

Directory of Western Australian  
**Cardiac Rehabilitation**  
and Secondary Prevention Services 2016



"Cardiac Rehab changed  
my life after I had a heart  
attack and helped me build  
a healthier future"

Trish (age 59)

For an e-copy of this directory or to notify the  
Heart Foundation of program changes please contact:

**Shelley McRae**

Clinical Engagement Coordinator  
Heart Foundation, WA

email: ***shelley.mcrae@heartfoundation.org.au***  
ph: **08 9382 5923**

## New map online!

The Heart Foundation and the Australian Cardiovascular Health  
and Rehabilitation Association (ACRA) have launched a  
national cardiac rehabilitation services online map.

Visit ***www.heartfoundation.org.au***  
and go to the cardiac rehabilitation page.

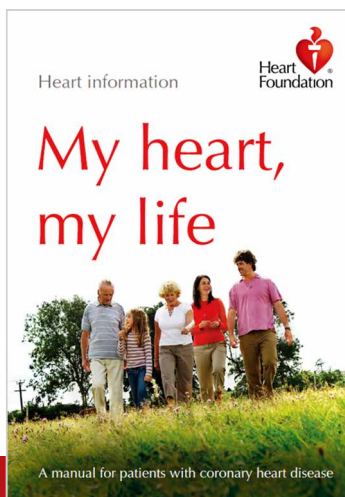
This Directory of Western Australian Cardiac Rehabilitation and Secondary  
Prevention Services 2016 will provide more detail about the services and  
programs on offer for your patients.

## Front Cover - Trisha Langridge (aged 59)

Trisha thought heart attacks didn't happen to women in their 40s.  
Until she had one. Trisha was a healthy active 46 year old teacher who  
didn't smoke and had normal cholesterol levels. She suffered a  
heart attack while playing netball with her students.

She claims that cardiac rehabilitation played a very  
important role in her recovery.

# Heart Foundation resources for your patients



## My Heart My Life

A manual for patients with coronary heart disease.

To order copies in Western Australia please contact Shelley McRae 08 9382 5923.



## Introducing the Heart Foundation mobile app

Available on iPhone, iPad or Android devices

### The app will help your patients:

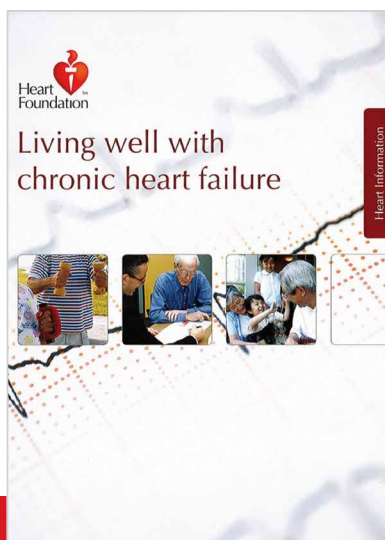
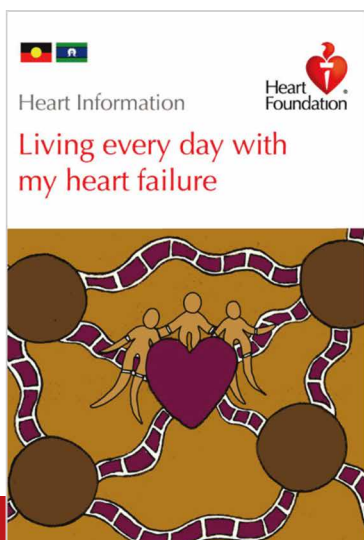
- manage their medicines
- manage their health stats including blood pressure and cholesterol
- learn the heart attack warning signs
- find healthier recipes.



Go to [www.myheartmylife.org.au](http://www.myheartmylife.org.au) to download our app

## My Heart My Life app

A new app to help patients manage their heart conditions.



## Heart failure information

Developed to help people with chronic heart failure understand and manage their heart condition. "Living everyday with my heart failure" has been designed for Aboriginal and Torres Strait Islander People.



## Warning Signs of heart attack

### Help your patients survive a heart attack with the following resources:

- Action Plan wallet card and fridge magnets
- Education DVD
- Fact sheets
- Action Plan in ten languages
- Website: [www.heartattackfacts.org.au](http://www.heartattackfacts.org.au)
- Action Plan fridge magnets for Aboriginal People

To order resources, contact the Heart Foundation on **1300 36 27 87** or [health@heartfoundation.org.au](mailto:health@heartfoundation.org.au)  
For more information visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au)



# Cardiovascular Rehabilitation and Secondary Prevention Pathway Principles

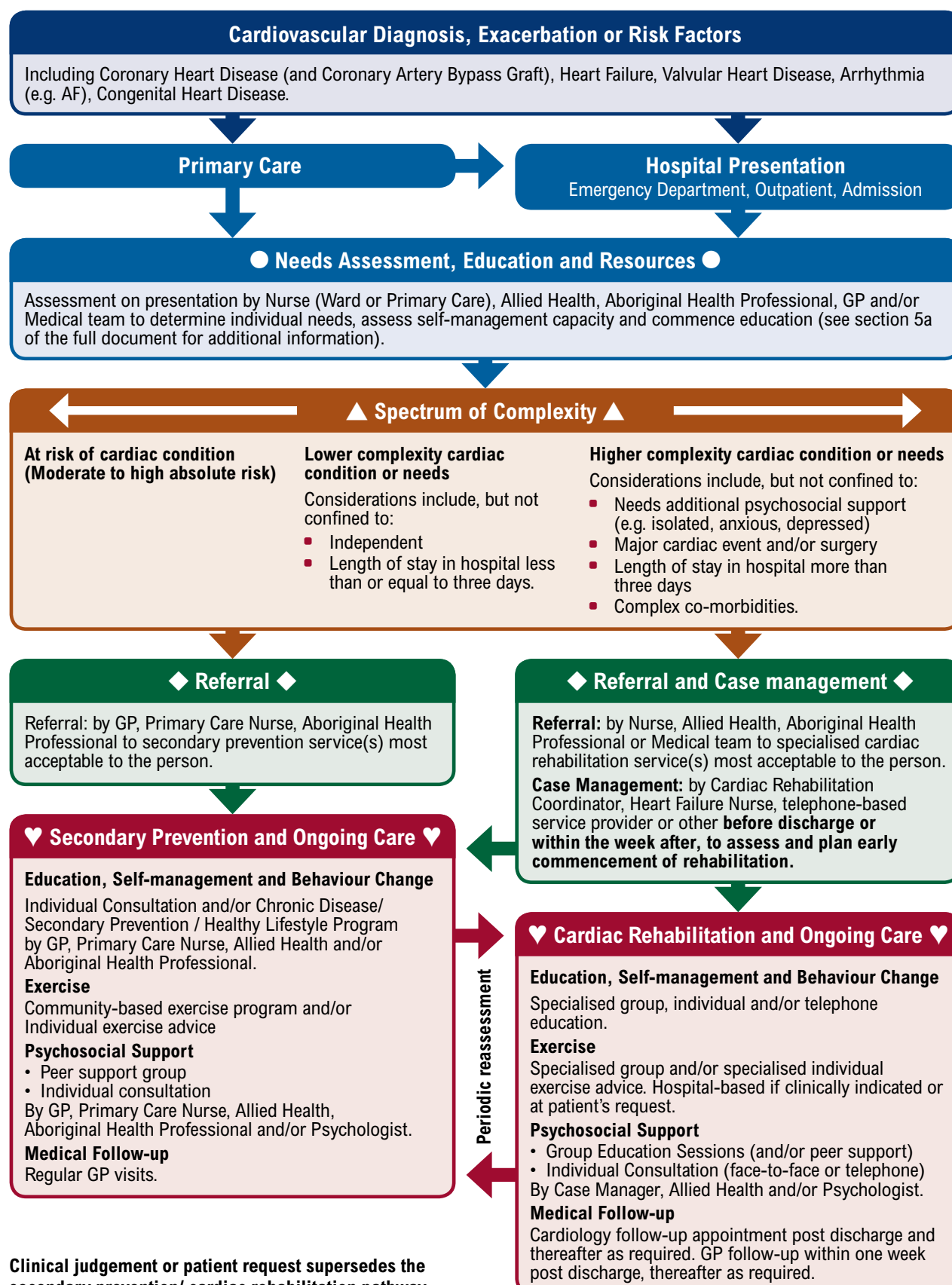
The Health Department of Western Australia has outlined the journey of care for patients with or at risk of cardiovascular disease in the Cardiac Rehabilitation and Secondary Prevention (CRSP) Pathway Principles document. It emphasises:

- CRSP as an important part of usual care for everyone,
- A life-long approach to heart health, and
- A strong link between hospital, primary care and community services to enable access to the most appropriate services.

For the full document (and other supporting/useful information)

go to: [http://www.healthnetworks.health.wa.gov.au/network/cardio\\_rehab.cfm](http://www.healthnetworks.health.wa.gov.au/network/cardio_rehab.cfm)

Developed by the Cardiovascular Health Network, Department of Health Western Australia.



