

**PATIENT PRE-DISCHARGE CONTRACT: CARDIAC REHABILITATION**

*Medical guidelines recommend that people who have been hospitalized for a heart problem such as yours should attend cardiac rehabilitation. Attending will help ensure the best possible recovery for you.*

1. I understand that it is important to attend a Cardiac Rehabilitation program. By attending this program, I can:
  - Get answers to questions that I and my family have about my recovery and health
  - Reduce my symptoms
  - Increase my energy and vitality
  - Prevent further heart problems

Yes, I understand the benefits of a Cardiac Rehabilitation program
  
2. My peer navigator has reviewed what cardiac rehabilitation programs offer, and what the benefits are for me:
  - Yes
  - No
3. My peer navigator discussed any concerns I may have about attending cardiac rehabilitation:
  - Yes
4. My peer navigator has informed me on getting referred to a Cardiac Rehabilitation program:
  - Yes     No (why not? \_\_\_\_\_)
5. I know that the cardiac rehab program has an education class every Monday from 9 until 3 at the Toronto Western Hospital, 3<sup>rd</sup> Floor, West Wing, Room 424 where I can learn about how to manage my heart problem. The specialist team will be on hand to give me advice and information to help me make informed choices about my rehabilitation:
  - Yes
6. If I don't live close to the cardiac rehabilitation program here, I know Lucy at the cardiac rehab program will refer me to a program closer to my home in the next week.
7. If I don't hear from the cardiac rehab program to book me in within the next 7 days or if I have any questions, I will not hesitate to call Lucy at (416) 603-5200:
  - Yes

Patient Signature

Date

Peer Navigator Signature

Date

*For more information on Cardiac Rehabilitation,*

*For information on the other cardiac rehab programs,*

*please visit:*  
<http://tinyurl.com/medlineCR>

*please visit:*  
<http://tinyurl.com/CACRprograms>

*For information on the UHN Cardiovascular Rehabilitation & Prevention Program, please visit:*  
<http://tinyurl.com/UHNCR>