

# 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

*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

*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

🕾 6166 7398

Mobile 0421 601 462

*CRN:* Judy Enright / Leeanne Gibbs / Beth Crouch / Amanda Bowes

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 🕾 6166 8914

 M 0429 462 831

 🖷 6234 2852

*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: Thursday.

Telephone supported home-based program also available.

*Patients:* High risk AMI, Post Cardiac Surgery, PCI and their carers

**Clarence Integrated Care Centre**

Bayfield St Rosny Park 7000

🕾 6282 0300

*Outpatient Program*

*Coordinator:* Judy Enright (CRN)

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

🕾 6166 8914

🖷 6234 2852

Mobile: 0429 462 831

*Comment:* 6 weeks rolling program, delivered by cardiac rehabilitation and 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 (x2 sessions), Wednesday.

*Patients:*  ACS, PCI (including elective), post cardiac surgery, stable heart failure (NHYA I and II), and their carers.

**RHH**

 *Cardiopulmonary Rehabilitation Program*

Coo*rdinator:* Helen Cameron-Tucker

🕾 6166 7462 (Tuesday, Wednesday, Thursday morning)

 6166 8634 and leave a message

*Email:* helen.cameron-tucker@ths.tas.gov.au

Service provided:

* Individual appointment: assessment, agreed treatment and management plan, brief education (1 – 1 ½ hours).
* Cardiopulmonary rehabilitation:

(i) Individual assessment as above

(ii) Supervised exercise sessions, hourly, twice weekly for 8 weeks.

Education with self-management skills development incorporated into exercise session according to individual needs for the duration of the program.

A review assessment is arranged at the completion of the 8 weeks.

(iii) Supervised exercise sessions may be continued for those requiring ongoing supervision, especially those in the high risk category.

A review assessment is arranged at the completion of the agreed duration of sessions.

**NOTE**: A home program, on preferably all, but at least 3 additional days of the week is an essential component of the above rehabilitation approaches.

People referred may have:

* Respiratory conditions - COPD, asthma, bronchiectasis, pulmonary fibrosis
* Cardiac conditions - heart failure, pulmonary hypertension
* Consideration for organ transplantation - lung, heart, other organ
* Consideration for other surgery – Lung Volume Reduction Surgery (LVRS), other surgery

**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

* 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.

**Charles Clinic Healthy Living**

287 Charles St, LAUNCESTON, 7250

*Email:* reception@charlesheart.care

*Outpatient program*

Cardiac rehabilitation and Healthy heart programs provided by exercise physiologists and multidisciplinary heath care professionals.

Cardiac rehab program – 12 sessions over 6 weeks with sessions offered 4 afternoons each week

*Patients:* post cardiac event or surgery

*Sessions*: know your heart; managing heart health; nutrition for a healthy heart; planning for the future; active for life; CPR & emergency planning; overcoming obstacles; understanding your emotions; understanding g your heart medications.

Healthy heart program – one session per week for 6 weeks

*Patients:* those with cardiac risk factors and want to improve their health

Individual assessment for all programs by an EP at the start and on completion of the program.