

Advantages of a Hospital-based Program

There are several advantages to Florida Hospital's Cardiac Rehabilitation Program:

- Most insurance companies, including Medicare, pay a portion of the program fees for Phase II. Although the Phase III/IV programs are not covered by Medicare, they are covered by a few insurance companies.
- The Cardiac Rehabilitation team consists of professionals who specialize in all areas of cardiac rehabilitation. The registered nurses (RNs) who supervise exercise are certified in Advanced Cardiac Life Support (ACLS) through the American Heart Association. The exercise leaders are specially trained in the development of exercise programs for cardiac patients. Dietitians involved in the program are knowledgeable about the cardiac diet, and its correlation to lab values (e.g., cholesterol, triglycerides) and ideal weight. Professional counselors are available by referral to patients and their families for additional emotional or problem-solving support.

For More Information...

For more information about Florida Hospital's Cardiac Rehabilitation Programs
Phone 407/303-1526

Eileen Krause, RN, BSN
Coordinator, Cardiac Rehabilitation

Mended Hearts Orlando Chapter #296

Florida Hospital has launched the Central Florida chapter of Mended Hearts, Inc., a cardiac support group backed by the American Heart Association.

For more information, contact Florida Hospital Cardiac Rehab at (407) 303-1526, or visit www.mendedheartsorlando.com



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407/303-1526

Celebration Health

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Celebration, FL 34747
407/303-4057

Florida Hospital Rehabilitation Center

5165 Adanson Street
Orlando, FL 32804
407/303-7625

Florida Hospital East

7727 Lake Underhill Road
Orlando, FL 32822
407/303-8626

Winter Park Memorial

200 N. Lakemont Avenue
Winter Park, FL 32789
407/646-7545

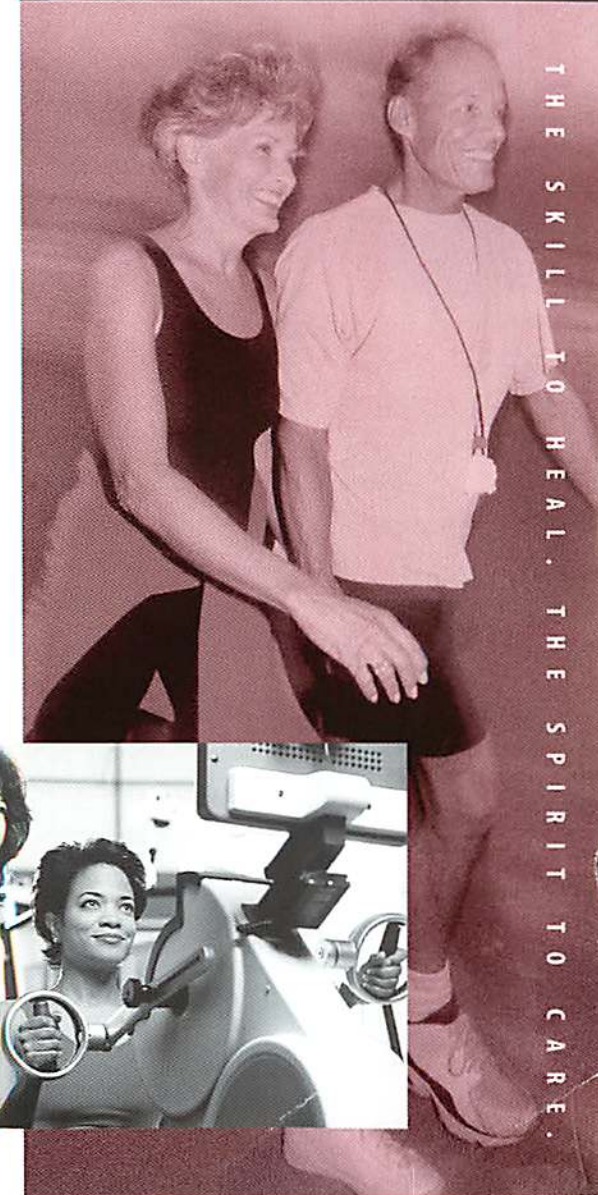
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Florida Hospital Cardiac Rehabilitation

specialized program



THE SKILL TO HEAL. THE SPIRIT TO CARE.



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Our Cardiac Rehabilitation Program is Specialized to Meet Your Needs



patient education



lifestyle education

A Comprehensive Approach

Florida Hospital's multi-phase Cardiac Rehabilitation Program is specialized to meet your needs during and after hospitalization. All phases provide support for both you and your family through interaction with staff and others with similar experiences and needs.

Phase I: Education

Phase 1 is an in-hospital educational course for patients and their families. It includes information about heart disease, treatments and risk factors. In this phase, you will learn to identify your heart disease risk factors, as well as how to adopt a new lifestyle that will help you minimize these risk factors.

Phase II: Monitored Exercise and Lifestyle Education

Participants will be closely supervised in an outpatient personalized exercise program during the recovery period following a heart attack, heart surgery and other heart procedures. EKG monitoring is used for assessment and on an individual basis as needed. Classes provide information on how to adopt a heart healthy lifestyle. Topics include nutrition, exercise, stress management, blood pressure control and smoking cessation.

Phase III/IV: Exercise and Lifestyle Education

A comprehensive program for those with known heart disease or at an increased risk, who want to improve fitness through cardiovascular, strengthening and flexibility exercises. Options include assorted exercise equipment, recreational activities and classes (hand weights, calisthenics and chair exercise). Blood pressure, heart rate and heart rhythms are monitored as indicated. Programs are individualized to meet identified goals. Education to support healthy choices is available. Camaraderie and sharing between participants add to the program.

Physician Involvement

Florida Hospital's Cardiac Rehabilitation Program requires a physician referral. Your physician will authorize your exercise prescription and through written reports will stay informed throughout your enrollment.