



Booking details

Your initial appointment has been booked for:

Date: _____

Time: _____

Your education day has been booked for:

Date: _____

Time: _____

Mater Private Hospital Townsville



Allied Health Department

25 Fulham Road Pimlico QLD 4812



07 4727 4650



07 4727 4669

Please send your referral to:



alliedhealthadmin@mater.org.au

matertsv.org.au

Mater acknowledges consumer consultation in the development of this patient information.

MPPL-06506 | Last edited 3/5/2023

Last stakeholder and consumer review 28/4/2023 | Version number 1

© 2023 Mater Misericordiae Ltd. ACN 096 708 922.



Cardiac Rehabilitation

Supporting your ongoing heart health.



The importance of rehabilitation

The Heart Foundation identified that cardiac rehabilitation reduces hospital readmission within the first year after a cardiac event by 56%.

Cardiac rehabilitation is essential to support people to stay productive and out of hospital. One in two people who do not complete cardiac rehabilitation do not return back to their normal work capacity after a heart attack, and one in four don't return to work at all.

Increased uptake of cardiac rehabilitation will save lives and reduce costs because it:

- accelerates recovery
- improves clinical outcomes (e.g. improved cholesterol, blood pressure)
- improves behavioural outcomes (e.g. exercise tolerance, smoking cessation)
- reduces repeat cardiovascular events and hospital readmissions¹.

¹ Heart Foundation 2018, 'Cardiac rehabilitation factsheet' [Online] Available at: mater.li/HFCardiacRehab

Who would benefit?

The Heart Foundation defines the patients with the following eligible:

- Heart attacks (STEMI and non-STEMI)
- Revascularisation procedures, including coronary bypasses and stents
- Coronary artery disease, including stable angina
- Cardiovascular disability, particularly heart failure and cardiomyopathy diseases
- Heart diseases/transplants
- Valve devices including the replacement and repair of pacemakers and implantable defibrillator
- Atrial fibrillation and interventions such as familial hypercholestermia.

Our education team includes **How to refer**

- Occupational therapists
- Exercise physiologists
- Physiotherapists
- Pharmacists
- Dietitians
- Diabetes educators
- Cardiac rehabilitation nurses.

Post cardiac procedure, you will be referred on the hospital ward to phase two.

Alternately, if your procedure was not performed at the Mater and you would like to access our cardiac rehabilitation services, please speak to your GP or cardiologist to obtain a referral.

What does it cost?

Participation in program phases one and two is generally fully covered for individuals with hospital cover through private health insurance funds.

About this program

Rehabilitation phase one

1 The first phase of cardiac rehabilitation occurs during your hospital admission and after your cardiac procedure.

An acute physiotherapist will work closely with your healthcare providers, nurses and other rehabilitation professionals to help you start to regain your mobility.

Rehabilitation phase two

2 Once you leave the hospital, you will continue your cardiac rehabilitation either face to face or virtual.

Phase two of cardiac rehabilitation involves continued monitoring of your cardiac responses to exercise and activity.

Another important aspect of phase two is learning correct exercise procedures and lifestyle changes for long term cardiac health.

There are two options for delivery, facilitated by accredited clinicians.



Option one: Face to face

- Two assessment appointments
- Five to eight supervised exercise sessions (depending on the health fund)
- One education day.



Option two: Virtual

- Two assessment appointments
- Eight virtually supervised exercise sessions
- Access to the virtual rehabilitation application. This app allows the user to monitor their health data such as blood pressure, blood glucose and heart rate. It also contains education modules specific to your cardiac condition.