The Victorian  
Rehabilitation Centre

499 Springvale Road  
Glen Waverley VIC 3150

Phone: 03 9566 2777 | Fax: 03 9566 2913

[www.vicrehab.com.au](http://www.vicrehab.com.au)



The Victorian Rehabilitation Centre

A Healthscope hospital.

ABN 61 069 962 698

V2 - 08/2016



The Victorian  
Rehabilitation Centre



Cardiac  
Rehabilitation



At The Victorian Rehabilitation Centre, our cardiac rehabilitation programs have been designed in accordance with the National Heart Foundation (NHF) guidelines. The NHF describes cardiac rehabilitation as including all measures used to help cardiac patients return to an active and satisfying life and to prevent the recurrence of cardiac events. Cardiac rehabilitation 'should be an integral component of the long term comprehensive care of a cardiac patient'.

*National Cardiac Rehabilitation Advisory Committee of the heart foundation (1998).*

## What is cardiac rehabilitation?

Whether recovering from a heart attack, angioplasty, open heart surgery, angina or any other heart condition, a program offering support, guidance and advice is essential. We have developed specialised programs to bridge the gap between hospital and your return to an active and rewarding lifestyle.

Our programs are run by a team of health professionals with expertise in aspects of the recovery and rehabilitation process and include:

- Cardiac Rehabilitation Nurses
- Physiotherapist
- Dietitian
- Psychologist
- Pharmacist
- Exercise Physiologist

## Program aims

- To provide support and advice
- To educate you and your family about your heart, conditions affecting it and contributing risk factors
- To assist you in the identification of your risk factors and how to modify those within your lifestyle
- To encourage and guide you in the development of an exercise program suitable for you as an individual
- To encourage and facilitate your return to work and/ or leisure activities as soon as possible

Programs are run as an outpatient in a group format, if any problems are encountered whilst attending these can be relayed to your GP or specialist and appropriate action taken.

## Family support

Your spouse or other family member or close friend are welcome to attend any of these sessions with you at no cost.

## Programs

### Cardiac Rehabilitation Program – Day (4 weeks)

Suitable for patients who have had a heart attack, heart bypass, heart/valve surgery, angina, angioplasty and stenting (PCI). The program runs for eight sessions over four weeks on Tuesdays and Fridays. Prior to commencing the program you will attend a pre assessment clinic where you are assessed by a cardiac nurse & physiotherapist.

### Cardiac Rehabilitation Program – Evening (4 weeks)

Suitable for patients who have had angioplasty/stent insertion (PCI), a mild heart attack or who have coronary heart disease. It has been designed as a 'fast track' program for people who have returned to work or are keen to resume other activities quickly. Sessions run Wednesday afternoons 7.00pm – 9.30pm. The first session includes an individual assessment and discussion. Each session is a combination of exercise and education.

### Cardiac Conditioning Program – Day (8 weeks)

This specialised program is for patients with 'heart failure', which is a medical term used to describe reduced heart muscle function. The program is held once per week for eight weeks. Each session is a combination of exercise and education. A follow up clinic is planned for one month and six months after program completion with regular contact in-between to ensure your condition is stable.

### Fit 4 Life - Rehabilitation

After completion of the day or evening program, we offer ongoing exercise in a structured format that enables continued strengthening and endurance work ensuring you are given the best opportunity to make exercise an integral part of your

day for the long term. These sessions are supervised by a health professional experienced in cardiac conditioning and exercise prescription appropriate to your needs.

## Education sessions include:

- Heart disease and management
- Emotional response to cardiac events and stress management
- Lifestyle modification and risk factors
- Chest pain management and when to contact an ambulance
- Medication discussion
- Exercise and the benefits for your heart
- Coronary artery disease, angioplasty/stent and investigations and procedures including:
  - Dietary management and practical skills
  - Understanding heart function and cardiac failure
  - Stress and the heart
- Energy conservation and activity guidelines

Due to the specific variation of the programs not all education sessions are included in all programs.

## Referral

A referral is required to take part in this program. This can be obtained from your General Practitioner, Specialist or referring hospital.

## Funding arrangements

We have funding agreements with all private health insurance funds as well as:

- Transport Accident Commission (TAC)
- Department of Veteran's Affairs (DVA)
- WorkSafe Victoria
- Comcare

Alternatively this service can be self-funded.