

CARDIAC REHABILITATION

Adequate rehabilitation means most cardiac patients can return to their normal activities lead enjoyable and productive lives and have reduced risk of further cardiac events. Cardiac rehabilitation provides patients and their families with a program of education, information, physical activity and support. The World Health Organisation (WHO) and the National Heart Foundation of Australia recommend that unless contra-indicated, all patients who have had a heart attack, heart surgery, coronary angioplasty/stents or other heart or blood vessel disease are routinely offered the opportunity to be referred to, and participate in, a cardiac rehabilitation program that is appropriate to individual needs .

The program is based on:

1. Regular physical activity

- *walking
- *aqua aerobics
- *light circuit training

2. Education, discussion and counselling

- *heart anatomy
- *effects of heart disease
- *dietary changes and cooking advice/classes
- *medications
- *resumption of daily activities (eg . driving , working , sexual intercourse)

3. Compliance with goals of medical therapy

- *risk factor modification
 - diet
 - weight
 - blood pressure
 - cholesterol levels
 - exercise program

HOSPITALS AND CO-ORDINATORS

JOHN FLYNN HOSPITAL -	Ms Coral Kearney	Ph: (07) 5598 9069
PINDARA PRIVATE HOSPITAL -	Ask for: Cardiac Educator	Ph: (07) 5588 9888
ALLAMANDA PRIVATE HOSPITAL -	Ms Maria Selmes	Ph: (07) 5532 6444

PUBLIC HOSPITALS AND CO-ORDINATORS

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