

Referral Process

Participants must be referred to the Cardiac Rehabilitation Program by their Family Physician or Specialist.

Fact

- Experts agree that virtually all individuals with heart disease can benefit from cardiac rehabilitation.
- Research has demonstrated that individuals who participate in cardiac rehabilitation can reduce their risk of future heart events by up to 25 per cent!

Cardiac Rehabilitation Program

INFORMATION BOOKLET

Cardiopulmonary Rehabilitation Program Coordinator

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*A Program of Exercise and
Education for Individuals with
Heart Disease*



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Introduction

The Cardiac Rehabilitation Program is designed for individuals with heart disease, and is particularly beneficial for those who are recovering from a heart attack, angioplasty or heart surgery. The program includes an education component and an exercise component.

Program Objectives

- To increase the participant's physical fitness and confidence with physical activity to allow a return to everyday activities and recreational pursuits
- To increase the participant's understanding of heart disease and how to manage it effectively
- To assist the participant in developing a safe and effective home exercise program
- To encourage the participant to make heart-healthy lifestyle choices

Education Component

A multidisciplinary team of professionals that includes an Exercise Specialist, a Physician, a Pharmacist, a Psychologist, and an Occupational Therapist delivers the education classes.

Topics discussed include:

- Exercise principles
- Anatomy and physiology of the cardiovascular system
- Guidelines for heart-healthy eating
- Diagnosis and treatment of heart disease
- Psychological issues in heart disease
- Stress management principles and coping skills
- Medications for heart disease
- Risk factors for heart disease

Exercise Component

Participants can choose from a supervised or a home-based exercise program.

Participants in the supervised program attend two (2) one-hour group exercise sessions per week, usually for 12 weeks. The Exercise Specialist supervises each exercise session, and participants are closely monitored.

The exercise sessions include warm-up stretching, treadmill walking, stationary cycling, and cool down stretching. Participants are prescribed an individual program based on their capabilities.

Supervised exercise sessions are offered on Monday and Wednesday from 9:00 to 10:00 a.m., 10:30 to 11:30 a.m., and 12:00 to 1:00 p.m.

To help cover some of the costs for education materials, supplies, etc., participants are asked to pay a fee of \$150. The fee is waived for those who are not able to afford it.

Individuals who cannot join the supervised exercise program, or who simply prefer to exercise on their own, may enroll in the home-based exercise program.

The Exercise Specialist meets with the participant to conduct an assessment and provide a personal home exercise program. Follow-up phone calls are arranged to check the participant's progress and make adjustments to their exercise program.

The fee for home-based service is \$25. The fee is waived for those who are not able to afford it.

All exercise sessions, education classes and consultations are conducted at Orillia Soldiers' Memorial Hospital.