

## Cardiac Rehabilitation Referral Form

Name: .....

DOB: ..... / ..... / .....

Address: .....

Phone no: .....

Cardiologist: .....

### PRINCIPAL DIAGNOSIS:

- Myocardial Infarction
- Coronary Artery Bypass Graft Surgery
- Coronary Valve Surgery
- Angina
- Heart Failure
- Cardiac Risk Factors
- Other:

### REFERRAL FOR:

- Phase Two Program
- Phase Three Program

Referred by: .....

Signature: .....

Date: .....

Phone no: .....

Address: .....

**Tear off and return to *Healthy Hearts* Cardiac Rehabilitation Program, Wellness Centre, Greenslopes Private Hospital, Newdegate Street, Greenslopes, Qld, 4120 or Fax: 07 3394 7685**

TEAR OFF HERE ALONG PERFORATION

### How do I refer a patient to the *Healthy Hearts* cardiac rehabilitation program at Greenslopes Private Hospital?

- Identify a patient that could benefit from the program.
- Select the program most suitable - Phase Two or Phase Three
- Send a referral letter to the program coordinator or complete the referral form
- A review letter will be sent to you at completion of the Phase Two program or at regular intervals throughout the Phase Three program to keep you up to date with your patient's progress.

### Cardiac Rehabilitation Program

T: (07) 3394 7727

F: (07) 3394 7685

E: hillmans@ramsayhealth.com.au

Greenslopes Private Hospital  
Newdegate Street  
Greenslopes Qld 4120

[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)



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People caring for people



Greenslopes Private Hospital

# Healthyhearts

# Cardiac Rehabilitation

Doctor information  
Cardiac Services



**GREENSLOPES**  
PRIVATE HOSPITAL

The **Healthy Hearts** cardiac rehabilitation program at Greenslopes Private Hospital helps people to get back to their normal activities and hobbies such as playing golf, fishing and gardening.

Cardiac rehabilitation describes all measures used to help people with heart disease return to an active and satisfying life and to prevent recurrence of cardiac events (Heart Foundation 2004).

The National Heart Foundation of Australia and the World Health Organisation recommend that cardiac rehabilitation services should be available and routinely offered to everyone with cardiovascular disease and be delivered by trained professionals.

To make the adjustment to a healthier lifestyle easier, the **Healthy Hearts** cardiac rehabilitation program at Greenslopes Private Hospital provides simple and effective programs individually tailored for people who:

- have heart disease
- have had cardiac intervention or surgery
- experience risk factors associated with heart disease, including being overweight, high blood pressure, high cholesterol, lack of exercise and/or a family history of heart disease
- have heart failure

The programs are organised in three phases, and are designed to guide a patient's recovery during their hospital stay, after an acute cardiac episode and following discharge from hospital.

**Phase One**

Inpatient Phase. Conducted whilst the patient is still in hospital. Patients are provided with basic information and reassurance, guidelines for mobilisation, chest pain management plans and referrals for follow up care.

**Phase Two**

Outpatients Phase. Six week program comprised of twelve sessions of education, supervised exercise and functional activities. Participants who have surgery or a myocardial infarction can start that program four to six weeks after discharge. Participants who have undergone angioplasty can commence two weeks, post discharge. Both day and evening sessions are run (subject to availability).

**Phase Three**

Maintenance Phase. Supervised exercise program with bi-monthly information sessions. Participants can attend up to five times per week. The phase is indefinite in length with participants attending as long as they are able.

The **Healthy Hearts** cardiac rehabilitation team includes health professionals who have a special interest in heart health, including cardiac specialist nurses, exercise physiologists, occupational therapists, pharmacists and dietitians.

