

# Cardiac Rehabilitation



Cardiac Rehabilitation at Roper St. Francis Healthcare is designed to help individuals who are learning to live with heart disease. As the largest cardiac rehabilitation program in Charleston, you can trust that you will receive the best care. Participants are guided toward personal goals through supervised exercise, nutritional counseling, education and group support. For your convenience, there are two cardiac rehabilitation locations. Roper Hospital cardiac rehab is located on the first floor. Bon Secours St. Francis Hospital cardiac rehab is located on the third floor of the West Medical Office Building in suite 309.

## **PROGRAM GOALS**

Cardiac rehabilitation is recommended for individuals who are recovering from a heart attack or heart surgery, who have chest pain, or who have several risk factors for heart disease. Benefits of participation include increased capacity for daily activity and a better understanding of heart disease. Our ultimate goal is to offer participants a professional and motivational atmosphere where they can reach their full potential.



# Program Design

**Phase 1:** Rehabilitation starts soon after your heart attack or surgery, while you're still in the hospital. You will begin with nonstrenuous activities such as sitting up in bed then working your way up to walking and limited stair climbing. It is important at this time to begin planning any new lifestyle changes. Phase 1 ends when you leave the hospital.

**Phase 2:** The next phase of your rehabilitation will begin after hospital discharge when your doctor determines that you are ready. This is generally within two to four weeks after discharge. Phase 2 rehabilitation may take place at Roper or St. Francis Hospitals and will last six to 12 weeks. During this time, you will gradually increase your activity level. This phase features two or three supervised exercise sessions per week with continuous EKG monitoring during exercise. A comprehensive cardiac educational series and personal attention from trained professionals is also included.

**Phase 3:** You may start this phase at Roper or St. Francis Hospitals. The main difference from Phase 2 is decreased continuous monitoring. Patients in this phase may require closer attention to meet physical goals than patients in the long term Phase 4 program. Many patients are able to progress directly to phase 4.

**Phase 4:** This phase lasts indefinitely. It is the most important part of your rehabilitation. At this point, you should regain your independence and work toward a lifelong commitment to the changes you started earlier in your recovery. Periodic visits with your rehab team can help reinforce your heart-healthy lifestyle.

## *Two Convenient Locations*

Roper Hospital

(843) 724-2993

*or*

Bon Secours St. Francis Hospital

(843) 402-1271

[www.rsfh.com](http://www.rsfh.com)



## **HeartFitness**

Roper St. Francis HeartFitness is an exercise program developed to bridge the gap between monitored rehab and a fitness center for individuals who possess significant risk factors for heart disease. Potential candidates have been told by their doctor that they need to begin an exercise program to modify risk factors like obesity, high blood pressure and abnormal cholesterol. Our team of professionals develops a program for each participant, monitors progress and physical response. The cost to join is an out-of-pocket expense to the participant similar to a fitness center membership.

## **CARDIAC REHAB STAFF**

Our cardiac rehabilitation program is designed and implemented by experts in several areas. The cardiologist, who serves as medical director, oversees program operation and assures an optimal and safe treatment plan. The patient will also be guided by a dedicated staff, including a nurse, exercise specialist, dietitian, vocational rehabilitation specialist and behavioral counselor. The referring doctor is the essential link in the patient's care and is kept informed of each patient's progress. Cardiac rehabilitation strives to provide quality patient care and will implement recommendations from the referring doctor.

## **INSURANCE COVERAGE**

Cardiac rehabilitation is often reimbursed by insurance companies for qualifying patients. The extent of coverage depends on your insurance company and particular policy. Program fees vary according to the patient's rehab phase.