

What is Cardiac Rehabilitation?

The goal of Cardiac Rehabilitation is to help individuals with heart disease or with a high risk of heart disease make healthy changes and maintain a full and active lifestyle. The program blends supervised, individually prescribed exercise with education and support. Participants learn to help themselves by taking charge of their healthcare.

Your Cardiac Rehabilitation Team

Samaritan's Cardiac Rehabilitation program operates under the medical direction of a board-certified cardiologist. Our team also includes registered nurses who specialize in Cardiac Rehabilitation and are ACLS (Advanced Cardiac Life Support) certified. We work closely with your personal physician, who is consulted about your progress and remains part of the team throughout your rehabilitation. Last but not least, our team includes YOU! As a patient, you are the most important member of this team, and the staff ensures that all care is patient-focused.

Exercise & Education

Individual exercise programs are tailored to your physical capabilities and phase of recovery. A variety of exercise equipment is available to meet your needs.

Educational sessions make lifestyle changes easier by helping you understand the basics of heart disease, rehabilitation and risk factor modification.

Educational sessions include topics such as:

- ♥ Angina and Heart Disease
- ♥ Stress Management
- ♥ Smoking Cessation
- ♥ Heart-Healthy Diet
- ♥ Medications
- ♥ Resuming Physical Activity
- ♥ Risk Factor Reduction

Cardiac Rehabilitation

AACVPR Certified

The Samaritan Cardiac Rehabilitation program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).



About AACVPR

Founded in 1985, the American Association of Cardiovascular and Pulmonary Rehabilitation is a multidisciplinary organization dedicated to the mission of reducing morbidity, mortality and disability from cardiovascular and pulmonary disease through education, prevention, rehabilitation, research and disease management. Central to the core mission is improvement in quality of life for patients and their families.

Getting Started

Ask your doctor for a referral or contact the Samaritan Medical Center Cardiac & Pulmonary Rehabilitation Department for assistance today.

315-785-4208

www.samaritanhealth.com



 **Samaritan**
Medical Center

Helping Yourself Back to Health

If you've just had a heart attack or other cardiac incident, exercise may be the last thing you're interested in. But exercising under the guidance of our Cardiac Rehabilitation team may be your ticket to a better quality of life. In fact, Cardiac Rehabilitation may help you feel better than you ever thought possible.

Having a heart attack or being at risk for heart disease does not mean the end of an active lifestyle. Trust your heart to Samaritan Medical Center, and together we'll work to make it stronger and healthier!

Benefits of Cardiac Rehabilitation

Cardiac Rehabilitation provides a structured and monitored exercise program that can lower your pulse rate, blood pressure and cholesterol levels while helping you function better in everyday life. And the benefits don't stop there.



Cardiac Rehabilitation helps patients:

- ♥ Improve their overall health by reducing risk factors and the likelihood of future cardiac events
- ♥ Increase their knowledge of heart disease
- ♥ Make heart healthy lifestyle choices
- ♥ Decrease the need for medications to treat heart or chest pain
- ♥ Improve physical fitness and exercise tolerance
- ♥ Decrease anxiety and depression
- ♥ Gain confidence and return to work or leisure activities

According to the American Heart Association, patients who participate in a Cardiac Rehabilitation program lower their risk of death from cardiac issues by 25%.

Phases of Cardiac Rehabilitation

Samaritan offers a comprehensive, three-phase Cardiac Rehabilitation program that is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). During Phase I a Cardiac Rehabilitation staff member visits with the patient while he or she is in the hospital and provides information about the program. Phases II and III are offered as outpatient programs. You work with your physician and our staff to determine the phase best suited for you.

Phase I

This phase of Cardiac Rehabilitation begins while you are recovering in the hospital following a cardiac event. Through a combined exercise and education program, the Cardiac Rehabilitation staff helps you safely reach your highest level of physical activity possible given your recent heart attack or other medical issue.

Phase II

This outpatient phase, beginning two to four weeks after hospitalization, provides EKG-monitored exercise sessions lasting one hour, three times a week, for up to 12 weeks. Exercise programs are tailored to each patient's ability and endurance and designed to gradually build endurance and cardiovascular fitness. While exercising, patients are closely supervised by registered nurses with cardiac care experience. This phase also includes comprehensive group and individual education sessions on topics such as risk factors and a heart healthy diet, development of a home exercise program, and assessment for return to work.

Your health insurance may cover Phase II, or a portion of it. Contact your insurance company for coverage details. A grant, through the Samaritan Foundation, may be available for those who need financial assistance.

Phase III

Available after completing the second phase of Cardiac Rehabilitation, or if you have not experienced a recent cardiac event, this phase offers continued supervised exercise sessions up to four times per week. On-going education focuses on diet, risk factor reduction and maintaining a healthy lifestyle.

Phase III is a self-pay, maintenance exercise program. As part of Phase III, Samaritan also offers the following options:

MEET

Members Engage in Exercise Together (MEET) is a program designed for the experienced exerciser who does not require EKG monitoring or continuous supervision, but wants to continue exercising in a familiar setting with fellow patients and support staff. Periodic evaluation and assessment by the Cardiac Rehabilitation staff as well as heart healthy education and materials are provided.

Family Program

With a physician's clearance and for a nominal fee, a family member may participate in the program with the patient.



Who can we help?

Cardiac Rehabilitation is designed for anyone with an existing or potential heart problem. Your physician can determine if our program is right for you, and will need to provide a written referral. Generally, our program benefits patients who have had one or more of the following conditions or procedures within the past year:

- ♥ Heart attack
- ♥ Angioplasty
- ♥ Stent
- ♥ Cardiac bypass surgery
- ♥ Valve surgery
- ♥ Stable angina
- ♥ History of heart disease
- ♥ Risk factors for heart disease, including high blood pressure, high cholesterol, obesity and a family history of the disease