# Other Support Services

When meeting the needs of your cardiac patients post discharge, consider other support services locally, particularly if there is not a dedicated Cardiac Rehabilitation service in the area. Some services that you could consider (but are not limited to) are:

## Aboriginal Medical Services

A local Aboriginal medical service may be able to help with support and life style modification. Contact details can be found here [http://www.health.wa.gov.au/services/category.cfm?Topic\\_ID=10](http://www.health.wa.gov.au/services/category.cfm?Topic_ID=10) and this interactive map on the website for Aboriginal Health Council of Western Australia is also helpful <http://www.ahcwa.org.au/#!/member-locations/cnwb>

## Allied Health Services

There are many allied health providers that can assist your patients in their recovery, such as a dietitian, occupational therapist, exercise physiologist, physiotherapist, or psychologist.

## Online services and resources

There are many electronic resources that can assist with motivating positive change. Consider mobile apps such as the My Heart My Life App (<https://myheartmylife.org.au/>) or health programs such as My Healthy Balance (<http://myhealthybalance.com.au/>).

## Physical activity programs/groups:

### Heart Moves YMCA

A gentle physical activity program suitable for those who haven't done any exercise in a while. Designed to be safe for people with stable long term health conditions such as heart disease, diabetes or obesity. Heartmoves is run by accredited exercise professionals specifically trained in managing safe, low to moderate intensity physical activity programs. To find a program near you visit

<http://www.heartmoves.org.au>



### Heart Foundation Walking

Volunteer Walk Organisers coordinate group walks in local communities. Walking groups can be any size and walk at various times, distances, days and levels of difficulty. For those who do not live near a group or choose to walk on their own, they can even join as a 'Virtual Walker' and track progress online. Visit <http://walking.heartfoundation.org.au/>

### Living Longer Living Stronger

An evidence based program that encourages and supports change to achieve improved health, quality of life and fitness for people aged over 50 years. Delivered by accredited fitness instructors. To find a program visit <http://www.lllswa.org.au/>

### Prime Movers

Exercise for the over 50's, to music and under the guidance of Sports Professionals and Physiotherapists. Classes are 1 hour in duration and have been structured for the active older adult to ensure they exercise in a safe manner. For program locations visit [http://www.primemovers-exercise.com.au/index.php?option=com\\_content&view=article&id=2&Itemid=2](http://www.primemovers-exercise.com.au/index.php?option=com_content&view=article&id=2&Itemid=2)

## Pharmacist

A local pharmacist can provide a range of supports to assist with understanding and taking medicines, including home medicine reviews.

## Primary Health Networks

Check with your local primary health network to see what services are provided, for example healthy lifestyle, chronic disease or self management programs.

## Private Health Insurance Companies

Many of the private health insurers offer health coaching or chronic disease management services.

## Support groups

Peer support for patients and their families can be very helpful in recovery. For Heart Support Australia contact in WA phone 1300 661 351 (cost of a local call) or visit their national website <http://heartnet.org.au/about/>

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<b>Region/Suburb:</b>	<b>Armadale</b>	Referrals to allied health Group education Individual exercise advice Group exercise sessions
<b>Name of Program/ Health Service:</b>	<b>Armadale Health Service Cardiac Rehabilitation</b>	
<b>Address:</b>	3056 Albany Highway, ARMADALE, WA, 6112	
<b>Contact Person:</b>	Alyssa Smith	<b>Job Title:</b> Triage Officer
<b>Institution:</b>	Armadale Health service	<b>Phone:</b> (08) 9391 2512 (triage) <b>Fax:</b> (08) 9391 2262
<b>Email:</b>	Armadale.CommunityRehabilitation@health.wa.gov.au	
<b>Suitable Patients:</b>	<p>Phase II Cardiac Rehabilitation Eligibility Criteria:</p> <ul style="list-style-type: none"> <li>• Cardiovascular diagnosis and/or exacerbation of risk factors (including coronary vascular disease, valvular disease, heart failure, arrhythmias and peripheral vascular disease)</li> <li>• Cardiac/vascular event or surgery in recent weeks (moderate risk for exercise)</li> <li>• Motivated and willing to participate in 8 week rehabilitation program</li> <li>• +/- Comorbidities</li> <li>• +/- Identified need for psychosocial and/or multidisciplinary support</li> <li>• +/- Significant musculoskeletal or neuromuscular disease that limits ability to exercise in the community</li> </ul>	
<b>Content:</b>	<p>8 weeks Cardiovascular Rehabilitation program consisting of:</p> <ul style="list-style-type: none"> <li>• Initial individual assessment</li> <li>• Multi-disciplinary education (over 3 weeks)</li> <li>• Group exercise for 1 hour for 8 weeks</li> </ul> <p>Referral onto a CPS group upon completion of our program</p>	
<b>Follow up time frame:</b>	1 week	



Region/Suburb:	Bayswater / Craigie / Leederville / Midland / Nedlands O'Connor		Telephone follow up Referrals to allied health Face to face consultation Group education Individual exercise advice Group exercise sessions
Name of Program/ Health Service:	Cardiovascular Care WA		
Locations:	Bayswater Craigie Leederville Midland Nedlands O'Connor		
Postal address:	Suite 1A Hampden Court, 186 Hampden Rd, NEDLANDS, WA, 6009		
Contact Person:	Craig Cheetham Tracy Swanson	Job Title: Director Job Title: Coordinator	
Institution:	Cardiovascular Care WA	Phone: (08) 9389 9655 0413 563 535 Fax: (08) 6389 2305	
Email:	admin@healthcarewa.org.au	www.cardiovascularcarewa.org.au	
Suitable Patients:	• All cardiac conditions, including higher risk patients		
Content:	• Group education sessions • Telephone follow-up • Face to face consultations • Individual exercise advice • Group exercise sessions • Referral to allied health  Supervised twice weekly exercise clinics for patients for immediate outpatient or long term maintenance. Facilitation into education sessions.		
Follow up time frame:	1 week post referral		



<b>Region/Suburb:</b>	<b>Bentley</b>	Face to face consultation Individual exercise advice Group exercise sessions
<b>Name of Program/ Health Service:</b>	<b>Curtin University Cardiac Rehabilitation Program</b>	
<b>Address:</b>	Health and Wellness Centre, School of Health Sciences, Building 404, Brand Drive, BENTLEY, WA, 6100	
<b>Contact Person:</b>	Debbie Cooper	<b>Job Title:</b> Cardiac Rehabilitation Supervisor
<b>Institution:</b>	Curtin University, Health and Wellness Centre	<b>Phone:</b> (08) 9266 1717
<b>Email:</b>	Debbie.A.Cooper@curtin.edu.au	
<b>Suitable Patients:</b>	<p>Community based cardiac rehabilitation program for patients post cardiac event or with cardiac risk factors:</p> <ul style="list-style-type: none"> <li>• Heart failure,</li> <li>• Coronary heart disease,</li> <li>• PTCA,</li> <li>• CABG,</li> <li>• Primary prevention,</li> <li>• GP or Specialist referrals,</li> <li>• Referrals from hospitals and other In-patient / Out-patient Rehabilitation programs.</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual initial assessments.</li> <li>• Accredited Exercise Physiologist supervised group exercise sessions.</li> <li>• Three sessions per week.</li> <li>• Ongoing program.</li> <li>• Monitoring of HR, BP &amp; Oxygen saturation pre and post exercise.</li> <li>• Access to Physiotherapy and Psychology services</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

<b>Region/Suburb:</b>	<b>Bentley</b>	Referrals to allied health Group education Individual exercise advice Group exercise sessions
<b>Name of Program/ Health Service:</b>	<b>Bentley Hospital Cardiac Rehabilitation</b>	
<b>Address:</b>	18-56 Mills Street, BENTLEY, WA, 6102	
<b>Contact Person:</b>	Rebekah Stone	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Bentley Health Service	<b>Phone:</b> (08) 9416 3200 <b>Fax:</b> (08) 9416 3202
<b>Email:</b>	rebekah.stone@health.wa.gov.au	
<b>Suitable Patients:</b>	<p>Phase II Cardiac Rehabilitation Eligibility Criteria:</p> <ul style="list-style-type: none"> <li>• Cardiovascular diagnosis and/or exacerbation of risk factors (including coronary vascular disease, valvular disease, heart failure, arrhythmias and peripheral vascular disease)</li> <li>• Cardiac/vascular event or surgery in recent weeks (moderate risk for exercise)</li> <li>• Motivated and willing to participate in 8 week rehabilitation program</li> <li>• +/- Comorbidities</li> <li>• +/- Identified need for psychosocial and/or multidisciplinary support</li> <li>• +/- Significant musculoskeletal or neuromuscular disease that limits ability to exercise in the community</li> </ul>	
<b>Content:</b>	<p>8 week Cardiac Rehabilitation program consisting of:</p> <ul style="list-style-type: none"> <li>• Group Exercise for 1 hour</li> <li>• Multi-disciplinary Education</li> <li>• Initial individual assessment</li> <li>• Referral onto a CPS group upon completion of our program</li> </ul>	
<b>Follow up time frame:</b>	1 week	

