



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 6478 5364

Outpatient Program

Coordinator: Sonya McQueen and Erin Webb

Email: mch.cardiacrehab@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


 03 6166 7398

Mobile 0421 601 462


CNC: Judy Enright (Mobile: 0439 682 601)

CRN: Amanda Bowes / Beth Crouch / Leeanne Gibbs

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 03 6166 8914

M 0429 462 831

 03 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


 03 6282 0300

Outpatient Program

Coordinator: Judy Enright (CNC)

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

 03 6166 8914

 03 6234 2852

Mobile: 0439 682 601

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.

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.

ROYAL FLYING DOCTOR SERVICE

Prime Mover Programs

Locations: Flinders Island, George Town LGA, Dorset LGA, Break O'Day LGA, Glamorgan Spring Bay LGA, Bruny Island, Tasman Peninsula LGA, Huon Valley LGA

 0447 388 755

Email : referrals@rfdstas.org.au

Prime Mover – Phase III Cardiopulmonary Rehabilitation Community Program

Physical and Rural Health Team Leader: Zoe Page RN

Patients: patients with cardiovascular disease and/or chronic obstructive pulmonary disease

Initial assessment visit: comprehensive assessment, management plan, brief education (1 – 1 ½ hours)

Cardiopulmonary rehabilitation: 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.

Exit Assessment: A review assessment is arranged at the completion of the program to provide feedback and ongoing management which consists of either extended home- based program or additional support through group sessions depending on need.

1:1 home-based program also available for clients unable to access group sessions