



National University  
Heart Centre  
Singapore

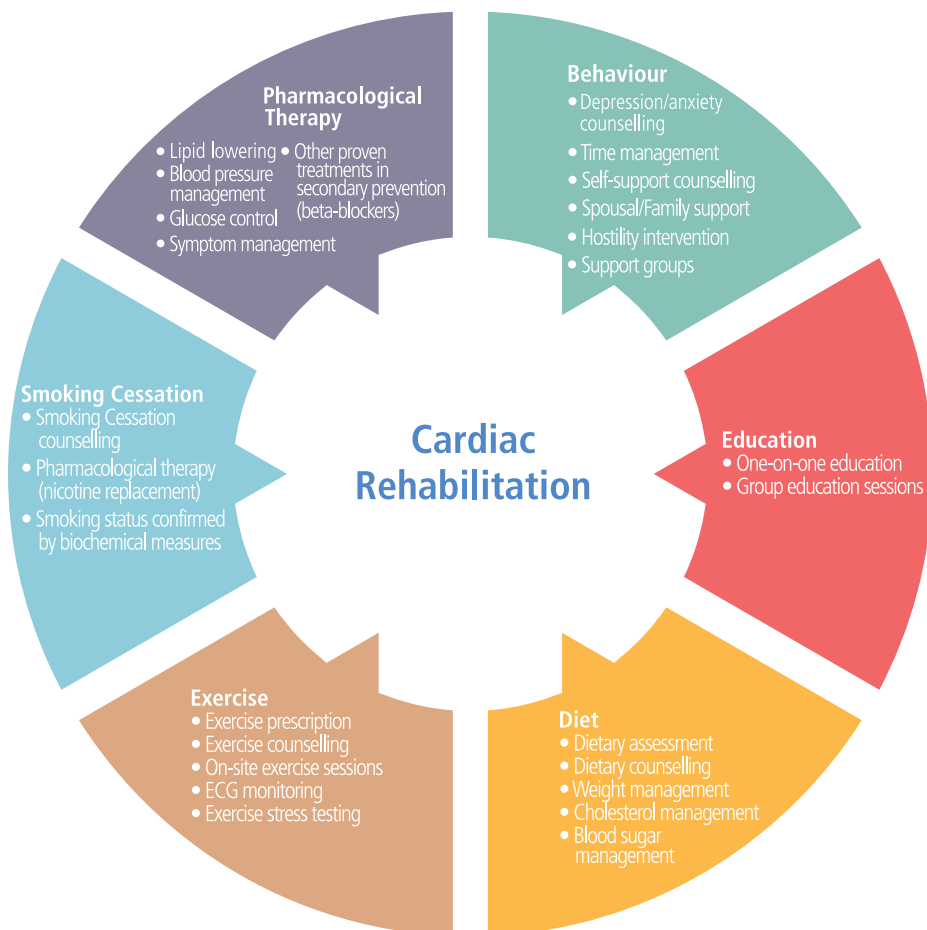


# Cardiac Rehabilitation Programme

# What is the Cardiac Rehabilitation Programme about?

Studies have shown that exercise-based cardiac rehabilitation for patients with heart disease lowers re-hospitalisation rates by 18%, and cardiac mortality by up to 27%.

Cardiac rehabilitation begins in the hospital after you have had a heart attack, heart surgery or treatment for other heart conditions. This comprehensive programme is multidisciplinary and encompasses exercise training, education and counselling (see diagram below).



# 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 cardiovascular risk factors (i.e. high blood pressure, high cholesterol, diabetes, obesity)
- Understand how you can take care of your heart
- Develop a healthy lifestyle for life
- Reduce hospitalisations
- Improve overall well-being

## Who are the members of the cardiac rehabilitation team?

---

Cardiologists, physiotherapists, case manager, pharmacists, dietitians, occupational therapists, clinical psychologists and medical social workers form the multidisciplinary team for this programme.



# Who will this programme benefit?

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

- A heart attack
- Percutaneous coronary intervention (PCI)
- Coronary artery bypass graft (CABG) surgery
- Valve surgery
- Peripheral vascular disease (PVD)
- Treatment for other heart conditions:
  - Heart failure
  - High risk coronary artery disease
  - Post electrophysiology (EP)/device implantation



You are strongly encouraged to join the programme if you are deemed suitable and referred by a medical professional.

## 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.



Scan the QR code for more information on healthy heart resources.

# Phases of the Cardiac Rehabilitation Programme

Phases	Duration	Component(s)
Inpatient	During hospital stay	<ul style="list-style-type: none"><li>• Lifestyle Modification Education</li></ul>
Outpatient	One month	<ul style="list-style-type: none"><li>• Exercise Rehabilitation</li><li>• Education<ul style="list-style-type: none"><li>– Healthy Eating</li><li>– Doing Exercise the Right Way</li><li>– Medication</li><li>– Stress Management</li><li>– Coping with changes</li><li>– Understanding Heart Artery Disease</li></ul></li><li>• Counselling</li></ul>
Community Based	Lifelong	Healthy Lifestyle Maintenance

Follow NUHCS:



## National University Heart Centre, Singapore (NUHCS)



Scan for  
more information

- NUHCS at National University Hospital (NUH), Kent Ridge - Main Operations  
Main Building Zone F  
Operating Hours: 8:00am - 5:30pm (Monday - Friday)  
Closed on Weekends & Public Holidays
- NUHCS Heart Clinic @ Ng Teng Fong General Hospital (NTFGH)  
Tower A - Specialist Outpatient Clinics Level 3, Clinic A34  
Operating Hours: 8:00am - 5:30pm (Monday - Friday)  
8:30am - 12:30pm (Saturday)  
Closed on Sundays & Public Holidays
- NUHCS Heart Clinic @ Alexandra Hospital (AH)  
Operating Hours: 8:30 am - 5:30 pm (Monday - Friday)  
Closed on Weekends & Public Holidays
- NUHCS Heart Clinic @ Jurong Medical Centre (JMC)  
Operating Hours: 8:30 am - 5:30 pm (Monday - Friday)  
Closed on Weekends & Public Holidays

Hotline: (65) 6908 2222

Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

[www.nuhcs.com.sg](http://www.nuhcs.com.sg)

Take charge of your health and  
access health information and  
services across NUHS institutions.

**Download the NUHS App now!**



Scan to download



Every day, we impact lives by providing assistance  
to financially disadvantaged patients.

**Make a donation and help us continue the fight for every heartbeat!**



Scan here to donate

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

© 2024, National University Hospital (Singapore) Pte. Ltd. All rights reserved. No part of this publication may be reproduced or shared without prior permission from National University Hospital (Singapore) Pte. Ltd.

Information is correct at time of printing (Mar 2024) and subject to revision without prior notice.