Region/Suburb:	Bentley / Byford / Kardinya / Kelmscott / Gosnells		Group education Group exercise sessions Telephone follow up
Name of Program/ Health Service:	Heartbeat WA Community Cardiac Care		
Address:	Arche Health Limited, Unit 4, 1140 Albany Hwy, BENTLEY, WA, 6102		
Contact Person:	Kelsey Drew	Job Title: HeartBeat Coordinator / Exercise Physiologist	
Institution:	Arche Health Limited	Phone: (08) 9458 0505 Fax: (08) 9458 0555	
Email:	k.drew@archehealth.com.au		
Suitable Patients:	<ul style="list-style-type: none"><li>• Primary Prevention</li><li>• Risk factors for cardiovascular disease (e.g. Hypertension, high cholesterol)</li><li>• Existing cardiovascular disease</li><li>• Recent cardiac events of procedures (e.g. CABG, PTCA)</li></ul>		
Content:	<p>7 week community based cardiac rehabilitation program for primary and secondary prevention of cardiovascular disease. Free of charge to attend.</p> <ul style="list-style-type: none"><li>• Group education sessions run by a multidisciplinary team of health professionals</li><li>• Group exercise sessions run by accredited Exercise Physiologists</li><li>• Referrals to ongoing exercise programs, support groups and other chronic disease programs</li><li>• Follow up at 3 and 9 months post program</li></ul>		
Follow up time frame:	1-2 weeks post referral		



<b>Region/Suburb:</b>	<b>Canning Vale</b>	Referrals to allied health Group education Individual exercise advice Group exercise sessions
<b>Name of Program/ Health Service:</b>	<b>WA Health Group – Health Heart Classes</b>	
<b>Address:</b>	Suite 7, Level 1, 2, Queensgate Drive, Canning Vale, WA, 6155	
<b>Contact Person:</b>	Jo Milward	<b>Job Title:</b> Exercise Physiologist
<b>Institution:</b>	WA Health Group	<b>Phone:</b> (08) 6162 2616 <b>Fax:</b> (08) 9331 7288
<b>Email:</b>	jo@wahealthgroup.com.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Clinically stable patients, including those with 3 or more risk factors for CVD.</li> <li>• Those with existing heart disease, post MI, PTCA, CABG, valve surgery, heart failure and PVD.</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Initial individual assessment</li> <li>• Group Exercise for 1 hour (ongoing)</li> <li>• Multi-disciplinary education</li> </ul>	
<b>Follow up time frame:</b>	1 week	

<b>Region/Suburb:</b>	<b>East Perth</b>	Telephone follow up Referrals to allied health Face to face consultation Group education Individual exercise advice Group exercise sessions
<b>Name of Program/ Health Service:</b>	<b>Aboriginal Heart Health Program</b>  	
<b>Address:</b>	156 Wittenoom Street, East Perth, WA, 6004	
<b>Contact Person:</b>	Ted Dowling	<b>Job Title:</b> Cardiac Rehab Nurse
<b>Institution:</b>	Derbarl Yerrigan Health Service	<b>Phone:</b> (08) 9421 3888 <b>Fax:</b> (08) 9421 3883
<b>Email:</b>	hearthealth@dyhs.org.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• All cardiac and diabetic patients</li> <li>• Primary prevention</li> </ul>	
<b>Content:</b>	<p>A program “For our people, By our people”, in a culturally safe, secure and competent environment.</p> <ul style="list-style-type: none"> <li>• Thursday’s 0830-1300hrs (Lunch &amp; morning tea provided).</li> <li>• Group exercise for 1 hour</li> <li>• 30 min diabetes specific education session</li> <li>• Multi-disciplinary education sessions on risk factors, heart disease and other chronic disease issues are conducted through yarning.</li> <li>• Initial individual assessment by Exercise Physiologist</li> <li>• Location at DYHS allows ease of access to other health services available on the same day e.g. physio, dentist, podiatry, chiropractor and GPs.</li> <li>• Referrals accepted from hospital, GP or self-referral.</li> </ul>	
<b>Follow up time frame:</b>	Within 2-3 weeks	

<b>Region/Suburb:</b>	<b>Fremantle</b>	Group education Individual exercise advice Group exercise sessions
<b>Name of Program/ Health Service:</b>	<b>Cardiac Rehabilitation Fremantle Hospital</b>	
<b>Address:</b>	Alma Street, Fremantle, WA, 6160	
<b>Contact Person:</b>		<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Fremantle Hospital	<b>Phone:</b> (08) 9431 2060 <b>Fax:</b> (08) 9431 2131
<b>Suitable Patients:</b>	<p>Moderate risk patients:</p> <ul style="list-style-type: none"> <li>Recent cardiovascular event, surgery or history, including high risk (open heart surgery (OHS), acute coronary syndrome (ACS), other interventional cardiology or heart failure)</li> <li>Stable heart failure (NYHA Class II-III)</li> <li>+/- comorbidities</li> <li>+/- identified need for psychosocial support</li> <li>Intermediate risk of an exercise-induced adverse event (complex sub-acute patient)</li> </ul> <p>High risk patients - we may need to refer on to Tertiary facilities but will consider history and appropriateness:</p> <ul style="list-style-type: none"> <li>Major Cardiovascular event / surgery</li> <li>Severe heart failure (NYHA Class III-IV)</li> <li>Complex co-morbidities</li> <li>Complex psychosocial support needs</li> <li>At risk of an exercise-induced adverse event</li> <li>Multiple modifiable risk factors</li> <li>Non adherent with medication</li> </ul>	
<b>Content:</b>	Twice weekly Phase 2 classes for 8-10 weeks (exercise and education) run by Senior PT and PTA. Can also do supported HEP with coaching via phone or regular follow up appointments. Able to refer to Cardiac Rehab seminars and MDT as required.	
<b>Follow up time frame:</b>	Currently 2 weeks to get an initial assessment from receiving referrals but may vary. Re-assessment as soon as classes completed.	

<b>Region/Suburb:</b>	<b>Joondalup</b>	Telephone follow up Referrals to allied health Face to face consultation Group education Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Joondalup Health Campus Cardiac Rehabilitation Program</b>	
<b>Address:</b>	Critical Care Unit, Shenton Avenue, JOONDALUP, WA, 6027	
<b>Contact Person:</b>		<b>Job Title:</b> Cardiac Rehabilitation Coordinator
<b>Institution:</b>	Joondalup Health Campus	<b>Phone:</b> (08) 9400 9953 <b>Fax:</b> (08) 9400 9080
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>Coronary heart disease, PTCA, CABG, Primary prevention, GP or Specialist referrals</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>Group education sessions</li> <li>Telephone follow-up</li> <li>Face to face consultations</li> <li>Referrals to allied health</li> <li>6 week education and information program. Free to attend.</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post referral	



<b>Region/Suburb:</b>	<b>Kwinana</b>	Group exercise sessions
<b>Name of Program/ Health Service:</b>	<b>General Exercise Class</b>	
<b>Address:</b>	1 Peel Row, KWINANA, WA, 6167	
<b>Contact Person:</b>	Kim Rogerson	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Kwinana Community Health Centre	<b>Phone:</b> (08) 9419 2266 <b>Fax:</b> (08) 9439 1088
<b>Email:</b>	kim.rogerson@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Coronary Heart Disease</li> <li>• CABG</li> <li>• Primary Prevention</li> <li>• GP or Specialist referrals</li> </ul> <p>Clients who are physically independent and prepared to continue these exercises at home each day indefinitely after completing the program</p>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Group exercise sessions</li> </ul> <p>Group exercise classes for people with a range of medical conditions that limit their functional capacity. They must be physically independent and prepared to do these exercise at home each day. The classes last one hour and are held one day a week at the center.</p>	
<b>Follow up time frame:</b>	>4 weeks post referral	

<b>Region/Suburb:</b>	<b>Mandurah</b>	Group exercise sessions Referral to allied health
<b>Name of Program/ Health Service:</b>	<b>Mandurah Community Health Centre</b>	
<b>Address:</b>	112 Lakes Road, MANDURAH, WA, 6210	
<b>Contact Person:</b>	David Gaskell	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Mandaruh Community Health Centre	<b>Phone:</b> (08) 9586 4400 <b>Fax:</b> (08) 9586 4499
<b>Email:</b>	David.Gaskell@health.wa.gov.au	
<b>Suitable Patients:</b>	This program is suitable to anyone with an identified heart problem (even if they are not fit enough to attend a class, advice on home exercises or just advice in general can be given)	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Referral to other allied health services</li> <li>• Group exercise sessions</li> </ul> Initial assessment plus monitoring of home program and/or attendance at twice week group exercise program for 8 weeks (12 weeks if numbers allow). Referral to dietician as required	
<b>Follow up time frame:</b>	2-4 weeks post referral	

