



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.



Angela Aplin, MS, RCEP
Cardiovascular Health and Wellness/ Cardiopulmonary Rehabilitation
Loma Linda University Medical Center
Phone: 909-558-5837, Email: araplin@llu.edu