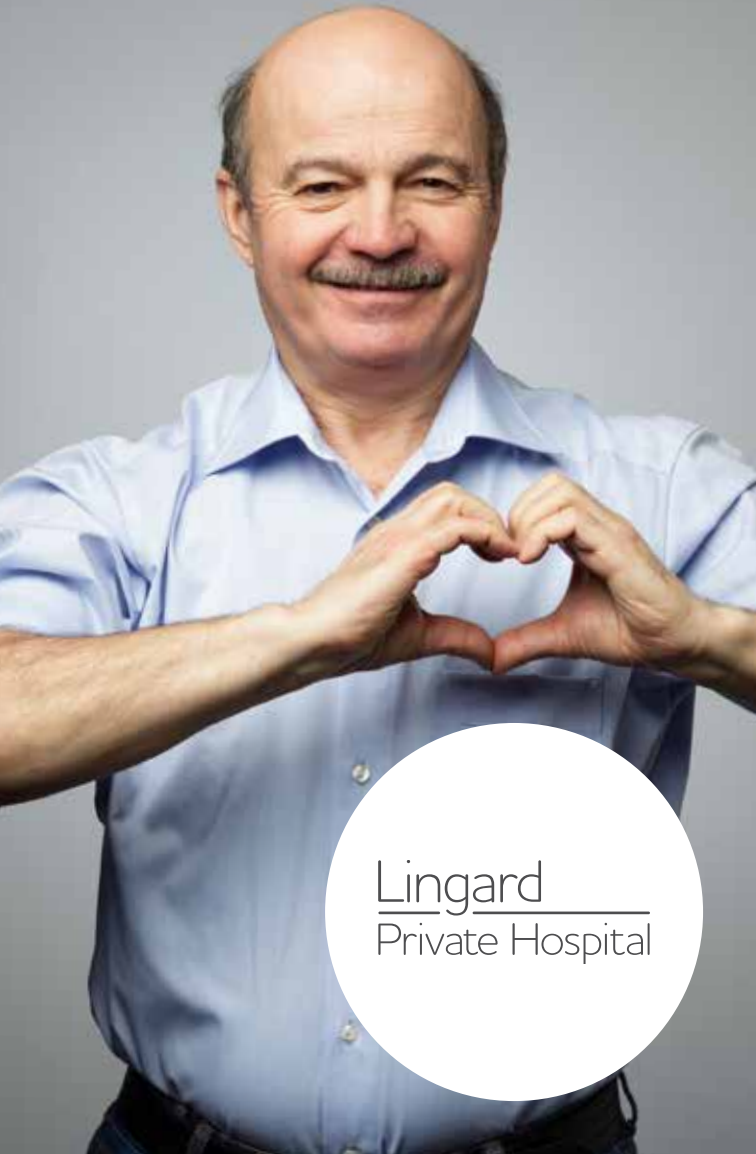


healthcare™

CARDIAC REHABILITATION PROGRAM

PATIENT INFORMATION



Lingard
Private Hospital

If you have been diagnosed with heart disease, or have experienced heart attack and are recovering from surgery, this Program will provide skills and resources to maintain a healthy lifestyle and manage risk factors for heart disease.

About the Program

Our experienced team of cardiac professionals will work with you to develop your exercise and lifestyle plan, and have you returning to normal activities as soon as possible.

The Cardiac Rehabilitation Program runs two sessions per week for 5-6 weeks and includes:

- 1 hour of supervised exercise
- 30 minutes of education.

Supervised Exercise

Working with our Physiotherapist and Cardiac Nurse Practitioner, you will complete your personal exercise program as part of a small group. Your blood pressure, heart rate and oxygen saturation will be monitored throughout the session—ensuring you get back to optimum health safely.

Education

Our experienced team of allied health professionals will equip you with the skills and resources needed to maintain a lifelong healthy lifestyle. Topics include:

- How the heart works
- Managing risk factors
- Basic CPR
- Healthy eating
- Medications
- Exercise
- Life/work balance



Who is the Program for?

Patients diagnosed with, recovering from or experiencing any the following will benefit from this Program:

- Coronary artery disease
- Chest pain
- Heart attack
- Heart surgery
- Valve surgery
- Cardiac stenting
- AICD
(Automatic Implantable
Cardiac Defibrillator)
- Irregular heartbeat
- Multiple risk factors



How do I join?

Patients can access the Cardiac Rehabilitation Program via GP referral, self-referral or referral from a hospital in the Hunter New England region. Please include a comprehensive medical history and current medication profile, along with the referral.

The cardiac rehabilitation team will work closely with you, your GP and cardiologist to ensure an appropriate program is developed for you.



Lingard Private Hospital

LNG220629

If you have any questions that require an urgent response please contact the hospital directly on 02 4969 6799.

In an emergency or life threatening situation you must go to your local Emergency Department for appropriate treatment.

Follow us:



Cardiac Rehabilitation Program
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