<b>Region/Suburb:</b>	<b>Midland Public Hospital</b>	Group exercise sessions Referral to allied health
<b>Name of Program/ Health Service:</b>	<b>St John of God Midland Public Hospital Cardiac Rehabilitation</b>	
<b>Address:</b>	Physiotherapy Gymnasium, Allied Health Area, Frist Floor, SJOG Midland Public Hospital, 1 Clayton Street, Midland	
<b>Contact Person:</b>	Bibiana Lee	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	SJOG Midland Public Hospital	<b>Phone:</b> (08) 9462 5324
<b>Email:</b>	<p>Bibiana.Lee@sjog.org.au</p> <p>Please fill in referral form which can be obtained from  <a href="http://www.midlandhospitals.org.au/health-professionals/referrals/">http://www.midlandhospitals.org.au/health-professionals/referrals/</a>  and attach discharge summary if possible.</p> <p>Send to: Central Referral Service Contact</p> <p>Fax: 1300 365 056</p> <p>Email: centralreferralservice@health.wa.gov.au</p> <p>Central Referral Service, PO Box 3462, Midland, WA, 6056</p>	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Stable heart failure NYHA II – III</li> <li>• 6 weeks post uncomplicated surgical/ MI</li> <li>• Clinically stable on medication, motivated and willing to participate in an 8-week program</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Group Exercise sessions</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

<b>Region/Suburb:</b>	<b>Murdoch</b>	Group exercise sessions Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Southcare Physiotherapy Cardiac Rehabilitation</b>	
<b>Address:</b>	Murdoch Medical Clinic, 100 Murdoch Drive, Murdoch, WA, 6150	
<b>Contact Person:</b>	Carolyn Reduch Rhiannon Thomson	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Southcare Physiotherapy	<b>Phone:</b> (08) 9332 2132 <b>Fax:</b> (08) 9332 2907
<b>Email:</b>	southcare@lifecare.com.au	
<b>Suitable Patients:</b>	All clients	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Group exercise</li> <li>• Referral to other allied health services</li> </ul> <p>At Southcare we provide supervised exercise classes where you have your heart rate and oxygen monitored. The classes focus on improving fitness, wellbeing and increasing exercise tolerance. We provide a safe environment to begin exercise for people with heart and lung disease.</p>	
<b>Follow up time frame:</b>	1-2 weeks post referral	



<b>Region/Suburb:</b>	<b>Murdoch</b>	Group exercise sessions Group education Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Fiona Stanley Hospital Cardiac Rehabilitation</b>	
<b>Address:</b>	11 Robin Warren Drive, Murdoch, WA, 6150	
<b>Contact Person:</b>	Narelle Wilson	<b>Job Title:</b> Clinical Nurse Specialist
<b>Institution:</b>	Fiona Stanley Hospital	<b>Phone:</b> (08) 6152 4002 <b>Fax:</b> (08) 6152 4893
<b>Email:</b>	FSH.Cardiovascular.Rehabilitation@health.wa.gov.au	
<b>Suitable Patients:</b>	<p>Patients with cardiovascular disease who reside within Fiona Stanley catchment area including acute coronary syndrome, coronary heart disease, arrhythmias, heart failure, ICD or PPM, peripheral vascular disease and post cardiothoracic surgery – bypass graft and valve surgery.</p> <p>Patients under the care of the advanced heart failure cardiac transplant service.</p>	
<b>Content:</b>	<p>Content:</p> <ul style="list-style-type: none"> <li>• Inpatient and outpatient services</li> <li>• Face to face consultations</li> <li>• Telephone consultations (within catchment and rural)</li> <li>• Multidisciplinary group education sessions</li> <li>• Individual exercise advice</li> <li>• Group exercise program</li> <li>• Clinical Psychology</li> <li>• Referrals to other Allied Health services</li> </ul> <p>Provides a multidisciplinary quaternary service for advanced heart failure and cardiac transplant patients and tertiary and secondary services for moderate to high complexity cardiovascular patients</p> <p>Inpatient and outpatient services</p>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

<b>Region/Suburb:</b>	<b>Murdoch</b>	Group exercise sessions Telephone follow-up Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Fiona Stanley Hospital Advanced Heart Failure and Cardiac Transplant Service</b>	
<b>Address:</b>	11 Robin Warren Drive, Murdoch, WA, 6150	
<b>Contact Person:</b>	Niki Parle	<b>Job Title:</b> Nurse Practitioner
<b>Institution:</b>	Fiona Stanley Hospital	<b>Phone:</b> (08) 61525783 0404 894 095 <b>Fax:</b> (08) 61524888
<b>Email:</b>	niki.parle@health.wa.gov.au	
<b>Suitable Patients:</b>	Heart Failure from any cause	
<b>Content:</b>	Content: <ul style="list-style-type: none"> <li>• Inpatient and outpatient services</li> <li>• One on one education</li> <li>• Telephone follow-up</li> <li>• Individual exercise advice</li> <li>• Group exercise sessions</li> <li>• Referrals to allied health</li> <li>• Consult with cardiologist</li> <li>• Consult with Nurse Practitioner</li> <li>• Multidisciplinary team support</li> <li>• Review for mechanical support and cardiac transplant</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

<b>Region/Suburb:</b>	<b>Nedlands</b>	Telephone follow-up Group exercise sessions Group education Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Sir Charles Gairdner Hospital Cardiac Rehabilitation Service</b>	
<b>Address:</b>	Hospital Avenue, Nedlands, WA, 6009	
<b>Contact Person:</b>	Julie Prout	<b>Job Title:</b> Clinical Nurse Specialist
<b>Institution:</b>	Sir Charles Gairdner Hospital	<b>Phone:</b> (08) 9346 4302 <b>Fax:</b> (08) 9346 2483
<b>Email:</b>	scghcardio-rehab@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Coronary heart disease</li> <li>• PTCA</li> <li>• CABG</li> <li>• Primary Prevention</li> <li>• GP or Specialist referrals</li> <li>• All Clients</li> </ul>	
<b>Content:</b>	<p>Content:</p> <ul style="list-style-type: none"> <li>• Group education sessions</li> <li>• Telephone follow-up</li> <li>• Individual exercise advice</li> <li>• Group exercise sessions</li> <li>• Referrals to allied health</li> <li>• Face to face consultation</li> </ul> <p>Multidisciplinary education sessions run for 2 hours on Thursdays every fortnight covering 4 topics. Access to physio supervised gym sessions twice a week.</p>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

<b>Region/Suburb:</b>	<b>Nedlands</b>	Telephone follow-up Group exercise sessions Group education Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Sir Charles Gairdner Hospital Heart Failure Service</b>	
<b>Address:</b>	Hospital Avenue, Nedlands, WA, 6009	
<b>Contact Person:</b>	Joanna Clark	<b>Job Title:</b> Clinical Nurse Specialist
<b>Institution:</b>	Sir Charles Gairdner Hospital	<b>Phone:</b> (08) 9346 4822 <b>Fax:</b> (08) 9346 2483
<b>Email:</b>	scghcardiovascularheartfailure@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Clinical Heart Failure with EF&lt;40%</li> <li>• Clinical Heart Failure with moderate/severe diastolic dysfunction</li> <li>• Takotsubo (stress induced) Cardiomyopathy</li> <li>• All ICD/CRT patients</li> </ul>	
<b>Content:</b>	<p>Content:</p> <ul style="list-style-type: none"> <li>• Group education sessions</li> <li>• Telephone follow-up</li> <li>• Individual exercise advice</li> <li>• Group exercise sessions</li> <li>• Referrals to allied health</li> <li>• Inpatient and outpatient services</li> <li>• ICD individual education and support group</li> </ul> <p>The Heart Failure service is one of Australia's major regional centres for the advanced management of acute and chronic disease, including acute coronary syndrome, rhythm disturbances, valvular heart disease and heart Failure.</p>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

<b>Region/Suburb:</b>	<b>North Metropolitan Health Service</b>	Group exercise sessions
<b>Name of Program/ Health Service:</b>	<b>Community Physiotherapy Services</b> Phase 2: Beechboro, Heathridge, Leederville Phase 3: Beechboro, Hamersley, Heathridge, Midvale, Morley, Wembley	
<b>Address:</b>	151 Wellington Street, WASON Building, Perth, WA, 6000	
<b>Contact Person:</b>	Holly Landers	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	NMHS CPS	<b>Phone:</b> (08) 9224 1783 <b>Fax:</b> (08) 9224 1765
<b>Email:</b>	cps@health.wa.gov.au	
<b>Suitable Patients:</b>	Eligibility for Phase 2 program: <ul style="list-style-type: none"> <li>• &gt;4/52 post uncomplicated MI/cardiac surgery or &gt;2/52 post PCI</li> <li>• Stable heart failure (NYHA class II-III i.e. fatigue &amp; dyspnoea on activity, nil symptoms at rest)</li> <li>• Diagnosis of cardiovascular or peripheral vascular disease and requiring structured exercise program</li> <li>• Clinically stable on medication, motivated and willing to participate in an 8-week program</li> </ul> Eligibility for Phase 3 program: <ul style="list-style-type: none"> <li>• Successfully Completed Phase 2 Cardiac Rehabilitation</li> <li>• 6MWD&lt;500m or 20MWD&lt; 1400m</li> <li>• Diagnosis of stable Heart Failure (NHYA Class II or III) <b>OR</b></li> <li>• Diagnosis of IHD with significant de-conditioning <b>AND</b></li> <li>• &gt;1 hospital admission for heart disease in the previous 12 months</li> </ul>	
<b>Content:</b>	Phase 2 <ul style="list-style-type: none"> <li>• Group exercise sessions x 2 / week for 8 weeks</li> </ul> Phase 3 <ul style="list-style-type: none"> <li>• Weekly group exercise sessions</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

