



# **DIRECTORY OF TASMANIAN CARDIAC REHABILITATION PROGRAMS**

**For further information or updates please contact:**

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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](mailto: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



03 6426 5477



03 6426 5687

### **Outpatient Program**

*Coordinator:* Dinah Payton

*Email:* [dinah.payton@ths.tas.gov.au](mailto: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


 03 6166 8572

 03 6231 3055

### **Outpatient Program**

*Coordinator:* Sue Sanderson (Nurse Practitioner Chronic Cardiac Care)

*Email:* [sue.sanderson@ths.tas.gov.au](mailto:sue.sanderson@ths.tas.gov.au)

 6166 7398

Mobile 0421 601 462

*CRN:* Judy Enright / Annette Roehrer

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 6166 8914

*Email:* [rhh.cardiacrehab@ths.tas.gov.au](mailto: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](mailto: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](mailto:sue.sanderson@ths.tas.gov.au)

[rhk.cardiacrehab@ths.tas.gov.au](mailto:rhk.cardiacrehab@ths.tas.gov.au)



6166 8914



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](mailto:john.aitken@ths.tas.gov.au)

 03 6777 6472

 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.