Introduction to Cardiac Rehab

- **Who is an appropriate candidate for Cardiac Rehab?**
  - Myocardial infarction (MI)
  - Coronary Artery Bypass Graft (CABG)
  - Stent Placement
  - Valve Surgery (repair/replacement)
  - Stable Angina (chest pain)
  - Heart Transplant (pre & post)
  - Chronic Systolic Heart Failure (systolic & diastolic)

- **What should I expect during Cardiac Rehab?**
  - Cardiac Rehab is a comprehensive, lifestyle modification program that includes monitored exercise and education. Including the initial evaluation, the program length is 36 sessions long (lasting approximately 12 weeks). We recommend attendance 3 days/week for exercise and class sessions, totaling 2-3 hours per session.
    - During exercise, patients are hooked up to a telemetry system where their heart rhythms are closely monitored. A daily patient assessment is done to include:
      - Weight
      - BP (before, during, and after exercise)
      - Glucose checks for diabetics (pre and post exercise)
  - Cardiac Classes include: Cardiac Health, Nutrition, and Stress Management
  - Each patient is encouraged to meet with our staff dietician, individually, to discuss their current diet and make improvements, if necessary.

- **When should I have Cardiac Rehab?**
  - Depending on your diagnosis, you should begin Cardiac Rehab ASAP.
    - Following a major surgery (bypass, valve repairs/replacements, transplants) – you may begin within 6 weeks post-operatively.
    - Following stent placements or MI – you may begin as soon as you can be scheduled.
• **Where does Cardiac Rehab take place?**
  ✓ Cardiac Rehab takes place in an outpatient setting, usually in a specialized clinic.

• **Why do I need Cardiac Rehab?**
  ✓ Cardiac Rehab can help speed up your recovery and lower your risk of experiencing a second heart-related event.
  ✓ Cardiac Rehab can help restore functional abilities to the highest possible level.
  ✓ Cardiac Rehab can help re-build cardiovascular strength, endurance, and conditioning that have been lost secondary to surgery or a cardiac event.
  ✓ Cardiac Rehab can provide education that improves knowledge and awareness, helps to reduce risk factors, and prevents further progression of disease.

• **How do I get started?**
  ✓ You **must** have a qualifying diagnosis.
  ✓ You **must** have a referral for Cardiac Rehab from your doctor.
  ✓ Are you eligible for Cardiac Rehab?
    ▪ Medicare and most other insurance providers will cover Cardiac Rehab. Check with your insurer to determine eligibility and whether Cardiac Rehab is covered under your plan.

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