

## How do I sign up?

The Cardiac Rehabilitation Nurse will make contact with you and will then (with your consent) contact your General Practitioner to obtain a referral.

Once the nurse has the required information you will be contacted and asked to come for an initial assessment prior to commencing the program.

**There is no cost associated with this program.**

## What to bring and wear

You will need to wear comfortable shoes and clothing to exercise in.

For each exercise session bring:

- Required medication eg anginine, nitrolingual spray, ventolin
- A water bottle
- A snack, especially if you are diabetic
- Your Cardiac Rehabilitation Pass-book (which the nurse will give you when

## If you are unable to attend a session

You are asked to attend all sessions, however if you are unwell or unable to attend for another reason, please contact the Cardiac Rehabilitation Nurse and advise of your inability to attend. It is recommended that you do not attend if you are unwell.



## Sunshine Coast Wide Bay Health Service District

Cardiac Rehabilitation  
Community Adult Health  
Bundaberg Hospital  
PO Box 34  
Bundaberg QLD 4670

**Phone: 41502741**

**Fax: 41502763**

**Email: [BBH-CRbundaberg@health.qld.gov.au](mailto:BBH-CRbundaberg@health.qld.gov.au)**

## Sunshine Coast Wide Bay Health Service District

# Cardiac Rehabilitation Phase II



**Queensland Government**

Queensland Health

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## About the program

The Phase II Cardiac Rehabilitation Program is designed for cardiac clients who have been recently discharged from hospital.

The aim of the program is to optimize your physical, psychological, occupational and social recovery following a cardiac event.

The program is run over a six week period, comprising of two exercise sessions and one education and discussion session each week.

### Where is the program held?

The program is held in the Cardiac Gym located at the Bundaberg Hospital. The Cardiac Rehabilitation Nurse will provide you with further instructions.

### How will I benefit from the program?

Many adjustments, both physical and psychological, will take place in the first few months following a cardiac event. Through participation in the cardiac rehabilitation program you (your family and or carer) will gain skills necessary to make important lifestyle changes and improve your confidence to return to exercise and recreational activities.



## Session Times

**Group 1:** Tuesday 9.30 am–10.30 am

Thursday 9.30 am–11.30 am

**Group 2:** Tuesday 10.30 am– 11.30 am

Thursday 10.30 am–12.30 pm

### Thursday session includes the education session

You are welcome to bring your partner/carer or family member along to the Thursday education session which commences at 10.30 am.

## Education Sessions

TOPIC	PRESENTER
Understanding Heart Disease, heart function, risk factors and self management for heart health.	Cardiac Rehabilitation Nurse
The importance of physical activity	Physiotherapist
Understanding your medications	Pharmacist
Heart troubles and stress	Psychologist
Remaining independent and active in daily life.	Occupational Therapist
Nutrition for heart disease	Dietitian

## The Cardiac Rehabilitation Team

**Cardiac rehabilitation nurse:** The cardiac rehabilitation nurse will provide support and advice for you and your family. The nurse will be present at your exercise sessions and will co-ordinate the program.

**Physiotherapist :**The physiotherapist will run the twice weekly exercise sessions. Your physiotherapist can help you find the most suitable type of exercise for you and give you advice on the duration and frequency of your exercise program.



**Occupational Therapist:** The occupational therapist will help you remain as independent and active as possible in your daily life. They suggest ways to adapt the way you do things to make your daily activities easier.

**Pharmacist:** The pharmacist is available to advise you on medications used to manage your heart disease.



**Dietitian:** The dietitian will help you and your family achieve and maintain a healthy eating plan for your heart.

**Psychologist:** Adjusting to heart disease can be stressful and even traumatic. The psychologist can explain how stress affects the heart, and can offer specific strategies and techniques to assist you with ongoing support.