Glen Innes Cardiac Rehabilitation Program

A fresh start

For patients with:

- Heart Disease
- Angina (chest pain)
- Myocardial Infarction (Heart Attack)
- Stents
- Cardiac Surgery
- Other forms of heart disease
- Risk factors for heart disease

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

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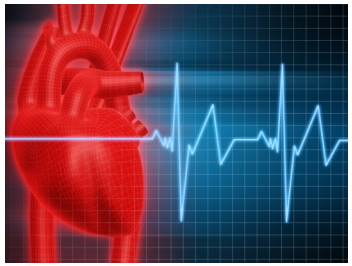
www.nedgp.org.au

NEW ENGLAND DIVISION OF GENERAL PRACTICE

Glen Innes Cardiac Rehabilitation Program



HUNTER NEW ENGLAND
NSW HEALTH

Patient Information

Glen Innes Cardiac Rehabilitation Program

For whom?

Our Cardiac Rehabilitation Program is designed for you following heart surgery, a heart attack or if you have high risk factors for heart disease. Ask your GP for a referral or call the Cardiac Rehabilitation Co-ordinator.

Where and when?

During Cardiac Rehabilitation you are encouraged to continue to be seen and treated by your own GP. In addition, you may wish to be visited in your home by the Community Health Nurse.
You are also invited to attend group sessions at the Community Health Centre. Contact the Coordinator about dates and times for the group sessions.

Who is involved?

YOU and Glen Innes GPs, Community Health Nurses, Physiotherapists, Pharmacists, an Occupational Therapist, and a Dietitian.

What will it cost?

There is NO CHARGE for group exercise and education sessions. Any costs incurred in the preparation of a Care Plan and other associated visits to your GP are rebatable under the MBS Schedule.

Cardiac Rehabilitation is a program of exercise, education and risk factor modification. The purpose of the Cardiac Rehabilitation Program is:

- To assist you with recovery from cardiac illness.
- To increase your ability to exercise.
- To provide education about heart disease and risk factors associated with its' development.
- To help you and your family deal with the emotional aspects of heart disease.

What Goes On?

Exercise Sessions

Participants are assessed for an appropriate exercise program. Low intensity group exercises are led by a physiotherapist. A Fitness Leader and Community Health Nurse will monitor your progress.

Education and Support

Discussion topics (led by a Health Professional) include:

- Heart disease and how the heart works
- Risk Factor Modification
- Nutrition and Diet
- Psychological/Emotional Aspects of Heart Disease
- Medications
- Emergency Management

What else?

- A Heart Health Register Service is available for all patients completing Cardiac Rehabilitation as well as for those who choose not to participate.
- The register offers you the opportunity for regular cardiac assessments performed by your own GP.
- Ask about having a Cardiac Care Plan developed for you. A Care Plan involves you, your GP and other health workers working together to provide ongoing care of your heart condition.

Entry into Program:

A doctor's referral is required to become involved in the Cardiac Rehabilitation Program. Information concerning the program may be obtained by contacting:

Cardiac Rehabilitation Co-ordinator
Glen Innes Community Health Centre
Phone: 02 6739 0100