

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)
Direct line to Cardiopulmonary Team Fitzroy: **(03) 9231 2973**
Reception Cardiopulmonary Team Kew: **(03) 9231 8660**

Website to Cardiopulmonary Rehab program:

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



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Cardiopulmonary Rehab Program

CARDIOPULMONARY REHAB PROGRAM

The Heart and Lung Program is for people with chronic heart and lung conditions. These are conditions such as heart disease, heart failure, asthma and lung disease.

WHAT IS THE PROGRAM ABOUT?

The Heart and Lung program consists of exercise and education classes.

- The exercise classes will have strength and aerobic activities.
- The education sessions will help you how to understand your condition and how to take your medications.
- The program runs for 8 - 12 weeks.

HOW WILL IT HELP ME?

The Heart and Lung program will help you manage your condition better. Our physiotherapists will show you how to do simple exercises so you can get back your strength and fitness. They will supervise your activities to make sure you are safe and improve.

WHO RUNS THE PROGRAM?

A physiotherapist, nurse and an allied health assistant run the Heart and Lung program. Occupational therapists, social workers, pharmacists and dieticians will attend some classes. Everyone is trained to work with people who have heart and lung conditions.

HOW DO I JOIN?

Ask your doctor or specialist to give you a referral to the 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: **HIPCentral@svhm.org.au**

When we receive the referral, a nurse or physiotherapist will call you to have an assessment with them. There is usually no waiting time for our program.

WHAT HAPPENS AFTER THE PROGRAM?

We will talk to you about how you can continue your exercises depending on your health. We can refer you to your local gym, community health centre or any other exercise program that may interest you.

Location: **St Vincent's Hospital Fitzroy**
14 Nicholson St, Fitzroy 3065

Education class:

Pulmonary (Lung) and Heart Failure: Building E, Aikenhead, Rm 1-4
Cardiac (Heart): Building A, L4 tutorial room

Exercise class: Building F, F09 Physio gym

Class times:

- **Tuesday: Pulmonary (Lung) Rehab**
 - o 9:30am – 10:30am Education class
 - o 10:30am – 11:30am Exercise class
- **Tuesday: Heart Failure Rehab**
 - o 11:30am – 12:30pm Exercise class
 - o 12:30pm – 1:30pm Education class
- **Wednesday: Cardiac (Heart) Rehab**
 - o 12:45pm – 1:45pm Exercise class – Group 1
 - o 1:45pm – 2:45pm Education class – Combined Groups
 - o 2:45pm – 3:45pm Exercise class – Group 2
- **Thursday: Pulmonary (Lung) Rehab**
 - o 9:30am – 10:30am Education class
 - o 10:30am – 11:30am Exercise class
- **Thursday: Heart Failure Rehab**
 - o 11.30am – 12:30pm Exercise class
 - o 12:30pm – 1:30pm Education class

Location: **St George's Kew Community Rehab Centre**
283 Cotham Rd, Kew 3101

Class times:

- **Monday: Heart Failure and Pulmonary (Lung) Rehab Combined**
 - o 10:00am – 11:00am Exercise class – Community Rehab Centre
 - o 11:00am – 11:20am Relaxation class
- **Wednesday: Heart Failure and Pulmonary (Lung) Rehab Combined**
 - o 10:00am – 11:00am Exercise class – Community Rehab Centre
 - o 11:00am – 12:00pm Education class