

How do I get referred to Cardiovascular Rehabilitation? You will be referred to Cardiovascular Rehabilitation by the team looking after you during your hospital stay. You will be referred to the Cardiovascular Rehabilitation Program closest to your home. If you are looking for the location closest to your home please check out the Cardiac Rehabilitation Network of Ontario's website at www.crno.ca.

What are the benefits of Cardiovascular Rehabilitation? Patients who attend an outpatient Cardiovascular Rehabilitation Program learn how to exercise safely, manage their stress, better understand their medications, improve their diet and live and thrive with their medical condition. Attending a Cardiovascular Rehabilitation Program can significantly lower your chances of coming back to the hospital and lower your risk of dying from another cardiac event by as much as 50 percent.

Who will contact me? And When? A team member from the Cardiovascular Rehabilitation Program closest to your home will contact you by phone, mail or by e-mail within 2 to 6 weeks after discharge from hospital.

When will I start my Cardiovascular Rehabilitation program? Cardiovascular Rehabilitation usually starts 4 to 6 weeks after your surgery, hospital admission or procedure as long as you are stable and recovering well at home. Some programs have a short waiting list and start times may vary.

How much does Cardiovascular Rehabilitation cost? Most Cardiovascular Rehabilitation Programs are covered by the Ontario Health Insurance Plan (OHIP). Depending on the program, you may need to pay for parking, and purchase some education materials and a good pair of walking shoes.

What will happen at Cardiovascular Rehabilitation? Cardiovascular Rehabilitation is an outpatient exercise and education program which focuses on getting active, healthy eating and taking care of your emotional wellbeing (e.g., stress management). The team will help you take action and work on being healthier. Although every program is slightly different, you can expect to exercise at a facility, do some exercise at home and learn how to be healthier.

How can I find out more information about Cardiovascular Rehabilitation? You will receive information on Cardiovascular Rehabilitation in your discharge package from the hospital. You can also visit UHN's Cardiovascular Rehabilitation website (www.uhn.ca) for information on the two (2) sites at UHN that provide Cardiovascular Rehabilitation services (Toronto Rehab Rumsey Centre and Toronto Western Hospital). Please also visit www.cardiaccollege.ca. Cardiac College.ca is an educational website developed by the UHN Cardiovascular Rehabilitation Program which provides highly reliable health information to patients and families after having a heart event or heart surgery.

How long is a Cardiovascular Rehabilitation Program? How often do I need to attend? Cardiovascular Rehabilitation is an outpatient program. Every Cardiovascular Rehabilitation Program is different; the length of the program can last anywhere from 3 to 6 months. Depending on the program, you will attend an exercise class 1 or 2 times a week. Attending your scheduled visits is an important part of your recovery.

What kind of exercise will I do? Cardiovascular Rehabilitation Programs usually have a variety of exercise equipment available for your preference and safety for example stationary bikes, recumbent bikes, treadmills, elliptical machines and arm ergometers. Many programs also instruct patients in weight or resistance training. Hand held weights or exercise bands are used for this part of the program. Some programs have an exercise track to walk around and others have exercise equipment for you to use. Each program is different but all programs have both aerobic (for example; walking, cycling) and resistance training (for example; dumbbells or exercise bands) components to help you regain your strength and wellness following your heart event.

What am I expected to do in a Cardiovascular Rehabilitation program? Every patient will have an initial assessment before starting their exercise program. This initial assessment includes an exercise stress test (for example; walking on a treadmill or cycling on a stationary bike). As part of the program, you will be asked to exercise 5 times a week and to decrease your sedentary (or sitting) time by being active on most days of the week. The Cardiovascular Rehab team will work with you to develop a plan of exercise that you are comfortable with and that is appropriate for your fitness level following your heart surgery, procedure or hospital admission.

What times and days are available for Cardiovascular Rehabilitation? Most programs have exercise classes available throughout the week with choices of different class times. The length of the class varies with the program and program you attend – typically these classes can range from 60 minutes to 2 hours in length. For those patients who find it difficult attending a weekly class, many programs have a home program option. Speak with your Cardiovascular Rehabilitation team for more information.

What services are available? Cardiovascular Rehabilitation Programs can offer many services to help your recovery. Services and supports may include an Exercise Specialist, Registered Nurse, Physician, Physiotherapist, Dietitian, Social Worker, Psychologist, and Peer Support or have the ability to refer you to these supports and services in your community.

Will I feel better after Cardiovascular Rehabilitation? Yes, you will! Research shows patients who attend a Cardiovascular Rehabilitation Program improve their fitness, quality of life and lower their risk of returning to hospital.