

## What is Phase II Cardiac Rehab?

Phase II Cardiac Rehabilitation is a medically monitored exercise program designed for those who have had a recent heart illness or surgery/procedure. This program combines physical exercise with risk factor modification to help with recovery and improving physical strength.

Risk factors are those things that put someone at high risk for having another cardiac event. High blood pressure, smoking, high cholesterol, and being overweight are all examples. It is important in this stage of rehab to control those risk factors that can be controlled. This plays a major role in the health of your heart and body, preventing future heart problems.

## Benefits from Cardiac Rehab

People benefit from Cardiac Rehab if they have recently been diagnosed with:

- Heart attack
- Stable angina
- Coronary artery bypass surgery
- Heart valve repair or replacement
- Angioplasty, atherectomy, rotablation, stenting
- Heart transplant
- Heart failure

Cardiac Rehab is proven to be a safe and effective way to help those with heart conditions:

- Get stronger
- Feel better, faster
- Return to former activities
- Reduce the risk of future heart problems
- Live healthier and longer
- Improve quality of life

## Who Staffs the Cardiac Rehabilitation Program?

**Program Medical Director**  
Hany Shanoudy, M.D.

**Clinical Director**  
Denise Sheffield, RN

**Ask your doctor  
for a referral to  
J.C. Blair  
Cardiac Rehabilitation  
Program.**

**Phone:**  
**(814) 643-7064**

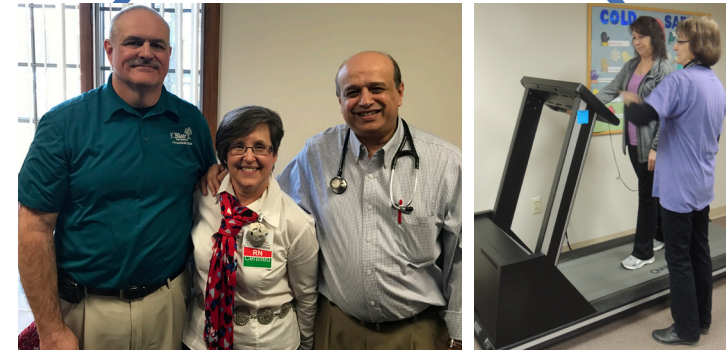
**Fax:**  
**(814) 643-8887**

Cardiac  
Rehab at  
**JCBlair**  
MEMORIAL HOSPITAL  
**A PinnacleHealth Affiliate**

1225 Warm Springs Avenue, Huntingdon, PA 16652  
814-643-7064 [www.jcblair.org](http://www.jcblair.org)

Cardiac  
Rehab at  
**JCBlair**  
MEMORIAL HOSPITAL

Continue your heart health at home with the help of J.C. Blair's fully accredited Cardiac Rehabilitation Program.



From the Heart. For the Heart.



## Cardiac Rehabilitation Program

For most people with coronary artery disease, the right prescription for lifestyle change is an important component of treatment. That's why, as part of our full array of heart care services, J.C. Blair offers a comprehensive Cardiac Rehabilitation program. Cardiac rehab increases cardiovascular efficiency, offers physical and psychological benefits, speeds recovery, and helps prevent prolonged disability.

We teach patients how to incorporate lifestyle modifications, including exercise, nutrition, education, stress management and smoking cessation, for a healthier heart. We provide individualized and medically supervised treatment plans that are based on each person's unique circumstances. And because the victims of heart disease are not just patients, our program involves families and loved ones.

The Phase II Cardiac Rehab team at J.C. Blair consists of highly skilled health care professionals. Nurses, registered dietitians, and support services work together under the guidance of your referring physician to help you return to a healthy, active lifestyle. Our nurses are certified in advanced cardiac life support, and trained in the response of the heart to exercise and understand the process of heart disease.

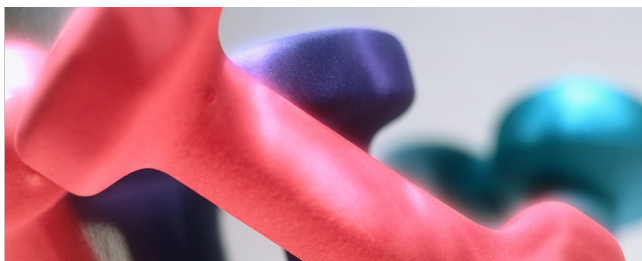
Your Cardiac Rehab team will monitor your heart rhythm, heart rate, blood pressure, and weight each day you attend. If you have any signs or symptoms of impending difficulties or heart problems, they will assist you in appropriate care. If your team is concerned about your uncontrolled blood pressure, for example, they will discuss this with your doctor and help you to reach a controlled blood pressure.

## How does Phase II Cardiac Rehab work?

Cardiac rehab has two major parts. These include:

- **Exercise Training** to help the patient learn how to exercise safely, improve stamina, strengthen muscles and develop an individualized exercise program to help prevent future heart problems. Each person's exercise plan is based on their unique abilities, needs, and interests.
- **Education, counseling and training** to help the patient understand his/her heart condition and find ways to reduce the risk of future heart problems. Educational opportunities available include: home exercise, nutrition, medication, stress management, weight loss, smoking cessation, heart anatomy, cholesterol, blood pressure, and diabetes. The Cardiac Rehab team will help patients learn how to make positive changes in their lives and cope with the stress of adjusting to a new lifestyle.

Phase II Cardiac Rehab will usually begin anywhere between one and six weeks after being discharged from the hospital. Those patients who have had heart attacks, angina, angioplasty, and stenting usually begin rehab within one week. Those who have had open-heart surgeries generally start anywhere between two and six weeks after discharge from the hospital. You can enter Cardiac Rehab within 12 months after your cardiac event.



## Frequently Asked Questions

### ***When would I have Cardiac Rehab and how long does it last?***

Cardiac Rehab sessions are held Monday thru Friday between 7:00 a.m. and 5:00 p.m. Appointments are made at times that are convenient to your schedule.

Cardiac Rehab shadows your activity level at home while monitoring your heart. A variety of equipment including treadmills, bikes, arm bikes, NuSteps, and free weights are used to continually assess and promote increasing your heart and skeletal muscle strength and endurance.

If insurance permits, you could be eligible for 36 rehab visits over 90 days. Some insurance companies will authorize less than this. You can also terminate the program at any time. However, the longer you attend, the more you will benefit.

### ***How do I enroll and get started?***

A physician's referral and insurance pre-authorization are needed to start the Cardiac Rehab program. J.C. Blair accepts most health insurance plans, including Medicare, that covers the cost of cardiac rehabilitation. A copayment may be required for each exercise session.

### ***How much does it cost?***

Most insurances including Medicare cover all or most of the cost of Cardiac Rehab. Some insurances cover additional diagnoses not listed above. We will verify your insurance coverage before you enroll.