<b>Region/Suburb:</b>	<b>Perth</b>	Individual exercise advice Referral to allied health
<b>Name of Program/ Health Service:</b>	<b>Mount Physiotherapy Cardiac Rehabilitation</b>	
<b>Address:</b>	145 Stirling Highway, Nedlands, WA, 6009	
<b>Contact Person:</b>		<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Mount Hospital	<b>Phone:</b> (08) 9200 3922
<b>Email:</b>	physio@mountphysio.com	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Coronary heart disease</li> <li>• Heart failure</li> <li>• PTCA</li> <li>• CABG</li> <li>• Primary prevention</li> <li>• GP or specialist referral</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• One to one consultation and assessment at 6 weeks post cardiac surgery</li> <li>• Referral to allied health services.</li> </ul> <p>Cost incurred (some rebate from health fund may apply).</p>	
<b>Follow up time frame:</b>	1-2 weeks post referral	



<b>Region/Suburb:</b>	<b>Perth</b>	Telephone follow-up Referral to allied health
<b>Name of Program/ Health Service:</b>	<b>Royal Perth Hospital Aboriginal and Torres Strait Islander Cardiac Rehabilitation Service</b>  	
<b>Address:</b>	Wellington Street, Perth, WA, 6000	
<b>Contact Person:</b>	Linda Cresdee	<b>Job Title:</b> Aboriginal Health Liaison Officer
<b>Institution:</b>	Royal Perth Hospital	<b>Phone:</b> (08) 9224 2086 0404 894 099 <b>Fax:</b> (08) 9224 1319
<b>Email:</b>	linda.cresdee@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• ATSI patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Provides education, emotional, social and cultural support to Aboriginal and Torres Strait Islander patients admitted to hospital and their families</li> <li>• Assists communication between hospital staff and patient/family/carers</li> <li>• Provides information about the hospital and other health services</li> <li>• Assists with discharge, follow up call services and appointment reminders</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post discharge	

<b>Region/Suburb:</b>	<b>Perth</b>	Telephone follow-up Group exercise sessions Group education Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Royal Perth Hospital Cardiac Rehabilitation</b>	
<b>Address:</b>	A Block Level 4, Cardiology Wellington Street, Perth, WA, 6000	
<b>Contact Person:</b>	Agnes McGinty	<b>Job Title:</b> Clinical Nurse Specialist
<b>Institution:</b>	Royal Perth Hospital	<b>Phone:</b> (08) 9224 1308 <b>Fax:</b> (08) 9224 1319
<b>Email:</b>	rph.cardiac.rehabilitation@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• ACS</li> <li>• Primary Prevention</li> <li>• Coronary heart disease, CABG/Valve Surgery</li> <li>• Heart failure</li> <li>• GP or specialist referrals</li> <li>• Arrhythmia / ICD / PPM</li> <li>• All clients must live within Royal Perth Hospital / rural catchment area</li> </ul>	
<b>Content:</b>	<p>Content:</p> <ul style="list-style-type: none"> <li>• Group education sessions (bookings essential)</li> <li>• Telephone follow-up</li> <li>• Face to face consultation in Nurse led clinics / ward consults</li> <li>• Individual exercise advice</li> <li>• Group exercise sessions</li> <li>• Referrals to allied health services</li> <li>• ICD support group</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

<b>Region/Suburb:</b>	<b>Perth</b>	GP support Telephone follow up Face to face consultation
<b>Name of Program/ Health Service:</b>	<b>Royal Perth Hospital Lipid Disorders Clinic</b>	
<b>Address:</b>	Cardiology Department, 4 <sup>th</sup> floor South Block, Wellington Street, Perth, WA, 6000	
<b>Contact Person:</b>	All referrals via Central Referral Service <b>Fax:</b> 1300 365 065	<b>Job Title:</b> Clinical Nurse Specialist
<b>Institution:</b>	Royal Perth Hospital	<b>Phone:</b> (08) 9224 8092 <b>Fax:</b> (08) 9224 8093
<b>Email:</b>	lipidclinic@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Primary prevention</li> <li>• Secondary prevention</li> <li>• Elevated lipid profile</li> <li>• Statin intolerance</li> </ul>	
<b>Content:</b>	<p>Content:</p> <ul style="list-style-type: none"> <li>• Specialist lipid disorder service</li> <li>• Advice &amp; support for primary care and specialist physicians</li> <li>• Familial hyperlipidaemia screening</li> <li>• Cascade screening of families</li> <li>• National familial hyperlipidaemia registry</li> <li>• Genetic testing</li> <li>• Potential for involvement in research studies</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

Region/Suburb:	Rockingham		Referrals to allied health Group education Individual exercise advice Group exercise sessions
Name of Program/ Health Service:	Rockingham General Hospital – Cardiac Rehabilitation Service		
Address:	Elanora Drive, Cooloongup WA, 6168		
Contact Person:	Cardiac Rehabilitation Physiotherapists		
Institution:	Rockingham General Hospital	Phone: (08) 9599 4877 Fax: (08) 9599 4700	
Email:	RGH.CR@health.wa.gov.au		
Suitable Patients:	Phase II Cardiac Rehabilitation Eligibility Criteria: <ul style="list-style-type: none"><li>Cardiovascular diagnosis and/or exacerbation of risk factors (including coronary vascular disease, valvular disease, heart failure, arrhythmias and peripheral vascular disease)</li><li>Cardiac/vascular event or surgery in recent weeks (moderate risk for exercise)</li><li>Motivated and willing to participate in 8 week rehabilitation program</li></ul>		
Content:	<ul style="list-style-type: none"><li>Group education sessions</li><li>Face to face consultations</li><li>Referrals to allied health</li><li>Group Exercise Sessions</li></ul> Initial assessment plus monitoring of home program and/or attendance at twice weekly group exercise program for 8 weeks. Referral to dietician as required.		
Follow up time frame:	1-3 weeks post referral		

<b>Region/Suburb:</b>	<b>South Metropolitan Health Service</b>	Individualised program within group exercise sessions
<b>Name of Program/ Health Service:</b>	<b>SMHS Community Physiotherapy Services</b> Head Office: Home Services, Fiona Stanley Hospital	
<b>Address:</b>	102-118 Murdoch Drive, Murdoch WA 6150 Classes run at various venues including: Cannington, Rockingham and Northlake.	
<b>Contact Person:</b>	Tracey Ticehurst Carolyn Adams	<b>Job Title:</b> Senior Physiotherapist
<b>Institution:</b>	SMHS CPS	<b>Phone:</b> (08) 6152 0816 <b>Fax:</b> (08) 6152 4211
<b>Email:</b>	SMHS.CPS@health.wa.gov.au	
<b>Suitable Patients:</b>	Eligibility for Phase 2 program: <ul style="list-style-type: none"> <li>• &gt;4/52 post uncomplicated MI/cardiac surgery or &gt;2/52 post PCI</li> <li>• Stable heart failure (NYHA class II-III i.e. fatigue &amp; dyspnoea on activity, nil symptoms at rest)</li> <li>• Diagnosis of cardiovascular or peripheral vascular disease and requiring structured exercise program</li> <li>• Clinically stable on medication, motivated and willing to participate in an 8-week program</li> </ul> Eligibility for Phase 3 program: <ul style="list-style-type: none"> <li>• Successfully Completed Phase 2 Cardiac Rehabilitation</li> <li>• 6MWD&lt;500m or 20MWD&lt; 1400m</li> <li>• Diagnosis of stable Heart Failure (NHYA Class II or III) <b><u>OR</u></b></li> <li>• Diagnosis of IHD with significant de-conditioning <b><u>AND</u></b></li> <li>• &gt;1 hospital admission for heart disease in the previous 12 months</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Phase 2 – x 2 / week for 8 weeks, Phase 3- x1 / week</li> <li>• Individualized programs are provided within a group setting. 20 Minute Walk goal set based on 6minute walk test and circuit based general strengthening and flexibility exercises</li> <li>• Group education sessions</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

