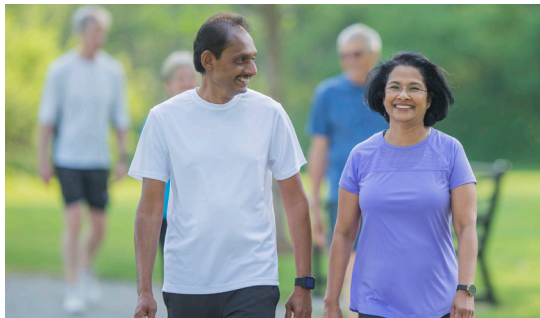




UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

CARDIOVASCULAR REHABILITATION

THE NEXT STEP TO A HEALTHIER LIFESTYLE



What is cardiovascular rehabilitation?

Cardiovascular rehabilitation (CR) is a program of education, exercise, counselling, and support that will help you to make healthy living a part of your everyday life. The program also helps you understand how to take care of your own heart health after leaving the hospital, which can help prevent a future hospitalization.

Research shows people who participate in a CR program are more successful at managing their risk factors (causes of heart and blood vessel disease), and therefore prevent a worsening of their heart and vascular problems compared to those who do not attend.

You can choose from a variety of programs that will be personalized to meet your needs. Our programs are offered by phone, computer, and in-person at the Heart Institute.

Who needs cardiovascular rehabilitation?

Have you been recently diagnosed with any form of heart disease?

Have you recently experienced a cardiovascular event, such as a heart attack or a hospital admission for a heart-related problem, such as heart failure, heart surgery, or an abnormal heart rhythm?

Do you have blockages in the blood vessels in your legs that make it painful to walk?

Are you and your family wondering about the next step in your recovery and how to prevent future heart problems?

The Division of Cardiac Prevention and Rehabilitation at the University of Ottawa Heart Institute can provide you with the guidance and support you need to recover and help prevent future heart problems. By participating in cardiovascular rehabilitation, you can ensure you are on the road to recovery while working towards optimizing your physical and emotional health. Your provincial health insurance plan covers the cost of our services.

Why cardiovascular rehabilitation?

Gain more control over your heart or blood vessel condition

- Reduce your chances of having another heart event.
- Learn the signs and symptoms of heart disease and when to get medical help.

- Prevent your heart or blood vessel condition from worsening.
- Reduce your heart symptoms (the heart troubles you experience).
- Understand your medications.

Feel better

- Improve the fitness of your heart and lungs so you can return to work and regular activities.
- Walk longer distances and perform your activities of daily living.
- Increase your self-confidence, improve your mood and quality of life.
- Provide emotional support to you and your family.

Gain tools for a healthy lifestyle

- Understand how food will affect the health of your heart and blood vessels.
- Learn techniques for relaxation and managing stress.
- Help find resources in your community.



Program Options

All program options include an initial CR intake assessment.

Your healthcare professional will meet with you either virtually (phone or computer) or in person to discuss your medical history, physical and mental health assessments, and personal goals and preferences. During this visit you will decide, together with the nurse or physiotherapist, which of our program options is best for you.

All options include:

- Individualized risk factor profile
- Exercise assessment and plan
- Nutritional information and counselling
- Mental health programs, including programs for stress management, managing emotions such as feelings of anxiety and depression, and managing sleep problems
- Support to assist you in returning to work or adjusting to your new health challenges, complete with caregiver support information and financial support options
- Quit-smoking support
- Medication information
- Medical assessment and risk factor management by a CR physician
- Regular support from a physiotherapist and/or nurse as well as access to a registered dietitian, social worker, vocational counsellor and psychologist
- Follow-up evaluations

On-Site Supervised Program

- A one- to three-month program
- On-site, exercise sessions (one hour/session) at our Cardiac Prevention and Rehabilitation Centre
- A physiotherapist and nurse supervise the classes
- Class intensity is suited to your needs/abilities
- Exercise evaluation and individualized home exercise program
- Individualized risk factor profile

Virtual Care Program (VCP)

- An online cardiovascular health management platform that provides best practices for the management of risk factors
- A nurse or physiotherapist provides 10 health coaching sessions over six months
- Personalized heart health goals and ongoing tracking of risk factors
- Individualized home exercise program and risk factor profile
- Access to a health library and community forums
- Compatible with some fitness devices and mobile applications, such as, but not limited to, Fitbit, Apple Health, Garmin, MapMyFitness, Strava, and Withings

Case-Managed Home Program

- A one- to three-month mentoring program conducted via telephone or video conference
- Tailored program focused on your personal heart health goals
- Regular contacts (phone or computer) lasting approximately 30 minutes (weekly or bi-weekly)
- Individualized home exercise program and risk factor profile
- Option for on-site exercise coaching as necessary

Brief Program

- Designed for patients who are able to exercise independently
- Exercise evaluation and individualized home exercise program by a physiotherapist
- Individualized risk factor profile
- Follow-up phone call after six weeks

FrancoForme Program (French Case-Managed Home Program for Franco-Ontarians)

- A tailored three-month program focused on your personal heart health goals
- Regular contacts lasting approximately 30 minutes (weekly or bi-weekly)
- Individualized home exercise program and risk factor profile
- No supervised exercise sessions

Peripheral Artery Disease Program (PAD)

For those with diagnosed Peripheral Artery Disease who have symptoms such as pain or discomfort in their legs when walking (claudication).

On-Site Supervised Program for PAD

- A one- to three-month program
- On-site, exercise sessions (one hour/session) at our Cardiac Prevention and Rehabilitation Centre
- A physiotherapist and nurse supervise the classes
- Class intensity is suited to your needs/abilities
- Exercise evaluation and individualized home exercise program
- Individualized risk factor profile
- Access to smoking cessation and diabetes specialists as needed

Case-Managed Home Program for PAD

- A three-month mentoring program conducted via telephone or video conference
- Tailored program focused on your personal heart health goals
- Regular contacts lasting approximately 30 minutes (weekly or bi-weekly)
- Individualized home exercise program and risk factor profile
- Option for on-site exercise coaching as necessary
- Access to smoking cessation and diabetes specialists as needed

Hybrid Program (available for CR and PAD programs)

- A one- to three-month program
- Combination of on-site exercise sessions at our Cardiac Prevention and Rehabilitation Centre (one to four sessions) with a physiotherapist and virtual contacts by telephone or online
- Exercise evaluation and individualized home exercise program
- Individualized risk factor profile

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To schedule your appointment:

**The University of Ottawa Heart Institute
Cardiac Prevention and Rehabilitation Centre**



613-696-7068



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ottawaheart.ca/rehab

If you live outside the Ottawa area, please be aware there are Cardiovascular Rehabilitation programs available across Canada, allowing you to receive the same great care in your own community. To learn more about which program is best for you, please contact us at 613-696-7068.