

Cardiac Secondary Prevention Program



At Home Healthcare's Cardiac Secondary Prevention Program is an integral part of your treatment as a cardiac rehabilitation patient. Our program is a supervised exercise program that benefits persons who have had a heart attack, heart surgery, or other cardiovascular problems. The program is designed to promote and improve cardiovascular health in patients who are not able to participate in traditional outpatient cardiac rehabilitation programs due to disability and disease.

Three Phases of Rehabilitation

Phase I:

- ◆ Cardiac rehabilitation takes place in a hospital setting and generally occurs in the acute stage of illness.
- ◆ The main goal is to treat and stabilize your condition. The doctors and nurses will provide you with support and encouragement during your hospital stay and help you deal with any tests or procedures that may be necessary.
- ◆ If you have had surgery, your recovery will begin in the hospital, closely monitored by the nursing staff. While in the hospital, the staff will provide instructions that provide the ground work for improving cardiac function in Phase II.
- ◆ This phase is often completed prior to your admission to home health services and is not part of the At Home Healthcare Program.

Phase II:

- ◆ Phase II, the At Home Healthcare program, takes place in the initial home care period.
- ◆ Patients are closely monitored by trained clinicians such as Physical Therapists or Registered Nurses.
- ◆ Blood pressures, heart rates, oxygen levels, and EKG (Electrocardiogram) readings are closely observed.
- ◆ Our nursing staff will provide you with comprehensive education on lifestyle modifications including, but not limited to: smoking cessation, exercise, medications, stress management, dietary planning, and disease management.
- ◆ This phase usually lasts between 6-12 weeks.

Phase III:

- ◆ During Phase III, you continue to participate in the home exercise program that was previously designed and implemented by our therapy team.
- ◆ Exercise is self-monitored by the patient in order to increase and demonstrate independence in activities of daily living while improving cardiovascular health.
- ◆ Our nursing staff will continue to monitor your cardiovascular status and provide education and support related to your disease management and medication regimen.
- ◆ This phase usually lasts 6-9 weeks.



Patients Appropriate for Cardiac Secondary Prevention Programs:

- ◆ Heart Surgery Patients including those recovering from Coronary Artery Bypass Grafts (CABG) and angioplasty or stent placement
- ◆ Hypertension
- ◆ High Cholesterol
- ◆ Coronary Artery Disease
- ◆ Artherosclerosis
- ◆ Congestive Heart Failure (CHF)
- ◆ Peripheral Vascular Disease
- ◆ Heart Attack
- ◆ Angina or chest pain

Program Outcomes:

- ◆ Increased strength and endurance
- ◆ Decrease in symptoms such as fatigue, shortness of breath, and poor endurance
- ◆ Increased knowledge of heart-healthy behaviors
- ◆ Improved nutrition
- ◆ Improved ability to perform activities of daily living such as bathing, cleaning, and cooking.
- ◆ Improved quality of life
- ◆ Decreased risk of subsequent heart attack
- ◆ Reduced weight
- ◆ Smoking cessation

How Do I Enroll in the Program?

This program is available to patients that are unable to physically attend outpatient rehabilitation settings due to disease or immobility.

- ◆ A physician's order is needed to begin our cardiac secondary prevention program.
- ◆ After a physician's order is received, a Registered Nurse will conduct a comprehensive physical evaluation with you and develop a plan of care that is individual to your needs.
- ◆ Therapy is ordered according to the plan and the program begins.

What Services are Available?

Phase II and Phase III, the At Home Healthcare program, utilizes a multidisciplinary approach to provide optimal care while improving your physical wellbeing. We have a healthcare team of physical therapists trained in cardiopulmonary rehabilitation, occupational therapists, nurses, case managers, social workers, and home health aides— all working together to provide information, coordinate exercise, and assist with personal care needs.



Payment for Services:

Payment for home health care services is covered by Medicare, Medicaid, private insurance policies, and/or private pay arrangements. Certain criteria must be met in order to be eligible for home health services.

For more information on this or other available programs, please contact us

at 1-877-MY-NURSE
(1-877-696-8773)

At Home  Healthcare
www.athomehealth.org

