

Cardiac Rehab

Benefits of Cardiac Rehabilitation

Cardiac rehabilitation focuses on the complete development of each patient's physical, social, emotional, vocational and spiritual potential. The program is designed to meet individual needs and restore each patient to optimal health as soon as possible following hospitalization.

A treatment plan is developed based on the patient's past history, risk factor profile, and medical evaluation. The care team works with patients who need help quitting smoking, changing eating habits or increasing their activity levels. Education about cardiac risk factors also play a key role in helping patients achieve the highest quality of life possible.

Phase I: Inpatient

Phase I cardiac rehabilitation is an exercise and educational program that begins while the patient is hospitalized. The program consists of progression toward low-level exercise, home activity instruction, risk factor identification, and explanation of further interventions.

Phase II: Early Outpatient

Phase II cardiac rehabilitation serves as a follow up to the exercise, education, and support provided earlier in Phase I. The primary components of Phase II are monitored exercise therapy with close physician involvement and education that focuses on risk factor modification and adopting healthy lifestyles.

Phase II usually begins one to two weeks after hospitalization. Patients attend two to three sessions per week for up to 36 visits, determined on an individual basis.

Phase III: Supervised Exercise

The final phase of our cardiac rehabilitation program mainly serves as a transitional component after the completion of Phase II. It is designed for those graduates whose signs and symptoms have stabilized. Other patients who qualify for the program are: those with a known history of heart disease and those who are at higher risk for developing heart disease. The goals of this phase are improvement and maintenance of cardiovascular fitness, as well as reducing cardiovascular risk factors.

What is cardiac rehab?

Saint Elizabeth's Cardiac Rehabilitation Program offers a full scope of services designed to restore patients with heart problems to active and productive lives. Our goal is to improve and maintain cardiovascular fitness and reduce risk factors in order to help patients achieve optimal health. The three-phase program offers supervised exercise therapy, education, and support.

Who is a candidate for cardiac rehab?

Patients who have been diagnosed with any form of heart disease. Specifically, patients who have experienced a heart attack, stable angina, heart bypass surgery, angioplasty, stents, congestive heart failure, atrial fibrillation or valve disease.

Modification of Risk Factors

Changing lifestyle behaviors to reduce risk for further heart problems can be one of the most difficult hurdles to overcome. Risk factors include:

diabetes *high blood pressure* *high cholesterol*
over weight/obesity *sedentary lifestyle* *stress*
smoking

Our educational program offers information and consultation about how to modify these risk factors.

Monitored Exercise Therapy

Medically-guided exercise therapy can improve the heart's performance and the efficiency of the cardio-respiratory system. Regular physical activity has been shown to be safe and effective in:

- *lowering heart rate and blood pressure*
- *favorably influencing blood lipid levels*
- *increasing muscle and lowering amount of body fat*
- *increasing tolerance of physical activity*
- *decreasing anxiety and depression*
- *enhancing feelings of well-being*

Using a telemetry system, each patient is closely supervised. This technology provides electrocardiogram monitoring for evaluation and measurement of progress. Heart rate and blood pressure are monitored during each session—both at rest and during exercise. In addition, oximetry monitoring is provided when appropriate.

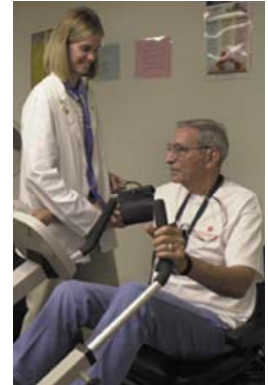
Throughout the program, the patient's physician reviews progress. This close supervision allows the staff and physician to be fully aware of any changes that may occur, and promotes a safe environment with quick access to the healthcare system.

The Cardiac Rehab Team

A team approach enhances our ability to provide total patient care:

patient and family members *physicians*
nurses *exercise physiologist*
dietitian *pharmacist*
psychologist *chaplain*

Cardiac rehabilitation is designed to complement the care provided by the primary care physician. Progress reports and communication between team members and physicians enhance the overall care. Patients continue to see their physician for check-ups, medications, and healthcare advice.



For More Information:

Saint Elizabeth's Cardiac Rehabilitation Program is located in The Wellness Center in the lower level of Saint Elizabeth's Medical Center.

For more information, talk to your primary care provider or contact Saint Elizabeth's Cardiac Rehabilitation Program:

651-565-5519

Insurance Coverage:

In many cases, Phase I and II are covered by insurance. To determine specific coverage, patients are encouraged to contact their insurance company. The cardiac rehab staff is happy to assist patients and families with this process.