

Do I need a referral?

A referral from a specialist, physician, doctor or hospital is required. If you have had a heart related illness or procedure, you can refer yourself to Cardiac Rehabilitation and the Program Coordinator will obtain a referral from your Doctor or treating hospital.

People who have a number of risk factors for heart disease can also attend.

Where can I find out more?

Enquiries or referrals can be directed to:

**Cardiac Rehabilitation Program
CRC / Allied Health Building PO
Box 326
Albury, NSW, 2640**

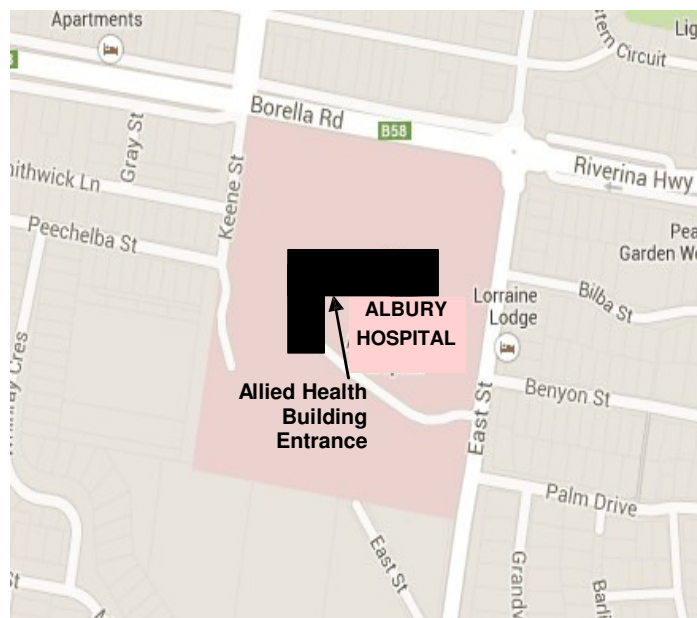
 **Phone:** (02) 6058 4570

 **Fax:** (02) 6058 4520

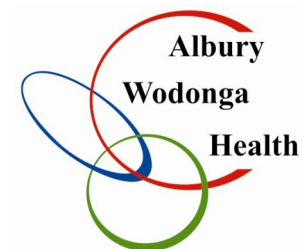
 **Internet:** www.awh.org.au

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Where are CRC / Allied Health Services located? Allied Health Building, Albury Hospital, Borella Road and East Street, Albury.

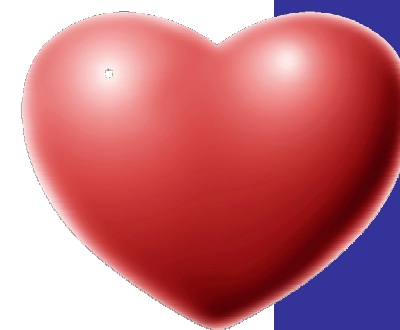


The information in this brochure is available in alternate formats and languages upon request.



CARDIAC REHABILITATION PROGRAM

Community Rehabilitation
Albury Hospital



What is Cardiac Rehabilitation?

The Cardiac Rehabilitation Program helps people recover from heart attacks or heart surgery.¹

It is designed to:

- Get your heart as healthy as possible.
- Increase your activity levels.
- Identify risk factors which may have led to you having a heart condition.
- Improve your overall wellbeing.
- Find ways to reduce your risk of having further heart problems.

What does it involve?

Cardiac Rehabilitation will receive a referral from your GP, Specialist or hospital. We will contact you to arrange an initial assessment.

At the initial assessment you will learn more about the services & support that we offer, such as group sessions, individual sessions and telephone contact.

¹ Heart Research Centre Best Practice Guidelines for Rehabilitation and Secondary Prevention, 1999

The Cardiac Group Program has two parts:

- Exercise & Education.

When?

There are two groups, participants can attend on:

Wednesday mornings for 7 weeks *or*
Thursday mornings for 7 weeks.

The Schedule:

09:30 to 10:00

New members only for introduction

10:00 to 11:00

All group members exercise session

11:00 to 11:15

Morning tea (provided)

11:15 to 12:30

Education session

Education topics include:

- How your heart works.
- Healthy eating.
- How exercise helps.
- Heart medications.
- Getting on with life and stress management.
- Your emotional wellbeing.
- Management of chest pain.

Cardiac Group is run by a team of health professionals including:

- Allied Health Assistant.
- Cardiac Nurse.
- Dietitian.
- Exercise Physiologist.
- Physiotherapist.
- Occupational Therapist.
- Pharmacist.
- Social Worker.

Other:

- Partners and family are encouraged to attend the education session.
- Wear clothing and shoes suitable for exercising.
- Bring a water bottle.
- Morning tea is provided.