

# Cardiac Rehabilitation

## Patient Guide

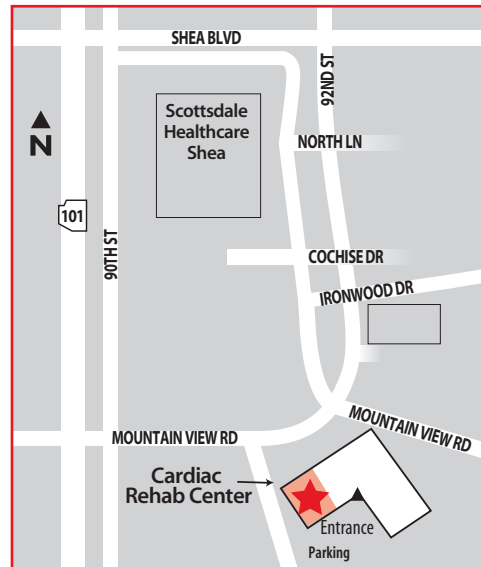


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*Personalizing Health*

### Need more information? Give us a call

We're here Monday through Friday from 6 a.m. - 6 p.m. For more information or to schedule an appointment, call the Scottsdale Healthcare Cardiac Rehab Center at 480-323-4600.



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### Cardiac Rehab Center

9201 E. Mountain View Rd., Suite 150, Scottsdale, AZ 85258  
480-323-4600

shc.org

*Since 1977, cardiac patients have used the services of a unique program to help them return to a healthy, productive lifestyle as safely and quickly as possible.*

*Scottsdale Healthcare's Cardiac Rehab Center offers an organized treatment regimen for patients with coronary artery disease, including those who have had a heart attack, angina or open heart surgery. The program's focus is to slow down the progression of cardiac disease by modifying certain controllable coronary risk factors. Patients must be referred into the program by their private physician, who will continue to provide their primary care.*

*For you, the patient, the program features three components. Each concentrates on a specific area of cardiac rehabilitation.*

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## Exercise your way to a healthy heart

### Exercise Evaluation

Before entering the outpatient program, you will be given a cardiovascular exercise evaluation called a stress test, which is usually performed on a treadmill. The results of this test gives the cardiac rehab staff an understanding of your heart's response to exercise and will enable them to recommend an individualized exercise program for you. A target pulse rate range will be calculated to provide you with a safe guideline for exercise.

You will be taught to check your pulse. By becoming aware of your physiological response to the exercise, you will eventually be able to safely monitor your exercise activities outside the clinical area.

### Exercise Therapy

This component consists of a supervised, medically prescribed, exercise program. Before entering these exercise therapy sessions, you'll attend an orientation. At that time, a staff member will explain the program's goals and guidelines, review costs, and give you a tour of the exercise facility. A dietitian will review the cardiac diet.

Sessions are held at hourly intervals three days per week. The exercise therapy component usually lasts three months or 36 sessions.

Each session begins with stretching and strengthening exercises. Equipment such as treadmills, stationary bicycles, arm ergometers, dumbbells and rowing machines may be included. Frequent rest periods will be held between activities.

Throughout your program, clinic staff will periodically update your exercise prescription and keep records of your responses. The records will be reviewed by the program's physicians.

As you progress, your clinical program will be supplemented with a home program. Blood work will be reviewed to check cholesterol, triglycerides, glucose and other significant information.

After completing the three-month course, you may wish to join the Graduate Exercise Program, an ongoing, supervised maintenance program.

### Education and Emotional Support

Weekly classes are held to familiarize you and your family with pertinent coronary care subjects. Topics include, weight control, cardiac nutrition, benefits of exercise and stress management. Individual diet counseling is also included. A schedule of class dates and times is distributed at orientation or at your first rehab session.

You and/or your spouse may also choose to participate in individual counseling sessions or support groups. These sessions deal with common emotional reactions to cardiac disease such as depression, anger and fear. Problems associated with smoking cessation, stress management, vocational difficulties, role changes and activity limitations may also be discussed. A dietitian provides education on a routine basis and schedules special cooking and shopping classes throughout the year.

### Cardiac Health Team Members

Cardiac health team members are a highly-qualified group of professionals, representing various health care services. The program is led by a physician-director. A panel of cardiologists participate in the program by assessing patients, doing treadmill tests and directing rehab care.

Nurses with coronary care experience supervise sessions and help conduct educational classes.

Other staff members include Exercise Physiologists and Fitness Specialists who are trained in exercise leadership and conditioning principles. A dietitian is available to assist with cardiac nutrition, diabetes, and weight control. A Social Worker/Counselor aids with psychological needs for patients and their loved ones.