<b>Region/Suburb:</b>	<b>Subiaco</b>	Group and individual exercise sessions
<b>Name of Program/ Health Service:</b>	<b>SportsMed Subiaco, Cardiac Rehabilitation Program</b>	
<b>Address:</b>	St John of God Subiaco Clinic - Level 1 , 175 Cambridge St, Subiaco WA 6008	
<b>Contact Person:</b>	Nikki Strahan	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	SportsMed Subiaco	<b>Phone:</b> (08) 93829600 <b>Fax:</b> (08) 93829613
<b>Email:</b>	nstrahan@iinet.net.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• post cardiac surgery</li> <li>• MI</li> <li>• PTCA /stents</li> <li>• coronary heart disease</li> <li>• cardiac risk factors</li> <li>• heart failure</li> <li>• GP or specialist referral</li> </ul>	
<b>Content:</b>	<p>Content:</p> <ul style="list-style-type: none"> <li>• individual assessment</li> <li>• fully supervised group exercise classes ( &lt; 8 participants)</li> <li>• individual exercise sessions</li> <li>• air-conditioned walking area and full gymnasium</li> <li>• onsite sports physicians and access to St John of God MET</li> <li>• referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	1 week post referral	



## COUNTRY / RURAL SERVICES

City/Town/Region:	<b>Albany</b>	Telephone follow-up Group exercise sessions Group education Referral to allied health Individual exercise advice
Name of Program/ Health Service:	<b>Albany Cardiac Rehabilitation</b>	
Address:	Cnr Wardon Ave and Hardie Rd, ALBANY, WA, 6330	
Contact Person:	Matthew Wells	<b>Job Title:</b> Coordinator
Institution:	Albany Regional Hospital	<b>Phone:</b> (08) 9892 2324 <b>Fax:</b> (08) 9892 8156
Email:	Matthew.Wells@health.wa.gov.au	
Suitable Patients:	<ul style="list-style-type: none"> <li>• coronary heart disease, PTCA and CABG</li> <li>• ICD</li> <li>• Heart failure</li> <li>• GP or specialist referral and referrals from other hospitals</li> </ul>	
Content:	<ul style="list-style-type: none"> <li>• Group education sessions</li> <li>• Telephone follow-up</li> <li>• Face to face consultations</li> <li>• Group exercise sessions</li> <li>• Referrals to allied health</li> </ul>	
Follow up time frame:	2-4 weeks post referral	

<b>City/Town/Region:</b>	<b>Augusta</b>	Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>WA Country Health Service – South West</b>	
<b>Address:</b>	Donovan Street, AUGUSTA, WA, 6290	
<b>Contact Person:</b>	Robert Lane	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Augusta Hospital	<b>Phone:</b> (08) 9758 3222 <b>Fax:</b> (08) 9758 3270
<b>Email:</b>	robert.lane@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Inpatient and outpatient services</li> <li>• Individual exercise advice</li> <li>• Referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	2 weeks post referral	

<b>City/Town/Region:</b>	<b>Broome</b>	Referral to allied health Individual exercise advice Group education (if numbers permit) Group exercise sessions (if numbers permit)
<b>Name of Program/ Health Service:</b>	<b>Allied Health Services</b>	
<b>Address:</b>	Robinson Street, BROOME, WA, 6725	
<b>Contact Person:</b>	Chris Hart	<b>Job Title:</b> Senior Physiotherapist
<b>Institution:</b>	Broome Hospital	<b>Phone:</b> (08) 9194 2258 <b>Fax:</b> (08) 9194 2257
<b>Email:</b>	broome.alliedhealth@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• One on one outpatient cardiac rehabilitation</li> <li>• Liaison with Aboriginal Medical Services</li> <li>• Group exercise class for suitable patients if numbers permit</li> <li>• Referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	1-8 weeks post referral	
<b>Surrounding regions serviced:</b>	Bidyadanga One Arm point Lombadina and Djarindjin Beagle Bay Community	

<b>City/Town/Region:</b>	<b>Bunbury</b>	Group exercise sessions Face to face consultation Group education sessions Referrals to allied health
<b>Name of Program/ Health Service:</b>	<b>Bunbury Primary Health and Community Rehabilitation</b>	
<b>Address:</b>	Southwest Health Campus, Bussell Hwy (Cnr Robertson Drive), BUNBURY, WA, 6230	
<b>Contact Person:</b>	Jodi Larke	<b>Job Title:</b> Senior Community Physiotherapist
<b>Institution:</b>	Bunbury Regional Hospital	<b>Phone:</b> (08) 9722 1408 <b>Fax:</b> (08) 9722 1016
<b>Email:</b>	WACHS-SWPHCampusAdmin@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Group exercise sessions</li> <li>• Face to face consultation</li> <li>• Group education sessions</li> <li>• Referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	1-3 weeks post referral	

<b>City/Town/Region:</b>	<b>Bunbury</b>	Group exercise sessions Face to face consultation Group education sessions Referrals to allied health
<b>Name of Program/ Health Service:</b>	<b>St John of God Hospital Cardiac Rehabilitation</b>	
<b>Address:</b>	Southwest Health Campus, Bussell Highway (Cnr Robertson Drive), BUNBURY, WA, 6230	
<b>Contact Person:</b>	Katherine Feddema	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	St John of God Hospital	<b>Phone:</b> (08) 9722 1649 <b>Fax:</b> (08) 9791 1865
<b>Email:</b>	katherine.feddema@sjog.org.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Group exercise sessions</li> <li>• Individual assessment</li> <li>• Group education sessions</li> <li>• Referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	3 weeks post referral	

<b>City/Town/Region:</b>	<b>Busselton</b>	Referrals to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>WA Country Health Service - South West</b>	
<b>Address:</b>	Naturaliste Community Health Service, Busselton Health Campus, Mill Road, BUSSELTON, WA, 6280	
<b>Contact Person:</b>	Kerry Brandis	<b>Job Title:</b> Senior Physiotherapist
<b>Institution:</b>	WA Country Health Service - SW	<b>Phone:</b> (08) 9753 6500 <b>Fax:</b> (08) 9753 6564
<b>Email:</b>	WACHS-SWPHBusseltonAdmin@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Generic rehabilitation exercise sessions or referral to community exercise programs if required</li> <li>• Referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	>4 weeks post referral	
<b>Surrounding regions serviced:</b>	Dunsborough Carbanup	



<b>City/Town/Region:</b>	<b>Carnarvon</b>	Referrals to allied health Individual exercise advice Group exercise (if numbers permit)
<b>Name of Program/ Health Service:</b>	<b>Carnarvon Regional Hospital</b>	
<b>Address:</b>	Cnr Johnston Street and Cleaver Street, CARNARVON, WA, 6701	
<b>Contact Person:</b>	Christopher Gray	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Carnarvon Regional Hospital	<b>Phone:</b> (08) 9941 0500 <b>Fax:</b> (08) 9941 0510
<b>Email:</b>	christopher.gray@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Limited resources</li> <li>• Group exercise sessions if numbers permit</li> <li>• Referrals to Dietician, Aboriginal Health Worker, Healthy Lifestyle officer, Diabetes Educator</li> </ul>	
<b>Surrounding regions serviced:</b>	Useless Loop Denham Coral Bay Burringarra	

<b>City/Town/Region:</b>	<b>Collie</b>	Referrals to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>WA Country Health Service - South West</b>	
<b>Address:</b>	Deakin Street, COLLIE, WA, 6225	
<b>Contact Person:</b>	Daniel Mahony	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Collie Hospital	<b>Phone:</b> (08) 9735 1450 <b>Fax:</b> (08) 9735 1420
<b>Email:</b>	wachs_fwphwellingtonadmin@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	6-8 weeks post referral	
<b>Surrounding regions serviced:</b>	Donnybrook Balingup Shire	

<b>City/Town/Region:</b>	<b>Cowaramup</b>	Referrals to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Cowaramup Physiotherapy</b>	
<b>Address:</b>	33 Bussell Highway, COWARAMUP, WA, 6824	
<b>Contact Person:</b>	Robert Lane	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Cowaramup Medical Centre	<b>Phone:</b> (08) 9755 9777 <b>Fax:</b> (08) 9755 9666
<b>Email:</b>	robert.lane@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	2 weeks post referral	

<b>City/Town/Region:</b>	<b>Derby</b>	Referrals to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Derby Health Services, KPHU - Derby</b>	
<b>Address:</b>	Clarendon Street, DERBY, WA, 6728	
<b>Contact Person:</b>	Jessica Roberston	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	KPHU - Derby	<b>Phone:</b> (08) 9193 3267 <b>Fax:</b> (08) 9193 3376
<b>Email:</b>	jessica.robertson2@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Referrals to allied health</li> <li>• Limited resources. Please fax referral</li> </ul>	
<b>Surrounding regions serviced:</b>	Fitzroy Crossing Fitzroy Valley Communities Mawanjum Looma Jarlmadangah Pandanus Park Gibb River Road Communities (Imintji, Kupungarri, Dodnun, Ngallagunda, Kandawal)	

