



Patient information

Cardiac Rehabilitation Program

A multi-disciplinary Cardiac Rehabilitation Program for people following a cardiac event or cardiac procedure.



**Donvale
Rehabilitation Hospital**

Part of Ramsay Health Care

Program Aim

The cardiac rehabilitation program is a multi-disciplinary program for people recovering from an acute cardiac episode (including heart attack, open heart surgery or angioplasty/stents) or who have a chronic cardiac disease such as heart failure.



The program is designed to assist participants to resume an active and fulfilling life and to reduce the risk of further heart disease.

Program Structure

The multi-disciplinary program combines health education, exercise and support for participants in a small group environment.

The cardiac rehabilitation program runs for up to 8 weeks. Participants attend for 2 hours twice weekly.

The exercise sessions are individually tailored to participants' current level of activity and encourage a gradual increase in activity in a small group environment.

The comprehensive education sessions cover topics including:

- Risk factor and lifestyle changes
- Cardiac procedures and surgery
- Medications used to manage heart disease
- Healthy eating for heart health
- Depression and stress management
- Benefits and guidelines for activity and exercise
- Emergency plan and CPR training
- Making informed decisions

Partners or close friends are welcome to attend the education sessions.

The Donvale Cardiac Rehabilitation Team

Our team consists of:

- Rehabilitation specialist
- Cardiac rehabilitation nurse
- Exercise physiologist
- Occupational therapist
- Dietitian
- Pharmacist
- Psychologist
- Social worker

Cost

We have arrangements with most health funds and Department of Veterans' Affairs, which ensures your out of pocket expenses are kept to a minimum. Participants will be notified of any costs prior to commencing the program.

Referrals

Participants will generally be referred whilst an inpatient at their acute hospital, however referrals can also be provided by a surgeon, cardiologist or general medical practitioner.

The cardiac rehabilitation nurse will contact you to arrange an initial assessment by a rehabilitation specialist at Donvale Rehabilitation Hospital.

Referrals should be addressed to:

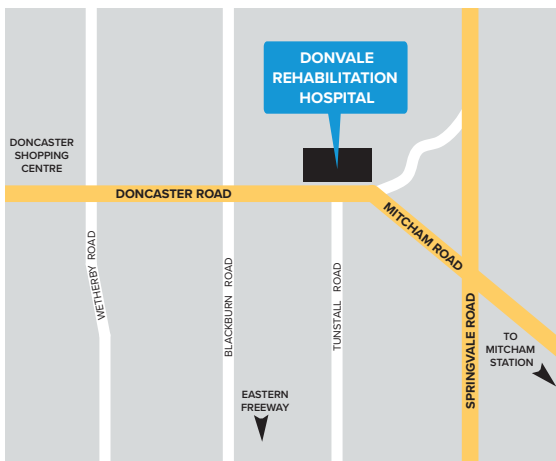
Mail: Donvale Rehabilitation Hospital
1119 Doncaster Rd, Donvale 3111

Fax: 03 9841 1405

Email: outpatient.drh@ramsayhealth.com.au

Contact us

To speak with the Cardiac Program Co-ordinator, please call **03 9841 1276**.



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Ph: 03 9841 1400

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donvalerehabilitationhospital.com.au

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