

Program Goals

The goals of the Cardiac Rehab Program are to help each patient gradually increase physical capacity through exercise and to reduce risk of future heart disease.

The Cardiac Rehab Program focuses on the complete development of each patient's physical, mental, social and vocational potential. The program is designed to restore the patient to a productive, active and satisfying life-style as soon as possible following hospitalization.

Additional Services

We offer pharmacy counseling, weight management tools, cholesterol information and stress management tips.

The program is designed to compliment the care received from the patient's provider.

Insurance

Most major insurance companies, such as, Medicare and Medicaid cover *some* of the costs of PHASE I or PHASE II cardiac rehab for patients who qualify.

Each patient should contact their insurance company to determine coverage.



physical. occupational. speech.
pulmonary. cardiac. therapies.

The Wellness and Rehabilitation

Center hours

7:00 a.m.– 8:00 p.m.

Monday -Friday

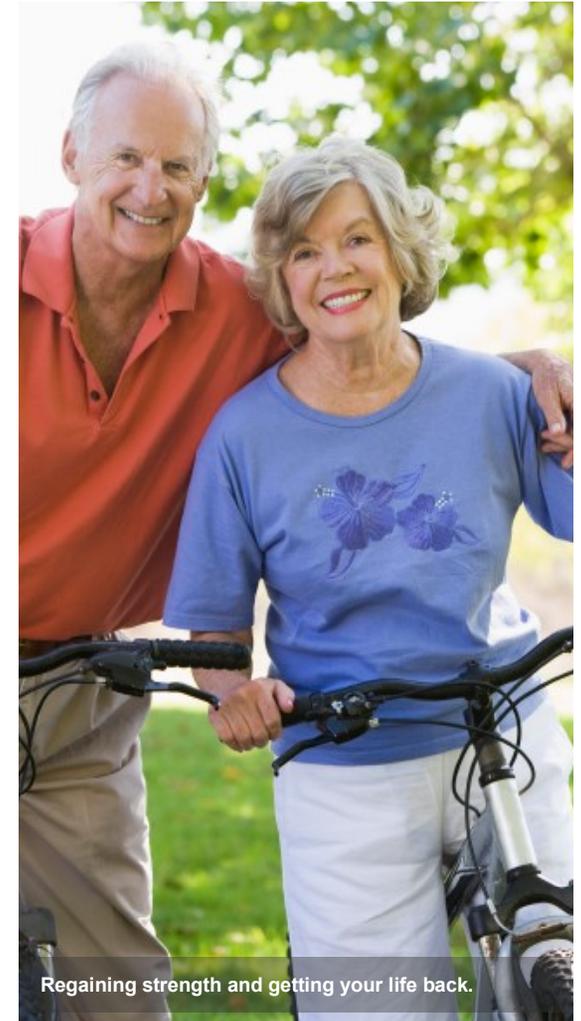
8:00 a.m. to noon on Saturdays.

Members have 24/7 access.

Good Samaritan Hospital Association does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities.

German: **ACHTUNG** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-293-8133 (TDD 1-701-776-5043)

Spanish: **ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-293-8133 (TDD 1-701-776-5043)



CARDIAC REHABILITATION

Treatment at
Heart of America Medical Center



We empower and educate our patients for a successful recovery.

Cardiac Rehab Program

The Cardiac Rehab Program at HAMC offers supervised exercise therapy and education to people who have experienced a heart attack, heart surgery or heart disease.

Each part of the Cardiac Rehab program is designed to meet individual needs. Treatment programs are developed based upon the patient's past medical history, risk factor profile and current medical evaluation. Each program is designed to help recondition or improve the function of the heart muscle and to help the cardiac patient return to an active lifestyle.

There are three main elements to the Cardiac Rehab Program: Modification of Risk, Exercise Therapy and Close Supervision.

Phases of Cardiac Rehab

PHASE I: Hospital Inpatient Phase I of Cardiac Rehab is an exercise and educational program which begins while the patient is hospitalized.

This phase involves a gradual progression with physical therapy, occupational therapy and consultations from dietary, pharmacy and social services.

PHASE II: Outpatient Phase II of the Cardiac Rehab Program provides a follow-up of education and activities which were started in Phase I when the patient was hospitalized.

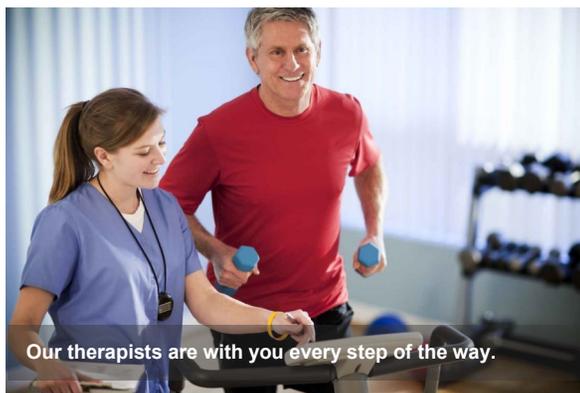
Phase II usually begins 1-4 weeks after hospital discharge. Recommended frequency is 3 times weekly for 4-12 weeks.

Physician referral is necessary for entrance into the program. Visit with your provider for more information.

The exercise sessions consist of a warm-up period, approximately 30 minutes of electrocardiogram monitored exercises, and a cool-down and relaxation time. The patients provider will receive reports of progress and any changes in their condition.

PHASE III: Phase III of the Cardiac Rehab Program is for patients who complete Phase II after having a heart attack or heart surgery. It is also designed for people who are at high risk for cardiovascular disease or who have coronary artery disease. Patients attend one-hour sessions one to three times weekly.

The goal is to improve or maintain cardiovascular fitness as well as to reduce risk factors for future heart problems. Patients can start or stop any time.



Our therapists are with you every step of the way.

Contact Us

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(701) 776. 5455 ext. 2209
Wellness Center

Visit us on the web: www.hamc.com