

# Armidale Heart Health Program

... a program of Education, Exercise and Support

## A fresh start for patients with:

- Coronary artery disease
- Angina
- Myocardial infarction (Heart Attack)
- Angioplasty/ stents
- Cardiac Surgery
- Other forms of heart disease
- Risk factors for heart disease

## For further information please contact:

**The Heart Health Program Manager**  
New England  
Division of General Practice  
Po Box 1321  
Armidale 2350

**Phone 67711146 fax 67711170**



## New England Division of General Practice (NEDGP) is working towards

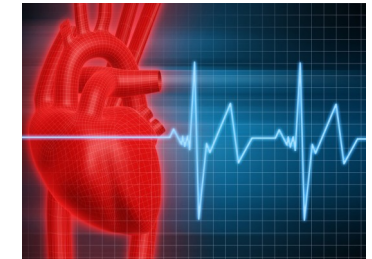
- Maintaining and improving standards of General Practice
- Bringing General Practitioners closer to the community
- Identifying the health care needs of the community within its boundaries and facilitating programs and services to meet those needs
- Providing educational and practical support for the optimal delivery of primary health care in the Division area
- Facilitating links between General Practitioners and other health care professionals throughout the Division
- Promoting research programs which focus on issues relating to rural General Practice

213 Rusden St, Armidale, 2350 NSW  
Send to : PO Box 1321, Armidale NSW  
Contact : 02 6771 1146 Fax: 6771 1170  
[www.nedgp.org.au](http://www.nedgp.org.au)



# Armidale Heart Health Program

**A cardiac rehabilitation program**



HUNTER NEW ENGLAND  
NSW HEALTH

## Patient Information





# Armidale Heart Health Program

## Entry into the program:

**A doctor or hospital referral is necessary to participate in the initial 12 exercise and education sessions. Information about the program may be obtained by contacting:**

**The Heart Health Program Manager  
New England Division of General Practice**

**Phone: 02 6771 1146**

## Where?

Rehabilitation Unit (Gym) in the Armidale Rural Referral Hospital, Rusden Street, ARMIDALE, NSW, 2350

## When?

### Exercise Sessions

Monday 3:30 pm. - 4:30 pm.

Thursday 3:30 pm. - 4:30 pm.

*First timers come earlier as arranged.*

### Education Sessions

Monday &/or Thursdays after exercise sessions. Sessions usually occur 3-4 times per month starting at 4.45 pm and last for an hour. A schedule will be provided to you upon enrolment.

## Who is involved?

General Practitioners together with the Cardiac

Clinical Coordinator, Program Manager, specialists in nursing, occupational therapy, physiotherapy, dietary management, pharmacy and psychology.

## Do I have to pay?

There is no charge for the first 12 sessions of exercise & education. A gold coin donation is requested for exercise / aerobic classes for graduates of the Program. Wednesday Maintenance Exercise classes cost \$5.00.

**This Program is for you if you have heart disease or if you are at risk of getting heart disease.**

## The Heart Health Program ...

is based on exercise, education and risk factor modification.

### The program is designed to:

- Help increase your recovery from cardiac illness.
- Improve your quality of life.
- Increase your ability to exercise thus increasing your heart and lung capacity.
- Provide education about heart disease and risk factors associated with the disease.
- Help you and your family deal with the emotional aspects of heart disease.



## What happens at cardiac rehabilitation?

### Exercise sessions

12 sessions of low intensity exercise are supervised by a nurse and a physiotherapist.

### Education and Support

**Discussion topics (led by a health professional) include:**

- Heart Disease and How the Heart Works
- Risk Factor Modification
- Diet & Heart Disease
- Psychological / Emotional Aspects of Heart Disease
- Medical Procedures
- Medications
- Emergency Management
- Exercising for your heart
- Managing your energy with heart problems

## WHAT ELSE?

**Maintenance Exercise/aerobic classes** for those having completed the Program and the general community.

**Wednesdays** 5:00 pm. - 6:00 pm

**Saturdays** 10.30 am - 11.30 am  
at the hospital gym with Gillian Traise,  
physiotherapist (mob 0404 674519)

**Wednesdays** 8.45am —9.30am

at the Masonic Lodge with Gillian Traise

**Tuesdays and Thursdays** 3.30pm-4.15pm  
at Kent House with Michelle Fittler  
(mob 0408 025 127)