

CARDIAC REHABILITATION REFERRAL FORM

Patient's Name: _____

DOB: _____

Address: _____

Phone: _____

_____ MI

_____ Stable Angina

_____ PCI

_____ Cardiac Surgery

_____ CABG _____ Cardiac Valve

_____ stable CHF

_____ Cardiomyopathy

Other _____

Signature of Referring Physician

Date: _____

Time: _____

CONTACT INFORMATION

Cardiac Disease Prevention & Rehabilitation Centre

Ground Floor

The Heart & Stroke Foundation of Barbados
#3 Railway View, Ladymeade Gardens,
Jemmotts Lane, St Michael, Barbados BBI 1156

Opening Hours:

7:00am - 7:00pm (Mon, Wed & Fri)

9:30am - 1:00pm & 3:00pm - 7:00pm (Tues, Thurs)

Closed on Weekends & Public Holidays

For appointments please contact:

Tel: (246) 437-3312

Fax: (246) 430-9898

Email: cdpr@hsfbarbados.org

TRANSPORT BOARD BUS SERVICE

The Transport Board provides a bus service to and from the Centre to patients who are members of the Disability Unit.

In order to take advantage of this service please take the following steps:

1. Register with the Disability Unit
 - Call 310-1650
 - Provide your identification number
 - Inform them of your disability
2. Register with the Transport Board
 - Call the Operations Control Dept - 310-3666
 - Provide your contact information
 - Request the days and time you would like to be transported
 - **You are required to book your transport one (1) week in advance**
 - **You are required to call after exercise to arrange for pick-up**

THE HEART & STROKE FOUNDATION OF BARBADOS

"Everybody has a heart"



CARDIAC DISEASE PREVENTION & REHABILITATION PROGRAMME

CERTIFIED BY:

AACVPR
American Association of Cardiovascular
and Pulmonary Rehabilitation
Promoting Health & Preventing Disease

CARDIAC DISEASE PREVENTION & REHABILITATION PROGRAMME

WHAT IS CARDIAC DISEASE PREVENTION?

The Cardiac Disease Prevention Programme is designed for individuals who have the risk factors for Heart Disease i.e. high blood pressure, diabetes mellitus, high cholesterol, overweight, inactivity, family history. These patients enter our programme as Phase 4 (lifestyle modification) and are given exercise and nutritional guidelines.

Patients exercise 2 or 3 times a week and are monitored by blood pressure and/or blood sugar checks before and after exercise.

WHAT IS CARDIAC DISEASE REHABILITATION?

Cardiac Rehabilitation is a medically monitored exercise programme designed for those who have had a recent heart illness or surgery/procedure. It provides a supervised environment to safely increase your activity/ exercise levels, and maintain regular communications with your physician.

Cardiac rehab is proven to be a safe and effective way to help patients with heart conditions to:

- Improve physical fitness and energy levels
- Improve efficiency of your heart
- Maintain proper weight
- Reduce blood pressure
- Control cholesterol levels
- Improve overall well-being
- Reduce risk of mortality following a heart attack
- Increase ability to perform job or tasks

THE PROGRAMME!

EXERCISE:

Your physician and the Cardiac Rehab staff will design an individualized, low intensity aerobic exercise plan for you using various types of equipment such as treadmills, stationary bikes, and free weights.

While you are exercising, our Rehab Nurses will monitor your heart rhythm and blood pressure. Activity starts at low levels and gradually increases in intensity. They will also monitor your progress and explain any changes in your program.

NUTRITION:

Good nutrition is an important part of your rehabilitation! We will provide you with information on the importance of healthy eating habits, weight control, fat, cholesterol, understanding food labels and nutrition.

EDUCATION:

Our cardiac rehabilitation staff provides individual cardiac education. Together we will discuss changes in your program, heart disease, the factors that increase your risk and what you can do to reduce them and smoking cessation.

We will invite you and your family to attend workshops on topics including hypertension, diabetes, exercise, stress management.

SUPPORT:

Our staff is available to provide ongoing encouragement and support, answer questions, and discuss areas of concern to you. We will communicate with your physician if there are concerns.

All Rehab Nurses are certified by the American Heart Association in Basic and Advanced Cardiac Life Support.

THE 4 PHASES OF CARDIAC REHABILITATION PROGRAMME

Phases	Duration	Components
Phase 1 (Inpatient)	2 to 5 days	<ul style="list-style-type: none">• Physiotherapy• Dietary Counselling• Education & Counselling
Phases 2 & 3 (Outpatient)	12 to 36 sessions (over a period of 4 to 12 weeks)	<ul style="list-style-type: none">• Doctor's Assessments• Nutritionist Appointments• Education and Counselling• Exercise Rehabilitation
Phase 4 (Maintenance)	Lifelong	Exercise (community - based)

REFERRAL TO THE PROGRAMME!

A physician's referral is required for admission! Please have your doctor fill out the referral form attached and return it to us to make your first appointment.

INSURANCE COVERAGE

Outpatient Cardiac Rehabilitation is covered by most insurance companies. We can help you contact your insurance company to ask about coverage before you start the Phase II Cardiac Programme.