

# Welcome to

## Cardiac & Pulmonary Rehab

Congratulations, you have taken a very important first step toward improving your cardiac and pulmonary health. We are here to assist you to control and/or alleviate the disabling symptoms you may experience and to achieve your optimal ability in performing activities of daily living.

### Keep reading to learn more about programs we offer:

- Cardiac Rehab Phase 2
- Pulmonary Rehab Phase 2
- Maintenance Program Phase 3

Cardiac & Pulmonary Rehab is located in CRHC's Rehabilitation & Sports Medicine Center, East of the hospital



## CONTACT US



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Registered Respiratory Therapist




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Lead Wellness Specialist



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Wellness Specialist

 **(712) 542-8299**  
Cardiac Rehab RN Phone

 **(712) 542-8224**  
Rehab & Sports Med Center

 **8:00 am - 4:30 pm**  
Monday - Thursday




 **ClarindaHealth.com**

*Advancing Exceptional Care*



## Cardiac & Pulmonary Rehab



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# Program Overview

- You will have an individualized rehab program set up to meet specific needs and goals. Our program is supervised by Registered Nurses who are trained in rehabilitation and emergencies.
- Cardiac/ Pulmonary Rehabilitation is a prescribed therapy, which means it is not open to the public. A referral and a physician order is necessary to start the program.
- Program length can last up to 36 sessions or 8-12 weeks, based on your needs.
- Exercise sessions are usually 2-3 times per week Monday - Thursday. Each session lasts 60 minutes. Regular attendance is required to benefit from this program. Please call if you need to cancel.
- Along with exercise you will also be attending education sessions that will be outlined and determined by the rehab staff. Showing active participation in education efforts can help you reach your goal.

## Why would I want or need these Services?

*After a cardiac or pulmonary medical event, patients need to improve heart or lung function, build healthy habits, reduce stress and develop a plan for their future health.*

## Cardiac Rehab Phase 2

This Outpatient service is prescribed by a medical provider after a heart event. The program combines exercise and education along with access to other services such as:

- *Dietary Services*
- *Nurses to aid you during your journey*
- *Personalized exercise program*
- *Cardiac monitoring during sessions*

## Pulmonary Rehab Phase 2

This program is designed for patients dealing with some form of chronic lung disease. Pulmonary Rehab is a prescribed therapy that is monitored by our cardio-pulmonary rehab team. Some of the services include:

- *Education on your lung disease*
- *Tips to manage daily breathing*
- *Education on medication*
- *Dietary Services*

## Maintenance Program Phase 3

This is a supervised exercise program that meets two times a week and is available Monday - Thursday. Most generally this group consists of graduates from the Cardiac and Pulmonary Phase 2 programs. Some of the services include:

- *Continue your learned exercises*
- *Maintain your health and continue improvement*

## Qualifications

### Cardiac Rehab Phase 2

- *Post MI (heart attack)*
- *Stent placement*
- *Angioplasty*
- *Chronic chest pain (Angina)*
- *CABG (Coronary Artery Bypass Surgery)*
- *Heart failure*
- *Peripheral Artery Disease*
- *Heart Valve surgery*

## Qualifications

### Pulmonary Rehab Phase 2

- *COPD (Emphysema or Chronic Bronchitis)*
- *Bronchiectasis*
- *Sarcoidosis*
- *Pulmonary Hypertension*
- *Pulmonary Fibrosis*
- *Interstitial Lung Disease*
- *Lung Cancer*
- *Post COVID-19 Complications*

## Qualifications

### Maintenance Program Phase 3

- *Graduate of Cardiac Rehab Phase 2 -or-*
- *Graduate of Pulmonary Rehab Phase 2*
- *Physician referral and order are required*
- *Cost of attendance is \$6.00 per visit; this is a self-pay program*