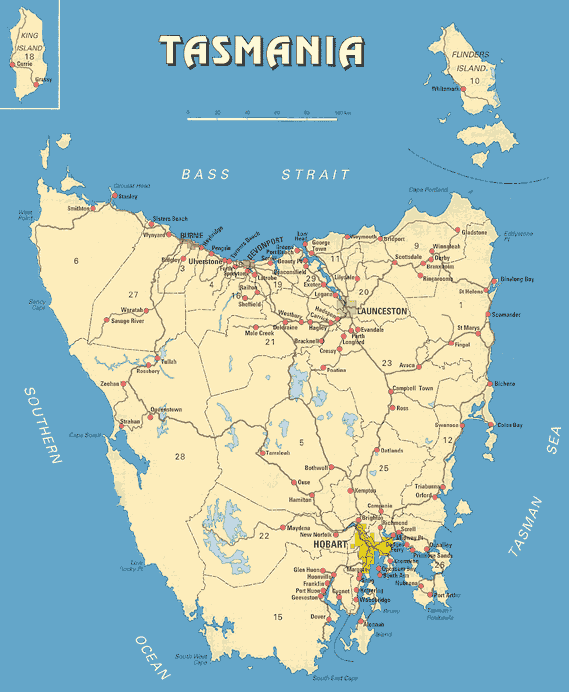


# DIRECTORY OF TASMANIAN

# CARDIAC REHABILITATION

# PROGRAMS



### For further information or updates please contact:

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🕾 03 6166 7398

0421 601 462

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

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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:* Teresa Ainsworth

🕾 0409 503 547

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

*Comment:* 9-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

*Cardihab* - Digital Cardiac Rehabilitation via SmartCR App

**LATROBE**

**North West Regional Hospital Mersey campus**

PO Box 21, Latrobe TAS 7307

🕾 03 6478 5364

🕾 0409 973 216

*Outpatient Program*

*Coordinator:* Sonya McQueen and Erin Webb

*Email:* [mch.cardiacrehab@ths.tas.gov.au](mailto: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, Cardiac Medication, Stress and Relaxation

*Cardihab* - Digital Cardiac Rehabilitation via SmartCR App

**HOBART**

**Royal Hobart Hospital**

48 Liverpool Street Hobart TAS 7000

🕾 03 6166 8572

🖷 03 6234 2852

*Outpatient Program*

*Coordinator:* Judy Enright

*Email:* [judith.enright@ths.tas.gov.au](mailto:judith.enright@ths.tas.gov.au)

🕾 03 6166 8914

Mobile: 0439 682 601

*CRN*: Beth Crouch / Amanda Bowes / Missy Thomas / Amy Lowe

🕾 03 6166 8914

🕾 0429 462 831

🕾 0457 170 773

🖷 03 6234 2852

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

*Cardihab program* – Digital Cardiac Rehabilitation via SmartCR App - 6 week supported program; weekly telephone assessments

*Patients:* patients with a cardiac diagnosis unable to attend or complete a centre-based program

**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](mailto:rhh.cardiacrehab@ths.tas.gov.au)

🕾 03 6166 8914

🕾 0439 682 601

🖷 03 6234 2852

*Comment:* 6 weeks rolling program, delivered by cardiac rehabilitation nurses, 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, Wednesday 1.00-3.00pm

*Patients:*  ACS, PCI (including elective), post cardiac surgery, stable heart failure (NHYA I and II), and their carers. Numbers are currently limited due to COVID restrictions.

**LAUNCESTON**

**Northern Integrated Care Service**

41 Frankland Street, LAUNCESTON TAS 7250

🕾 1300 977 518 or 03 6777 4145

🖷 03 6777 5247

Email: [nics.admin@ths.tas.gov.au](mailto:nics.admin@ths.tas.gov.au)

*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.

*Cardihab* - Digital Cardiac Rehabilitation via SmartCR App

**COACH Program© – Diabetes Tasmania**

Telephone coaching for your heart health

Level 7, 152 Macquarie St, Hobart.

🕾 03 6215 9000 (Hobart)

🖷 03 6215 9099

*Email*: [mail@diabetestas.org.au](mailto:mail@diabetestas.org.au)

Free telephone coaching program for people with or at high risk of chronic disease and for those who have heart disease.

It is a structured telephone health coaching program targeting improvement in the known risk factors for cardiovascular disease and is delivered by trained health professionals.

Monthly telephone calls over a 6-month period supporting long term maintenance change including healthy eating, physical activity, smoking and medication adherence.

After-hours appointments are available.

*Patients*: at risk of heart disease, have heart disease – heart attack, stent, surgery

🕾 03 6215 9000 (Hobart)

🕾 03 6333 0233 (Launceston)

**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

🕾 0455 440 551

*Email* : [referrals@rfdstas.org.au](mailto:referrals@rfdstas.org.au)

*Prime Mover – Phase III Cardiopulmonary Rehabilitation Community Program*

Physical and Rural Health Team Leader*:* Joyce Tan AEP

*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

*Cardihab* - Digital Cardiac Rehabilitation via SmartCR App

**CARDIHAB – Smart CR**

Digital remote Cardiac Rehabilitation

*Email*: [info@cardihab.com](mailto:info@cardihab.com)

*Website*: [www.cardihab.com](http://www.cardihab.com)

Supported by the THS and RFDS, Cardihab is available state-wide.

Digital Cardiac Rehab is delivered over 6 – 10 weeks via a smartphone or tablet device using SmartCR or RFDS Prime Mover apps enabling patients to connect with their clinician.

Enabling clinicians to review patient reported activity between consults. Cardihab is an individualised program with Initial and Final assessments and weekly clinician telephone consults.

Educational support  
Education addresses all aspects of cardiovascular health such as risk factors and symptom management to assist with patient recovery. With on demand videos and links to online evidence-based documents for further reading relevant to the individual patient.

Care plan activities  
Patients receive daily prompts and can record and track activity (steps, exercise, walking), medications, blood pressure and others.

Guided relaxation audio for stress management.

Patients can continue to use the app for 12 months to self-manage healthy heart lifestyle.

*Contact*: Cardiac rehabilitation staff at THS hospital closest to patient’s home or Royal Flying Doctor Service (0455 440 551)