

DIRECTORY OF TASMANIAN CARDIAC REHABILITATION PROGRAMS

For further information or updates please contact:

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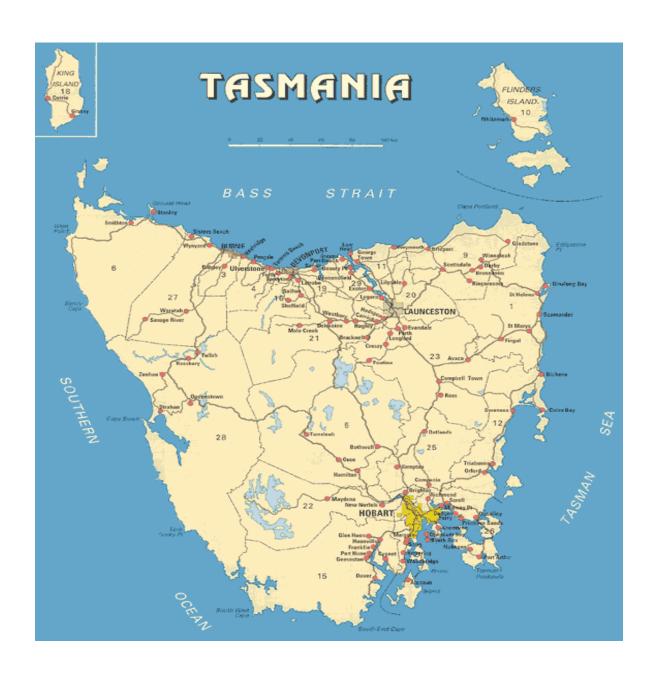
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BURNIE North West Regional Hospital Burnie campus

23 Brickport Road, Burnie TAS 7320

™ 03 6430 6644♣ 03 6430 6693

Outpatient Program

Coordinator: Anna Storen
Mobile: 0409 503 547

Email: anna.storen@ths.tas.gov.au

Comment: 8-week rolling program held off-site at the McKenna Park Hockey complex. Education and exercise sessions conducted weekly, on a Thursday from 12:30 to 3pm. Patient assessment pre- and post-program.

Patients: All patients who have a cardiac condition, medical and surgical, are all invited to attend. If possible, we also include anyone who requires life-style changes for prevention of disease

LATROBE North West Regional Hospital Mersey campus

PO Box 21, Latrobe TAS 7307

20 03 6426 5477

a 03 6426 5687

Outpatient Program

Coordinator: Dinah Payton

Email: dinah.payton@ths.tas.gov.au

Comment: 7 week education & exercise program

Support at CR clinic for unsuitable class participants

Patients: AMI, PTCA/PCI, Post cardiac surgery and their carers, pacemaker/ICD, angina, cardiac risk factors for prevention and class one and two heart failure.

Sessions: Face to face consultations Mon-Wed mornings

Thursday between 1000 – 1200hrs and include Graded Exercise,

Dietary Advice, Cardiac Risk Factors, Lifestyle Management, and Support from the

Community-Heartbeat, Cardiac Medication, Stress and Relaxation

HOBART Royal Hobart Hospital

Liverpool Street Hobart TAS 7000

3 03 6166 8572

△ 03 6231 3055

Outpatient Program

Coordinator: Sue Sanderson (Nurse Practitioner Chronic Cardiac Care)

Email: sue.sanderson@ths.tas.gov.au

6166 7398

Mobile 0421 601 462

CRN: Judy Enright / Annette Roehrer

Page: 6980 6166 8914

Email: rhh.cardiacrehab@ths.tas.gov.au

Comment: 6 weeks rolling program, exercise and education. Pre- and post-rehab assessments. Sessions include Risk factors and symptom management; exercise benefits, principles, potential barriers; healthy eating; psychosocial aspects of heart disease; know your medications; return to and maintenance of a healthy lifestyle.

Sessions: Monday, Wednesday, Thursday.

Telephone supported home-based program also available.

Patients: AMI, Post Cardiac Surgery, PCI and their carers

Heart Failure Program

Coordinator: Helen Cameron-Tucker

6166 7462 (Tuesday, Wednesday, Thursday)

Email: helen.camerontucker@ths.tas.gov.au

Comment: 6 weeks (Chronic Condition Self Management Programme) plus pre assessment. Sessions include pre assessment: medical history, NYHA class, fluid intake, salt restriction, weight monitoring, medication. Referral to gym group for 8 weeks exercise program.

Patients: Chronic Heart Failure (of any aetiology), chronic respiratory, pre and post heart and lung transplant.

HOBART Clarence Integrated Care Centre

Bayfield St Rosny Park 7000

6282 0300

Outpatient Program

Coordinator: Sue Sanderson (Nurse Practitioner Chronic Cardiac Care)

Email: sue.sanderson@ths.tas.gov.au

rhh.cardiacrehab@ths.tas.gov.au

6166 8914

8 6231 3055

Mobile: 0421 601 462

Comment: 6 weeks rolling program, delivered by community nurses and physiotherapists and includes exercise and education and a pre- and post-rehab assessment. Sessions include Risk factors and symptom management; exercise benefits, principles, potential barriers; healthy eating; psychosocial aspects of heart disease; know your medications; return to and maintenance of a healthy lifestyle.

Sessions: Tuesday mornings 0930-1200.

Patients: ACS, PCI (including elective) and their carers.

LAUNCESTON Northern Integrated Care Service

41 Frankland Street, LAUNCESTON TAS 7250

1300 977 518

□ 03 6336 2433

Outpatient Program

Cardiac Health and Rehabilitation Nurse: John Aitken

Email: john.aitken@ths.tas.gov.au

2 03 6777 6472

2 0400 433 527

Comment: 8-week rolling program of education and supervised exercise.

Patients: AMI, PCI, post-surgery, heart failure; all patients with a cardiac condition.

Sessions: Two classes Wednesday and Thursday 0930-1230. Sessions include Risk factors and symptom management; exercise benefits, healthy eating; psychosocial aspects of heart disease; know your medications.

Telephone supported home-based program also available.

Nurse Led consultations: Monday, Tuesday, and Friday.

Program consultations: Wednesday and Thursday afternoons and Fridays.