

## **Women's CR Mentor**

### **Intervention Components**

1. Script used at the bedside to explain and promote cardiac rehab
2. Video shown on iPad –Cardiosmart (11 mins) or AACVPR from youtube (9-10mins)
3. Documents to supply to patient: CR information website list (Facebook page), motivational letter, program pamphlet
4. Get well soon card mailed from CR mentor (1 week post-discharge)
  - a. Includes reminder about cardiac rehab education day, the phone number for cardiac rehab
  - b. Include date and time for phone call with mentor
5. Phone call 2 weeks after discharge to confirm referral, contact from CR program, and enrollment
  - a. If patient has not enrolled, discussing reasons, and problem solving regarding any barriers
  - b. Repeat phone call if patient not yet enrolled if agreeable to patient