

The 4 Phases of Cardiac Rehabilitation Programme

Phases	Duration	Component(s)
Phase 1 (Inpatient)	2 to 5 days	<ul style="list-style-type: none"> • Physiotherapy • Dietary Counseling • Education and Counseling
Phase 2 (Outpatient)	12 - 18 sessions (over a duration of 4 to 6 weeks)	Exercise Rehabilitation Educational talks Healthy Eating- Exercise Cardiovascular Risk Factors
Modification <ul style="list-style-type: none"> • Medication • Stress Management • Energy Conservation • Counseling 		
Phase 3 (Maintenance)	6 - 12 session (over a duration of 6 to 8 weeks)	<ul style="list-style-type: none"> • Exercise Rehabilitation • Counseling
Phase 4 (Maintenance)	Lifelong	Exercise (community-based)

Contact information

Cardiac Clinics
Main Building 1, Level 1

Opening Hours: 8.30 am - 6.00 pm (Mon - Fri)
8:30 am - 12:00 noon (Sat)
Closed on Sundays & Public Holidays

For appointments, please contact
Tel: (65) 6772 2002
Email: appointment@nuh.com.sg

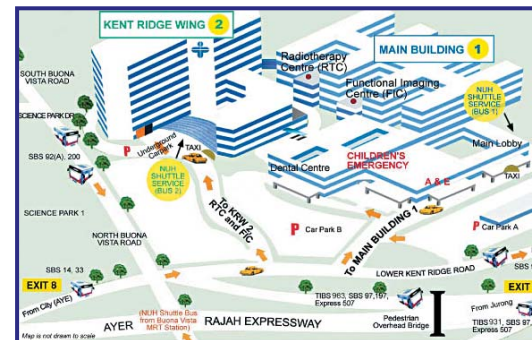
For International Patients And Visitors
The International Patients Liaison Centre (IPLC) is a one-stop service centre to support all the medical needs of our foreign patients

Tel : (65) 6779 2777 (24-Hours Helpline)
Fax : (65) 6777 8065
Website : www.nuh.com.sg/iplc.html



National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: 6779 5555 Fax: 6779 5678 Website: www.nuh.com.sg

Location



Free Shuttle Bus Service

Free Shuttle Bus Service from Dover MRT Station to NUH

Operation hours : 8.00 am – 8.30 pm (Mondays – Fridays)
8.00 am – 2.00 pm (Saturdays)
Not available on Sundays and Public Holidays

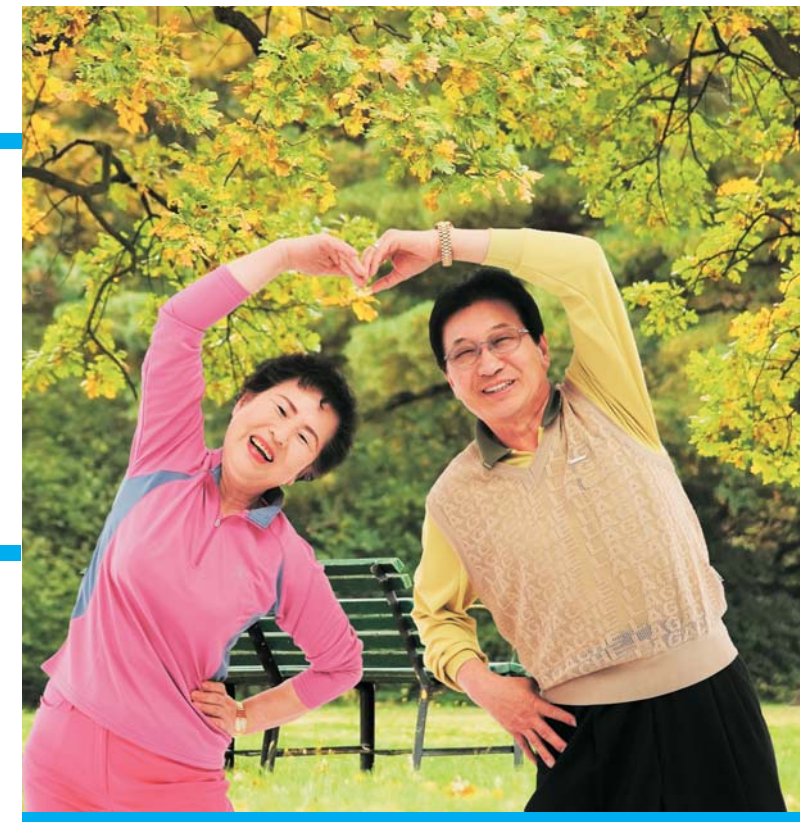
Dover/NUH passenger pickup/ drop off point : 1. Dover MRT Station (opposite Singapore Polytechnic)
2. Main Building, Lobby Entrance (near roundabout)
3. Kent Ridge Wing, Level 3, South Entrance

For more information on Shuttle Bus schedule, log on to www.nuh.com.sg

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek the advice of your doctor if you have any questions related to the surgery, your health or medical condition.

Information is correct at time of printing (Jan 2010) and subject to revision without notice.

Cardiac Rehabilitation Programme



What is this programme about?

Cardiac rehabilitation begins in the hospital after you have had a heart attack, heart surgery or treatment for other heart conditions. This programme includes exercise training, education and counseling. It continues in the out-patient setting after you are discharged from the hospital.

In the out-patient setting, this programme is conducted in groups of about 10 to 15 participants. The programme consists of two main parts:

1. Exercise Training

Exercise training aims to improve the strength of your heart and your endurance for exercise by gradually strengthening your muscles with exercises that are suitable and individualised for you. This exercise training needs to be continued to maintain your improved exercise endurance. This will help to improve your physical well being.

2. Education and Counselling

You will get to understand more about your own heart condition as well as how to live a healthier lifestyle. The education and counseling sessions consist of advice on your diet, the medicines you are taking and how to return to a normal lifestyle. Knowing what to do will help you reduce the risk of future heart problems.



Who are the members of the cardiac rehabilitation team?

They are the:

- Cardiologist
- Physiotherapist
- Nurse Clinician
- Pharmacist
- Dietitian
- Occupational Therapist
- Clinical Psychologist



Who will this programme benefit?

You will benefit from this programme if you have had one of the following:

- A heart attack
- Percutaneous coronary heart angioplasty (PTCA)
- Coronary artery bypass graft surgery (CABG)
- Open heart surgery
- Treatment for other heart conditions

How do I get started on this programme?

You may sign up for this programme when you are staying in the hospital for your heart condition or after you have been discharged. You will need to consult your cardiologist before starting this programme.

What does the programme aim to do for me?

It aims to help you:

- Improve your heart condition
- Improve your stamina for exercise
- Improve your cholesterol level
- Understand how you can take care of your heart
- Develop a healthy lifestyle for life