

Referral Process

Participants must be referred to the Cardiac Rehabilitation Program by their Primary Care Provider (Family Physician, Specialist, Nurse Practitioner, etc.) in order to get involved



Facts

- ◆ 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 percent!

Orillia Soldiers' Memorial Hospital

Cardiopulmonary Rehabilitation Office

Stefan Pingel
Exercise Therapist
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Tel: 705-325-2201 ext. 3116

E-mail: sfpingel@osmh.on.ca
You are welcome to send an email and/or leave a voicemail

For Referral Form Visit:

<https://www.osmh.on.ca/referrals-and-requisitions/>

Under “Cardiac Rehabilitation Referral Form” - See website and Referral Process for further details



CARDIOVASCULAR REHABILITATION PROGRAM

Information Booklet

A Program of Exercise and Education for Individuals with Cardiovascular Disease

Cardiac Rehab

The Cardiac Rehabilitation Program is designed for individuals at-risk or have heart disease, and is particularly beneficial for those who are recovering from a heart attack, angioplasty, heart surgery or TIA/ minor non-disabling stroke. The program includes an education and exercise component.

Program Objectives

- ◆ 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 exercise program
- ◆ To encourage the participant to make heart-healthy lifestyle choices
- ◆ To increase the participant’s physical fitness and confidence with physical activity to allow a return to everyday activities and recreational pursuits.

Education Component

In the **supervised program**, topics are discussed in class

In the **Home-based/Virtual program**, the same content is sent through e/mail and any questions are address during the regular follow up calls and/or through email

Topics Include

Exercise Principles & Guidelines	
Anatomy and physiology of the cardiovascular system	
Guidelines for heart-healthy eating—Nutrition	
Diagnosis and treatment of heart disease	
Stress Management principles and coping skills	
Medications for heart disease	
Risk factors for heart disease	

****Please Note****

Due to limited space and wait-listing, those doing the supervised class will only be doing the first segment on-site before transitioning and finishing to a home-based /virtual program—extenuating circumstances and exemptions may apply for those in need of extra on-site classes

Exercise Component

- Participants can choose from a **supervised**** (see prev. note) or **home-based program**.
- Participants in the **supervised program** attend one, hour-long, group exercise session per week
- Exercise sessions include warm-ups stretching, walking, stationary cycling, cool down, stretching, and brief educational topic discussion.
- There is also potential for resistance training which will be done using resistance bands, weights and/or other gym equipment

Schedule

Wednesday 5:00P - 6:00P
& 6:00P—7:00P

-More Class times/slots to follow-

All exercise sessions and education classes are conducted at Orillia Soldiers’ Memorial Hospital.

Individuals who cannot, or do not want to join the supervised program, or who simply prefer to exercise on their own, may enroll in the **home-based/virtual** exercise program.

Materials and resources are provided through email/regular mail. Any questions, discussions, etc., are typically addressed during the regular follow up calls

Follow-up phone calls are arranged to check on the participant in the home-based/virtual program for progress and to make any respective adjustments.