

# Cardiac rehabilitation



The cardiac outpatient rehabilitation program is designed for people who have had an acute heart event. Following the National Heart Foundation guidelines, the program helps people lead healthier, more active lives.

## How it helps

The program provides information and guidance on how to recover from a heart event and improve the individual's quality of life.

## What's involved

The group program is a rolling six week program incorporating twice weekly sessions of exercise combined with education in a group setting. Family members or friends are very welcome to attend the program and participate in the education sessions. An initial assessment by the physician, exercise physiologist, cardiac rehabilitation nurse and physiotherapist is undertaken before the participant joins the group sessions.

- Our multi-disciplinary team includes:
- Rehabilitation physician
- Cardiac rehabilitation nurses
- Cardiac physiotherapists/exercise physiologists
- Dietician
- Occupational therapists
- Psychologist
- Speech therapists
- Pastoral care practitioners

## Education topics

- How to plan an emergency heart action plan and manage heart symptoms
- Emotions and heart health

- Implementing behavioural change
- Risk factors for heart disease and goal setting to address individual risk factors
- How the heart works, what can go wrong, medical treatment and surgical procedures
- Healthy diet
- The importance of exercise
- How to exercise safely
- Medications used to manage heart disease and how to use them safely
- Stress, relaxation and its effects on the heart.
- How to return to activities, including work and leisure
- How to pace activities

## How to start

To participate in this program, a referral from your GP, cardiologist or cardiac physician to one of our consultant physicians is required.

The multi-disciplinary team will assess the patient prior to starting the program.

## What to bring

- Loose, comfortable clothing (layers) and shoes
- Reading glasses (if applicable)
- Anginine tablet, GTN spray or other medication required
- Your cardio-card

## Cost

The program is funded by private health insurance funds under hospital cover and DVA. TAC and Workcover may fund patients whose cardiac disease is directly related to their claims. Patients may also self-fund.

**For more information, contact the cardiac rehabilitation coordinator on (03) 9788 3367**

255-265 Cranbourne Road, Frankston VIC 3199  
T. (03) 9788 3333 F. (03) 8790 8747 E. [info.frankston@sjog.org.au](mailto:info.frankston@sjog.org.au)

[www.sjog.org.au/frankston](http://www.sjog.org.au/frankston)

Published August 2023  
St John of God Health Care Inc.  
ARBN 051 960 911 ABN 21 930 207 958



**ST JOHN OF GOD**  
Frankston Rehabilitation  
Hospital



Consumer reviewed  
and approved