

For more information and great recipes ideas visit the Dietitians Association of Australia website at [www.daa.asn.org.au](http://www.daa.asn.org.au) or the Heart Foundation of Australia at [www.heartfoundation.org.au](http://www.heartfoundation.org.au).

*Key points to remember about being active every day*

Physical activity is good for you at any age.

Physical activity doesn't have to be strenuous and you can include it in daily routine.

Do at least 30 minutes of moderate intensity exercise such as brisk walking on most, if not all, days of the week.

The benefits begin as soon as you start doing physical activity.

(National Heart Foundation)

**Venue**

**Initial assessment**

Tutorial Room, Level 4  
Inpatient Services Building (main hospital)

**Education talks**

Tutorial Room, Level 4  
Inpatient Services Building (main hospital)

**Physiotherapy Program**

Ground floor  
Bolte Wing  
14 Nicholson St, Fitzroy



*St Vincent's Cardiac  
Rehabilitation Program*

Information for patients

May 2010

Mission

Our health service is based on and driven by our quest for:  
Compassion – Justice – Human Dignity – Excellence – Unity

### *What is the Cardiac Rehabilitation Program?*

The Cardiac Rehabilitation Program is an eight-week outpatient program for people recovering from heart disease and their families.

People who participate in a Cardiac Rehabilitation Program increase their chance of survival five years down the track by 35 per cent (National Heart Foundation 2004).

### *Program details*

Day: Wednesday

Time: 1.45pm to 4.00pm

Length: Weekly for eight weeks

Venue: Tutorial Room, 4 West  
Level 4, Inpatient Services Building  
St Vincent's

Contact: Sunita Chhiber  
Booking Officer, Cardiothoracic Unit  
Tel: (03) 9288 2270

Sandie Fowler  
Cardiac Rehabilitation Coordinator  
Tel: (03) 9288 3834

### *How are you referred to the program?*

You will be referred to the program while you are an inpatient. Two to three weeks following discharge, a letter will be sent to you by the booking officer for your initial program assessment.

For patients living in the area, a doctor or other cardiac units can send external referrals.

### *What does the program offer you?*

The program will provide you with:

- expert advice on many aspects of heart disease
- hints for making healthy lifestyle changes
- an open forum for asking questions and sharing your experiences
- a supervised and individualised exercise program from the physiotherapist

### *What information will you receive?*

You will receive expert advice from:

- nursing staff
- pharmacist
- dietitian
- doctor
- occupational therapist
- physiotherapist
- social worker

### *What should you bring with you?*

Please bring:

- loose, comfortable clothing and shoes
- fresh Anginine, if you suffer from Angina
- your Cardiacard – medication card
- a friend or relative, especially if you do not speak English

### *What topics will be covered?*

- Medical implications of your disease
- Healthy eating and great recipes
- Enjoyable exercise, tailor-made for you
- Relaxation and lifestyle changes
- Medications in heart disease
- Dealing with stress

Our Healthy Eating workshop will answer questions such as:

- What is healthy eating for the heart?
- How can your diet affect cholesterol?
- How can you modify your favourite recipes to make them heart healthy?
- What should you look for when eating out?
- What do nutrition labels on food packages really mean?