

## Cardiac Rehab

Physiotherapy is involved in the different stages of recovery after a cardiac event.

Cardiac Rehabilitation is a group program that combines education, support and exercise. It is specifically designed for people with coronary artery disease to help improve their fitness levels and to improve their knowledge about heart disease.

Family members and close friends are encouraged to participate as our program is not only designed to provide you with meaningful exercise and self-confidence, but also to educate family and close friends throughout your rehabilitation.

Cardiac Rehabilitation encourages people with heart disease/conditions to recover faster and return to a full and productive life. Exercise is a key component in building and maintaining a healthy heart. Your heart is the hardest working muscle in your body beating an average of 100,000 times every day. Exercise in combination with medication and diet changes can reduce your risk of further cardiac events and developing cardiovascular disease by up to 25% and overall mortality by 20%

Cardiac rehabilitation is offered to people after a cardiac event including people who have had a

- Heart attack (Myocardial Infarction)
- Bypass surgery
- Heart-valve surgery
- Angioplasty/stent insertion
- Post insertion of pacemaker or AICD device
- Angina Patients
- Post heart transplant patients
- People with increases risk of developing heart disease

### **What does it involve and how long often do I attend.**

Cardiac Rehabilitation course (Phase 3) last for 6 weeks it is compromised of exercise and education components. The program will help you practice and maintain healthy behaviours to continue to improve your existing heart condition or to keep your risk of heart disease low. You will attend the physiotherapy department on a Tuesday and Thursday mornings. It consists of an individually tailored exercise programme which is supervised by a physiotherapist and a cardiac rehab nurse. It also includes six weekly education sessions to teach you about your condition.

### **What do we hope to achieve through cardiac rehabilitation**

Through exercise and education our cardiac rehabilitation program aims to

- Facilitate your recovery from a cardiac event
- Facilitate your recovery from cardiac surgery
- Help prevent/reduce your risk of cardiac events
- Provide support to you and your family/friends
- Facilitate your return to work and leisure activities
- Improve your knowledge of your condition
- Improve your confidence, reduce stress and anxiety
- Help and encourage patients adopt a healthy lifestyle changes

You will exercise within your own limits and those guided by your physiotherapist. Be reassured that the exercise will be tailored to suit your capabilities.

**What will the education sessions involve?**

You will receive 6 educational talks each Tuesday on different topics, from the following professions:

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- Consultant Cardiologist
- Cardiac Rehabilitation Physiotherapist
- Cardiac Rehabilitation Nurse
- Pharmacist
- Dietician
- Occupational Therapist

**Will I have to do exercises at home?**

Yes, you will be expected to do exercises at home whilst carrying out the programmer which your physiotherapist will devise for you. Following completion of the course you must continue with the exercises or the benefits achieved throughout the programmer will be lost.

**Phase IV** - In order to be effective, physical activity and changes in lifestyle need to be maintained for the long-term. Phase IV is referred to as the maintenance stage of cardiac rehabilitation. When you leave phase III cardiac rehabilitation, which is very structured, it is important to keep exercising and to stay with your heart-healthy habits. Phase IV involves long term maintenance of individual goals. Patients who have completed the phase III programmer are welcome to attend the physiotherapy gym for further supervised exercise. This consists of an exercise class once a month and costs €30. Prior to your class your blood pressure, weight and waist circumference is measured and recorded.