

Cardiopulmonary Rehab program

HIP Central referral fax: **(03) 9231 2202** (attention to Cardiopulmonary Rehab Team)

HIP Central referral enquiries: **1300 131 470** (then press 1 for Community Rehabilitation)

Reception Cardiopulmonary Team Kew: **(03) 9231 8660**

Reception Cardiopulmonary Team Fairfield: **(03) 9906 5600**

Website to Cardiopulmonary Rehab program:

<http://svhm.org.au/home/health-professionals/aged-and-community-care/health-independence-program/community-rehabilitation-services/cardiopulmonary-rehabilitation>



**ST VINCENT'S
HOSPITAL**
MELBOURNE
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's
PO Box 2900 Fitzroy
VIC 3065 Australia
(03) 9231 2211
www.svhm.org.au



StVincentsHospitalMelb
@StVincentsMelb
st-vincent's-hospital-melbourne
@stvincentsmelb

*Inspired
by
You*

Cardiopulmonary Rehab Program

CARDIOPULMONARY REHAB PROGRAM

The program is for people with heart and lung conditions. These conditions include heart attacks, heart failure, heart or lung surgeries, COPD, asthma and other lung conditions.

WHAT IS THE PROGRAM ABOUT?

The program consists of exercise and education classes. The exercise classes will focus on strength and fitness. The education classes will cover a variety of topics to help improve your knowledge about your condition and how to stay healthy. The program runs for 8 weeks.

HOW WILL IT HELP ME?

The program is designed to help you better cope with your condition on a daily basis. The group sessions provide peer-support, encouragement and supervised exercise in a safe environment. This aims to improve your confidence, every day activities and return to active and healthy life.

WHO RUNS THE PROGRAM?

A Physiotherapist, Nurse and an Allied Health Assistant run the program. Education classes are delivered by Nurses, Physiotherapists, Occupational Therapists, Speech Pathologists, Social Workers and Dieticians. Our team is very experienced with heart and lung conditions.

HOW DO I JOIN?

Ask your doctor, specialist or nurse to refer you to this program.

FAX Referral to: (03) 9231 2202
(Attention: Cardiopulmonary Team)

If you have any questions, contact:

- Health Independence Programs (HIP): 1300 131 470 or
- Email:

HIPCentralreferrals@svha.org.au

When we receive the referral, we will contact you for an initial assessment with the nurse or physiotherapist.

CLASS TIMES:

Kew

Wednesday 9-10:30am Cardiac Rehab (plus education)
Wednesday 10:30am-12:00pm Heart Function Rehab (plus education)
Wednesday 1:00-2:30pm Pulmonary Rehab (plus education)

Friday 1:00-2:00pm Pulmonary Rehab
Friday 2:00-3:00pm Heart Function Rehab

Fairfield

Tuesday 1:00-2:30pm Pulmonary Rehab (plus education)

Friday 9:00-10:30 Cardiac rehab (plus education)
Friday 10:30-12:00pm Pulmonary Rehab (plus education)

*Please note that Pulmonary Rehab and Heart Function Rehab classes run twice weekly. You are expected to attend both classes. All programs run for 8 weeks. Cancellation and failure to attend policy applies.

LOCATION:

Kew

St George's Community Rehab Centre, Kew
283 Cotham Rd, Kew 3101
Ph 03 9231 8660

Fairfield

Fairfield Community Rehab Centre, Fairfield
440 Heidelberg Rd, Fairfield 3078
Ph 03 9906 5600