

Venue:

HeartSmart is located on the Ground Level, 32 Erin Street, The Epworth Centre in Meeting Room 1.

Cost:

Most private health funds and Veteran Affairs fund the HeartSmart program for their members. Epworth will claim from the fund directly on your behalf. For Epworth to obtain reimbursement, you will be asked to sign a claim form at the commencement of the program.

HeartSmart Enquiries:

Please phone Nanci Thurston, HeartSmart Co-ordinator, for more information on 9426 6625.

At hospital discharge, you will receive an invitation to commence the HeartSmart Program one to two weeks later. You can join the program at any point in the six-week cycle. Wearing comfortable clothing is advised.

HeartSmart meets the National Heart Foundation recommended standards for Cardiac Rehabilitation.

This brochure has been generously funded by Sanofi.



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Have you had heart surgery, angioplasty, heart attack, angina or stent insertion? You and your family will benefit from HeartSmart's six-week program.

Wednesdays 10.30am -1.00pm
OR
Thursdays 10.30am -1.00pm

What is HeartSmart?

HeartSmart is a cardiac-orientated program for people who have had a cardiac event.

It aims to help you:

- ♥ reduce your risk factors for heart disease;
- ♥ promote your well-being;
- ♥ move on and enjoy your life.

Investing in your future

By undertaking HeartSmart you will learn more about your heart, risk factors, medications and practical diet management.

HeartSmart addresses questions and concerns regarding your future health and well-being.

You will have the opportunity to undertake light exercise with advice from the physiotherapist (wearing comfortable clothing is advisable).

HeartSmart is:

- ♥ run by a team of dedicated health professionals at Epworth since 1992;
- ♥ recommended by your Cardiologist.
- ♥ Australian researchers prove patients who have attended cardiac rehabilitation have a 35% improvement in 5 year survival.

HeartSmart Timetable

You will receive an invitation to commence HeartSmart upon your discharge from Epworth.

This program is held Wednesday and Thursday mornings (excluding public holidays) and you are welcome to join at any point in the six-week cycle; however, it is requested that you and your family arrive at 10.15am on your first morning to register your details with the HeartSmart Coordinator. Wearing comfortable clothing is advisable.

WEEK 1		
10.30-11.00	Participant Cardiac Assessment/Morning Tea	Cardiac Nurse
11.00-12.00	What is Coronary Artery Disease, Heart Attack, Bypass Grafting, Off pump, Angioplasty, Coronary Artery Stent, Valve and Robotic Surgery. What are your risk factors?	Cardiac Nurse
12.00-1.00	Light Exercise	Physiotherapist
WEEK 2		
10.30-11.00	Participant Cardiac Assessment/Morning Tea	Cardiac Nurse
11.00-12.00	Good Nutrition for a Healthy Heart (includes discussion time)	Dietitian
12.00-1.00	Light Exercise	Physiotherapist
WEEK 3		
10.30-11.00	Participant Cardiac Assessment/Morning Tea	Cardiac Nurse
11.00-11.30	Managing Your Medications	Pharmacist
11.30-12.00	Exercise Makes the Difference (presentation)	Physiotherapist
12.00-1.00	Light Exercise	Physiotherapist
WEEK 4		
10.30-11.00	Participant Cardiac Assessment/Morning Tea	Cardiac Nurse
11.00-12.00	Meal Planning, Food Shopping	Dietitian
12.00-1.00	Light Exercise	Physiotherapist
WEEK 5		
10.15-10.45	Participant Cardiac Assessment/Morning Tea	Cardiac Nurse
10.45-11.00	Heartbeat (presentation)	Members of Heartbeat
11.00-12.00	Emotional Response to Heart Disease	Social Worker
12.00-1.00	Light Exercise	Physiotherapist
WEEK 6		
10.30-11.00	Participant Cardiac Assessment/Morning Tea	Cardiac Nurse
11.00-12.00	Getting On With Your New Life!	Social Worker
12.00-1.00	Light Exercise	Physiotherapist
1.00-1.45	Low Fat Cooking (lunch provided) Diabetes Support (by appointment – any session)	Dietitian Diabetes Educator