THE HEART & STROKE FOUNDATION OF BARBADOS

“Everybody has a heart”

Cardiac Disease Prevention & Rehabilitation Centre
Ground Floor
The Heart & Stroke Foundation of Barbados
#3 Railway View, Ladymeade Gardens,
Jemmotts Lane, St Michael, Barbados BB11156

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

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: ____________________________

CERTIFIED BY:
AACVPR
America Association of Cardiovascular and Pulmonary Rehabilitation
Promoting Health & Preventing Disease
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

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 PROGRAMME!

EXERCISE:

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<thead>
<tr>
<th>Phases</th>
<th>Duration</th>
<th>Components</th>
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<tbody>
<tr>
<td>Phase 1</td>
<td>2 to 5 days</td>
<td>• Physiotherapy</td>
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<tr>
<td>(Inpatient)</td>
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<td>• Dietry Counselling</td>
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<td></td>
<td></td>
<td>• Education &amp; Counselling</td>
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<tr>
<td>Phases 2 &amp; 3</td>
<td>12 to 36 sessions</td>
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<td></td>
<td>(over a period of</td>
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<tr>
<td></td>
<td>4 to 12 weeks)</td>
<td>• Doctor’s Assessments</td>
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<td></td>
<td></td>
<td>• Nutritionist Appointments</td>
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<tr>
<td></td>
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<td>• Education and Counselling</td>
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<tr>
<td></td>
<td></td>
<td>• Exercise Rehabilitation</td>
</tr>
<tr>
<td>Phase 4</td>
<td>Lifelong</td>
<td>Exercise (community-based)</td>
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<tr>
<td>(Maintenance)</td>
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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.