<b>City/Town/Region:</b>	<b>Esperance</b>	Telephone follow-up Group exercise sessions Group education Face to face consultation Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Take Heart Cardiac Rehabilitation</b>	
<b>Address:</b>	Esperance Business Centre Arcade, Suite A, 71-75 Dempster St, ESPERANCE, WA, 6450	
<b>Contact Person:</b>	Sue Mitchell	<b>Job Title:</b> RN Take Heart Project Officer & Heartmoves Coordinator
<b>Institution:</b>	360 Health + Community	<b>Phone:</b> (08) 9072 1795 0419 919 489 <b>Fax:</b> (08) 9071 6472
<b>Email:</b>	SMitchell@360.org.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Coronary heart disease, PTCA and CABG</li> <li>• Heart failure</li> <li>• Primary prevention</li> <li>• GP or Specialist referral</li> <li>• ICD</li> <li>• Heartmoves for anyone with a stable medical condition</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Group education sessions</li> <li>• Telephone follow-up</li> <li>• Face to face consultation</li> <li>• Group exercise sessions</li> <li>• Referral to allied health</li> <li>• Length of program: 12 weeks</li> </ul>	
<b>Follow up time frame:</b>	1-2 weeks post referral	

City/Town/Region:	Geraldton		Telephone follow-up Group exercise sessions Group education Face to face consultation Referral to allied health Individual exercise advice
Name of Program/ Health Service:	Geraldton Hospital and Geraldton Aboriginal Health Service Cardiac Rehabilitation		
Address:	PO Box 22, GERALDTON, WA, 6531		
Contact Person:	Megan Brand	Job Title: Physiotherapist	
Institution:	Geraldton Hospital	Phone: (08) 9956 2221 Fax: (08) 9956 2266	
Email:	PhysiotherapyReception.WACHS-Midwest@health.wa.gov.au		
Suitable Patients:	<ul style="list-style-type: none"><li>• Coronary heart disease, PTCA and CABG</li><li>• Heart failure</li><li>• Primary prevention</li><li>• GP or Specialist referral</li><li>• ICD</li><li>• All clients</li></ul>		
Content:	<ul style="list-style-type: none"><li>• Group education sessions</li><li>• Face to face consultation</li><li>• Group exercise sessions</li><li>• Referral to allied health</li><li>• Individual exercise advice</li></ul> <p>Individual assessment with the options of participation in group exercise / education program or individual home exercise program if required. Program delivered at Geraldton Regional Hospital and Geraldton Aboriginal Medical Service.</p>		
Follow up time frame:	1-2 weeks post referral		
Surrounding regions serviced:	Northampton Kalbarri Mullewa Dongara	Meekatharra Mt Magnet Three Springs Morawa	Carnamah Perenjori Yalgoo

<b>City/Town/Region:</b>	<b>Harvey</b>	Group exercise sessions Face to face consultation Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>WA Country Health Service – South West</b>	
<b>Address:</b>	45 Hayward Street, HARVEY, WA, 6220	
<b>Contact Person:</b>	Charlotte Steed	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Harvey Hospital	<b>Phone:</b> (08) 9782 2222 <b>Fax:</b> (08) 9782 2290
<b>Email:</b>	charlotte.steed@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Face to face consultation</li> <li>• Group exercise sessions</li> <li>• Referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	6-8 weeks post referral	



<b>City/Town/Region:</b>	<b>Kalgoorlie</b>	Group exercise sessions Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Kalgoorlie Hospital Cardiac Rehabilitation</b>	
<b>Address:</b>	Ware St, KALGOORLIE, WA, 6430	
<b>Contact Person:</b>	Yungundhar (Yogi) Koduru	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Kalgoorlie Hospital	<b>Phone:</b> (08) 9080 5888 <b>Fax:</b> (08) 9080 5808
<b>Email:</b>	yugundhar.koduru@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Coronary heart disease, PTCA and CABG</li> <li>• Heart failure</li> <li>• Primary prevention</li> <li>• GP or Specialist referral</li> <li>• ICD</li> <li>• All clients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Telephone follow-up?</li> <li>• Face to face consultation?</li> <li>• Group exercise sessions</li> <li>• Referral to allied health</li> </ul>	
<b>Follow up time frame:</b>	2 weeks post referral	
<b>Surrounding regions serviced:</b>	Goldfields Region - Norseman, Coolgardie and Kambalda	

<b>City/Town/Region:</b>	<b>Karatha</b>	Group exercise sessions Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Pilbara Population Health - Karratha</b>	
<b>Address:</b>	PO Box 519, KARRATHA, WA, 6714	
<b>Contact Person:</b>	Rachel Osei	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Pilbara Population Health - Karratha	<b>Phone:</b> (08) 9143 2377 <b>Fax:</b> (08) 9143 2837
<b>Email:</b>	WACHSPB_AlliedHealth2@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• All clients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Group exercise sessions</li> <li>• Individual exercise advice</li> <li>• Referral to allied health</li> </ul>	
<b>Follow up time frame:</b>	2-4 weeks post referral	
<b>Surrounding regions serviced:</b>	Roebourne Wickham Onslow Pt Samson Dampier	

<b>City/Town/Region:</b>	<b>Katanning</b>	Group exercise sessions Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Great Southern Population Health</b>	
<b>Address:</b>	Francis St, KATANNING, WA, 6317	
<b>Contact Person:</b>	Judith Anderson	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Katanning Primary Health	<b>Phone:</b> (08) 9821 6243 <b>Fax:</b> (08) 9821 6328
<b>Email:</b>	judith.anderson@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• All clients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Group exercise sessions</li> <li>• Individual exercise advice</li> <li>• Referral to allied health</li> </ul>	
<b>Follow up time frame:</b>	3 weeks post referral	
<b>Surrounding regions serviced:</b>	Broomehill Gnowangerup Kojonup Nyabing Pingarup Tambellup Woodanilling	

<b>City/Town/Region:</b>	<b>Kununurra</b>	Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Kununurra Allied Health Service</b>	
<b>Address:</b>	Coolibah Dr, KUNUNURRA, WA, 6743	
<b>Contact Person:</b>	Shannon Murphy Hannah Camp	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Kimberly Population Health Unit	<b>Phone:</b> (08) 9166 4330 <b>Fax:</b> (08) 9166 4383
<b>Email:</b>	shannon.murphy@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• All clients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Referral to allied health</li> </ul>	
<b>Follow up time frame:</b>	4 weeks or more post referral depending on location and waitlists	
<b>Surrounding regions serviced:</b>	<ul style="list-style-type: none"> <li>• Wyndham</li> <li>• Warmun</li> <li>• Kalumburu</li> <li>• Halls Creek</li> <li>• Ringer Soak</li> <li>• Tjurabalen region (Balgo, Bililuna, Mulan)</li> </ul>	

<b>City/Town/Region:</b>	<b>Manjimup</b>	Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>WA Country Health Service – South West</b>	
<b>Address:</b>	Hospital Ave, MANJIMUP, WA, 6258	
<b>Contact Person:</b>	Anne-Marie Dunnet	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Warren Hospital	<b>Phone:</b> (08) 9777 0408 <b>Fax:</b> (08) 9777 0498
<b>Email:</b>	Anne-Marie.Dunnet@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• All clients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Referral to allied health</li> </ul>	
<b>Follow up time frame:</b>	1-4 weeks post referral	
<b>Surrounding regions serviced:</b>	Boyup Brook Bridgetown Nannup Northcliffe Pemberton	

<b>Country / Rural Region:</b>	<b>Margaret River</b>	Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>WA Country Health Services – South West</b>	
<b>Address:</b>	Farrelly Street, MARGARET RIVER, WA, 6285	
<b>Contact Person:</b>	Sean Brandis	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Margaret River Hospital	<b>Phone:</b> (08) 9757 0400 <b>Fax:</b> (08) 9757 0480
<b>Email:</b>	WACHS-SWPHBusseltonAdmin@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• All clients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> <li>• Referral to allied health</li> </ul>	
<b>Follow up time frame:</b>	>4 weeks post referral	

<b>Country / Rural Region:</b>	<b>Merredin</b>	Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Right Move Physiotherapy</b>	
<b>Address:</b>	Cnr Great Eastern Hwy and South Ave, MERREDIN, WA, 6415	
<b>Contact Person:</b>	Stacey Beard	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Merredin Medical Centre	<b>Phone:</b> (08) 9041 1500 <b>Fax:</b> (08) 90414 888
<b>Email:</b>	rightmove@westnet.com.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Private cardiac patients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise advice</li> </ul>	
<b>Follow up time frame:</b>	3 weeks post referral (may vary)	
<b>Surrounding regions serviced:</b>	Bruce Rock Kellerberrin Southern Cross	

