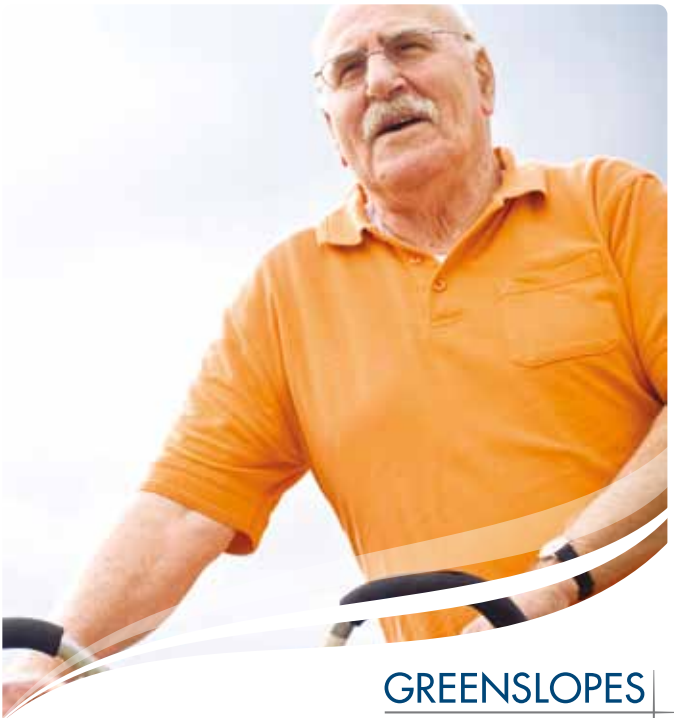


Greenslopes Private Hospital

# Healthyhearts

## Cardiac Rehabilitation

Patient 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 is for people who have heart disease and assists them to return to their previous lifestyle and activities through exercise and education. Our team will help you set meaningful goals and work with you to achieve those goals.

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, Healthy Hearts at Greenslopes Private Hospital provides simple and effective cardiac rehabilitation 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 heart surgery or a heart attack 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. 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 physiologist, physiotherapist, psychologist and social worker.

**A medical referral from your doctor is required for participation in the program.**



## Healthyhearts

Make the first step in getting back  
to a healthy life

**To make an appointment contact the  
Healthy Hearts Cardiac Rehabilitation Coordinator:**

T: (07) 3394 7727

F: (07) 3394 7685

E: [hillmans@ramsayhealth.com.au](mailto:hillmans@ramsayhealth.com.au)

### **Cardiac Rehabilitation Program**

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