

WHAT IS THE PURPOSE OF THESE PROGRAMS?

CARDIAC REHAB:

To help individuals with heart conditions achieve their optimal physical, psychological, and social functioning through exercise training, education, nutritional guidance, and lifestyle modifications to improve cardiac health and reduce risk of future cardiac events. Our goal is to improve quality of life and reduce hospital readmission rates.

PULMONARY REHAB:

To help individuals with lung conditions improve their quality of life and manage symptoms through a combination of supervised exercise, education, support, lifestyle modifications, and nutritional guidance.

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



CONTACT US



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Rehab & Sports Med Center



8:00 am - 4:30 pm

Monday - Thursday



ClarindaHealth.com

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**Cardiac &
Pulmonary Rehab**

 **Clarinda**
Regional Health Center

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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.
- Each session lasts 30-60 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. This program is offered on Mondays, Wednesdays, and Fridays. 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. The program combines exercise and education along with access to other. 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 Tuesdays and Thursdays. 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 for

Cardiac Rehab Phase 2

- *Post MI (heart attack within the last 12 mos)*
- *Stent placement*
- *Coronary Angioplasty (PTCA)*
- *Chronic chest pain (Angina)*
- *CABG (Coronary Artery Bypass Surgery)*
- *Heart failure*
- *Heart Valve surgery, replacement or repair*
- *Heart Transplant*

Qualifications for

Pulmonary Rehab Phase 2

- *COPD (Emphysema or Chronic Bronchitis)*
- *Bronchiectasis*
- *Pulmonary Hypertension*
- *Lung Cancer*
- *Post COVID-19 Complications*
- *Chronic Pulmonary Embolisms*
- *Cystic Fibrosis*
- *Interstitial Lung Diseases:*
 - *Pulmonary Fibrosis*
 - *Sarcoidosis*
 - *Occupational Exposure Causing Scarring*

Qualifications for

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*