My next step in cardiac recovery

The HeartSmart Program

Delivered by health care professionals giving you the knowledge and tools to improve your cardiac health and reduce your risk of another heart problem or further heart disease.
Welcome to the HeartSmart Program!

This booklet outlines the topics you will cover in the HeartSmart Program. The program runs from two locations – Epworth Richmond and Epworth Eastern (operating from Whitehorse Fitness Centre, Box Hill). HeartSmart is delivered to you by health care professionals including cardiac nurse, dietitian, physiotherapist, pharmacist, psychologist and paramedic. Our program is designed to help you improve your cardiac health and reduce the risk of another heart problem by giving you the information you need.

Choose the HeartSmart Program closest to you and book your spot today - call (03) 9426 6625 or email heartsmart@epworth.org.au

“It has been clinically proven following a cardiac event that cardiac rehabilitation is ESSENTIAL. (Circulation 2010; 121:63).

It returns people back to their normal lives with increased confidence and reduced cardiac representations.”

A/Prof Ron Dick, Chairman, Cardiac Sciences Clinical Institute, Epworth HealthCare
HeartSmart at Epworth Richmond
89 Bridge Road, Richmond 3121
(Please ask for directions at Main Reception, Level 2)

Program timetable

Six-week program, held every Wednesday and Thursday mornings 10:30am – 1:00pm (excluding public holidays).

You are welcome to join at any point in the six-week cycle. Each week participants will be assessed by the cardiac nurse. Morning tea will be provided. Each session will conclude with an hour of light exercise supervised by a physiotherapist. Please wear comfortable clothing.

We request that participants arrive at 10.15am for the first session to register. Diabetes support is available at any session, by appointment.

Week 1 – Understanding your heart
What is coronary artery disease, heart attack, angioplasty, coronary artery stent, scaffold, coronary artery bypass grafting, off pump, valve and cardiac robotic-assisted surgery? What are your risk factors? Cardiac Nurse

Week 2 – Nutrition and heart health
Dietary advice for heart health. Dietitian

Week 3 – Managing your medications
Q&A about your medications. Pharmacist

Exercise makes the difference
Discussion about the benefits of regular exercise. Physiotherapist

Week 4 – label reading for heart health
Providing practical nutrition tips on label reading. Dietitian

Week 5 – personal cardiac experience
Wednesday session. Guest speaker

Does your heart sense your emotional state?
Thursday session. Psychologist

Week 6 – Recognising the signs and symptoms
Every second counts when experiencing chest pain: Phone 000. Ambulance Victoria
Program timetable

Six-week program, held every Tuesday afternoon 1:30pm – 4:00pm (excluding public holidays).

You are welcome to join at any point in the six-week cycle. Each week participants will be assessed by the cardiac nurse. Each session will conclude with an hour of light exercise supervised by a physiotherapist. Please wear comfortable clothing.

We request that participants arrive at 1.15pm for the first session to register.

Week 1 – Understanding your heart
What is coronary artery disease, heart attack, angioplasty, coronary artery stent, scaffold, coronary artery bypass grafting, off pump, valve and cardiac robotic-assisted surgery? What are your risk factors? Cardiac Nurse

Week 2 – Nutrition and heart health
Dietary advice for heart health. Dietitian

Week 3 – Managing your medications
Q&A about your medications. Pharmacist

Week 4 – Label reading for heart health
Providing practical nutrition tips on label reading. Dietitian

Week 5 – Exercise makes the difference
Discussion about the benefits of regular exercise. Physiotherapist

Week 6 – Recognising the signs and symptoms
Every second counts when experiencing chest pain: Phone 000. Ambulance Victoria
HeartSmart Fast Track Program
89 Bridge Road, Richmond 3121 (Epworth Richmond Only)
(Please ask for directions at Main Reception, Level 2)

The shorter three-session ‘Fast Track’ program is designed to benefit people who have had angioplasty, stents or scaffolds.

Program timetable
Tuesday evenings from 6:30pm – 9:30pm (excluding public holidays).

You are welcome to join at any point in the three-week cycle. Each week participants will be assessed by the cardiac nurse and one hour of light exercise will be coordinated by a physiotherapist. Supper provided. Please wear comfortable clothing.

We request that participants arrive at 6.15pm for the first session to register.

Week 1 – Understanding your heart
What is coronary artery disease; understanding angioplasty, stents and scaffolds; chest pain management; knowing risk factors for heart disease. Cardiac Nurse

Week 2 – Nutrition and heart health
Dietary advice for heart health. Dietitian

Week 3 – Managing your medications
Q&A about your medications. Pharmacist

Does your heart sense your emotional state?
Psychologist

Group discussion
Attending a cardiac rehabilitation program after cardiac surgery plays a pivotal role in improving a patient’s recovery from heart surgery. There is the opportunity to attend a group session, with the patient’s spouse or partner, to ensure that further preventative measures aimed at heart disease and coronary artery disease in particular, can be learnt and adhered to. There are often numerous small and large problems confronting patients during recovery, after they have been discharged from hospital. There is the opportunity to discuss these with professionally trained people, as well as hear how other people are progressing after their surgery. I often find that post-operative patients look forward to their “weekly sessions”, which improve their recovery from this traumatic event in their lives.

Mr Peter Skillington, Cardiothoracic Surgeon
Deputy Chairman, Cardiac Sciences Clinical Institute, Epworth HealthCare}

Having cardiac surgery is a major undertaking. Many people focus on the surgery and the immediate hospital period, forgetting that it is only the first step in a long journey. Often it is the later phases of the recovery that are the most challenging. This is where HeartSmart is invaluable. Developing a healthy lifestyle and making long term changes to reduce risk factors is a critical part of the treatment of heart conditions. The education and encouragement from the staff are extremely helpful. Connecting with others in the same boat and sharing this experience is always helpful and rewarding. This helps people recover their confidence and provides support through some of the difficult and frustrating times. I strongly recommend this important program to anyone recovering from a heart condition.

Mr Aubrey Almeida, Cardiothoracic Surgeon
Deputy Chairman, Cardiac Sciences Clinical Institute, Epworth HealthCare
HeartSmart is designed with you in mind - to give you the tools and knowledge to get back to a normal life.

Contact HeartSmart on (03) 9426 6625
Monday – Friday 9:00am to 5:00pm
or email heartsmart@epworth.org.au

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