



Cardiac Rehabilitation is a multidisciplinary program that provides education and graded supervised exercise program which follows the guidelines of the Heart Foundation.

Cardiac Rehabilitation helps clients to optimize their heart health, minimize further risk factors, enhance self-management and can prevent re-admission in the future.

What is involved?

- > Each client will receive a comprehensive assessment conducted by the Cardiac Nurse and an Exercise Physiologist.
- > Clients can then opt to attend an 8-week individualised and supervised exercise and education program.
- > At the completion of the 8 weeks the client will receive a review appointment conducted by the Exercise Physiologist.
- > If the client feels that a group is not for them, options like 1 on 1 sessions are available as well as home exercise programs. These discussions are had with the client at the initial appointment so we can tailor their rehabilitation to get the best outcomes for the client.
- > The education sessions are presented by the Cardiac Nurses, Exercise Physiologists, Dietitians, Podiatrists, Occupational Therapists and the Mental Health Team.
- > During the initial assessment the client's needs are identified and referrals are made internally to services like Dietetics, Podiatry, Diabetes Education etc.





Who can use this service

Any client who is aged 18 and over and has had a recent Cardiac event and/or intervention i.e in the past 12 months e.g. Angiograms, percutaneous coronary intervention/stent, open heart surgery, coronary artery bypass grafting/ bypass surgery, valve replacements, heart rhythm problems, pacemakers and /or

Any client with 2 or more of the following risk factors:


- > High cholesterol
- > High blood pressure
- > Family history of heart disease
- > Diabetes
- > Smoking
- > Sedentary lifestyle
- > High waist circumference

Access to Interpreter Services

We offer FREE interpreter access to all clients who need it.

If you require an interpreter, please let our staff know at the time of making an appointment.

Service locations

 **Broadmeadows**
42-48 Coleraine Street
Broadmeadows VIC 3047

 **Whittlesea**
40-42 Walnut Street
Whittlesea VIC 3757

 **Epping**
230 Cooper Street
Epping VIC 3076

Fees

When you visit a Cardiac Nurse and Exercise Physiologist the following fees apply:

Clients with a valid healthcare card: \$10.30 per visit

Clients without a valid healthcare card: \$15.60 per visit

Cardiac rehabilitation group is an 8-week program and is \$7.90 each session

How to make an appointment

To make an appointment call **1300 234 263**, and select **Option 4** (all other Health Services).

 1300 234 263

dpvhealth.org.au

 info@dpvhealth.org.au



DPV Health acknowledges the traditional Custodians, Elders and Lands of the Wurundjeri people. DPV Health is committed to the Victorian Child Safe Standards in policy and in practice, to promote and protect the best interests of all children involved in our services.