<b>City/Town/Region:</b>	<b>Northam</b>	Individual exercise advice Group exercise sessions Group education sessions Referral to allied health
<b>Name of Program/ Health Service:</b>	<b>Northam Regional Hospital</b>	
<b>Address:</b>	Robinson Street, NORTHAM, WA, 6401	
<b>Contact Person:</b>	Brad Ellem	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Northam Regional Hospital	<b>Phone:</b> (08) 9690 1683 <b>Fax:</b> (08) 9690 1694
<b>Email:</b>	brad.ellem@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>Any cardiac condition referred and deemed appropriate. Commonly AMI, CHF and post-surgery. Respiratory patients are also included in the group.</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>8 week group program comprising of education and exercise. 30 mins of education each week conducted by multi-disciplinary team.</li> <li>Home program also encouraged</li> </ul>	
<b>Follow up time frame:</b>	Variable depending on numbers	



<b>City/Town/Region:</b>	<b>Port Hedland</b>	Group exercise sessions Referral to allied health Individual exercise advice
<b>Name of Program/ Health Service:</b>	<b>Port Hedland Hospital Cardiac Rehabilitation Program</b>	
<b>Address:</b>	2-34 Colebatch Way, SOUTH HEDLAND, WA, 6722	
<b>Contact Person:</b>		<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Hedland Health Campus	<b>Phone:</b> (08) 9174 1321 <b>Fax:</b> (08) 9174 1306
<b>Email:</b>	WACHSPB_AlliedHealth@health.wa.gov.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• All clients who are medical stable</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Individual exercise program</li> <li>• Group exercise classes</li> <li>• Face to face consultation</li> <li>• Referrals to allied health</li> </ul>	
<b>Follow up time frame:</b>	2 weeks post referral	
<b>Surrounding regions serviced:</b>	South Hedland	

<b>City/Town/Region:</b>	<b>Tom Price</b>	Individual exercise advice Generic rehabilitation exercise sessions
<b>Name of Program/ Health Service:</b>	<b>Tom Price District Hospital</b>	
<b>Address:</b>	Mine Road, TOM PRICE, WA, 6751	
<b>Contact Person:</b>	Physiotherapy Department	<b>Job Title:</b> Physiotherapist
<b>Institution:</b>	Tom Price District Hospital	<b>Phone:</b> (08) 9159 5222 <b>Fax:</b> (08) 9159 5241
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• Coronary heart disease</li> <li>• Heart failure</li> <li>• CABG</li> <li>• Primary prevention</li> <li>• GP or specialist referrals</li> <li>• All clients</li> </ul>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• Face to face consultation</li> <li>• Individual exercise advice</li> <li>• Generic rehabilitation exercise sessions</li> </ul>	
<b>Follow up time frame:</b>	2 weeks post referral	
<b>Surrounding regions serviced:</b>	Paraburdoo Wakathuni Bellary Springs Yougaleena	

City/Town/Region:	Wheatbelt		Referral to allied health Telephone follow-up	
Name of Program/ Health Service:	Wickepin Health Service Cardiac Rehabilitation			
Address:	28 Johnson St, WICKEPIN, WA, 6370			
Contact Person:	Jacki Chiyabi		Job Title: Cardiac Rehabilitation Nurse	
Institution:	WACHS - Wickepin Health Service		Phone: (08) 9888 2222 Fax: (08) 9888 1075	
Email:	wickepin.health@health.wa.gov.au			
Suitable Patients:	<ul style="list-style-type: none"><li>All cardiac patients in the Wheatbelt region</li></ul>			
Content:	<ul style="list-style-type: none"><li>Telephone consultation / follow-up</li><li>Linking clients with their closest allied health and support services</li></ul>			
Follow up time frame:	1-2 weeks post referral			
Surrounding regions serviced:	Beacon	Dumbleyung	Lake Grace	Quairading
	Bencubbin	Gingin	Lancelin	Southern Cross
	Beverley	Goomaling	Merridin	Toodyay
	Boddington	Hyden	Moora	Wagin
	Bruce Rock	Jurien Bay	Mukinbudin	Wickepin
	Cervantes	Kellerberrin	Narembeen	Williams
	Corrigin	Kondinin	Narrogin	Wongan Hills
	Cunderdin	Kulin	Newdegate	Wyalkatchem
	Dalwallinu	Kununoppin	Northam	York
	Dowerin	Kukerin	Pingelly	

Country / Rural Region:	Wheatbelt and Great Southern		Referral to allied health Telephone/video conference support
Name of Program/ Health Service:	Health Navigator Service		
Address:	Not applicable (telehealth service)		
Contact Person:	Karen Beardsmore - Coordinator Primary Care Integration, WACHS Western Wheatbelt	Phone: 0417 547 594 (enquiries) healthnavigator@health.wa.gov.au	
Referrals:	Silver Chain Customer Centre	Phone: 1300 650 803 (referrals) Fax: (08) 9444 7265 (referrals)	
Suitable Patients:	<ul style="list-style-type: none"><li>• Coronary heart disease</li><li>• Heart failure</li><li>• Long term lung conditions</li><li>• Diabetes</li></ul>		
Content:	<p>Health Navigator is a telehealth (telephone or video conference) service. It's a partnership between WA Country Health Service (WACHS) and Silver Chain. Please fax or phone referrals to Silver Chain. For enquires please contact WACHS.</p> <p>Service includes:</p> <ul style="list-style-type: none"><li>• Support for the client to self-manage their health condition.</li><li>• Assistance to develop a personal care plan.</li><li>• Information about local services and how to access them.</li><li>• Assistance with referrals and appointments, including determining why appointments have been missed and addressing issues.</li><li>• An electronic health record to share client health information with health providers who provide their care (with the client's permission).</li></ul>		
Follow up time frame:	7-10 days post referral		
See next page for towns in the Wheatbelt and Great Southern			

## Wheatbelt and Great Southern Health Navigator Service - Towns

Albany	Dumbarton	Lancelin	Pingrup
Badgingarra	Dumbleyung	Ledge Point	Pithara
Bakers Hill	Duranillin	Lower Chittering	Quairading
Beacon	Fitzgerald	Manmanning	Ravensthorpe
Bejoording	Gilgering	Marradong	Redmond
Bencubbin	Gilgering	Meckering	Seabird
Beverley	Gingin	Merredin	South Kumminin
Bindi Bindi	Ginginup	Miling	Southern Cross
Bindoon	Gnowangerup	Mokine	Tambellup
Boddington	Goomalling	Moodiarrup	Tammin
Bolgart	Grass Valley	Moora	Tenterden
Borden	Guilderton	Morangup	Toodyay
Brookton	Hines Hill	Mount Walker	Toolibin
Broomehill	Hopetoun	Mt Barker	Trayning
Bruce Rock	Hyden	Mt Hardey	Varley
Buntine	Jacup	Muchea	Wagin
Burracoppin	Jerramungup	Muckenburra	Wandering
Cadoux	Julimar	Mukinbudin	Wanerie
Calingiri	Jurien Bay	Muradup	Wannamal
Cervantes	Kalannie	Narembene	Wedge Island
Chittering	Karlgarin	Narrakup	Wellstead
Clackline	Katanning	Narrogin	West Fitzgerald
Coondle	Kellerberrin	Neergabby	Westonia
Corrigin	Kendenup	New Norcia	Wickepin
Cranbrook	Kojonup	Newdegate	Wilberforce
Cuballing	Kondinin	Nilgen	Williams
Cunderdin	Konnogorring	Northam	Wongan Hills
Dalwallinu	Kuender	Nyabing	Woodanilling
Dandaragan	Kukerin	Ongerup	Woodridge
Dangin	Kulin	Pallinup	Wundowie
Darkan	Kununoppin	Piesseville	Wyalkatchem
Denmark	Lake Grace	Pingaring	Yealering
Dowerin	Lake King	Pingelly	York

<b>City/Town/Region:</b>	<b>Australia Wide</b>	Telephone support
<b>Name of Program/ Health Service:</b>	<b>HBF COACH Program</b>	
<b>Contact Person:</b>	Member Health Coach	
<b>Institution:</b>	HBF	<b>COACH Phone:</b> (08) 9265 6500 <b>Phone:</b> 133 423 <b>Fax:</b> (08) 9265 6266
<b>Email:</b>	hbfcoach@hbf.com.au	
<b>Suitable Patients:</b>	<ul style="list-style-type: none"> <li>• A person who has been hospitalised for a cardiac event including angioplasty and cardiac surgery</li> <li>• Willing to participate in a 6 month rehabilitation program comprising one phone call every month which is followed up with letters outlining the discussion and recommendations</li> <li>• +/- comorbidities including diabetes Type 2</li> <li>• Most people with a hospital insurance policy that covers heart procedures will be eligible. Please encourage the member to ring HBF on the above phone numbers to discuss further</li> </ul> <p><i>Note: that it is illegal for a health insurance company to change premiums because of knowledge of a person's condition or participation in a program</i></p>	
<b>Content:</b>	<ul style="list-style-type: none"> <li>• 6 telephone calls over 5 -6 months;</li> <li>• Support and coaching to enhance self-management of their condition;</li> <li>• Encourages the patient to consult with their usual doctors regarding identified treatment gaps in achieving the NHF recommended biomedical risk factors and works with them to achieve lifestyle risk factor targets</li> </ul>	
<b>Follow up time frame:</b>	1 week	

