



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 (cardiac rehab) is a program consisting of education, exercise, behaviour change counselling, and support to help you make healthy lifestyle changes.

Participating in a cardiac rehab program teaches you to successfully manage your risk factors (causes of heart and blood vessel disease). It reduces the risk of future heart and blood vessel conditions compared to people who do not participate.

You can choose the program that best meets your needs. Programs are offered virtually (through MyChart), by phone, and in person at the University of Ottawa Heart Institute (UOHI).

Who needs cardiovascular rehabilitation?

- Have you recently been diagnosed with any form of heart disease?
- Have you recently experienced a heart attack or been admitted to hospital 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?
- Do you want to heal your heart and reduce the risk of future heart problems?

If you answered “**yes**” to any of these questions, you may benefit from cardiac rehab.

Cardiac rehab at the UOHI provides you with guidance and support to recover and help lower your risk of future heart problems. By participating in a program, you can ensure you are on the road to recovery while improving your physical and emotional health. Your provincial health insurance plan covers the cost of our services.

Why cardiovascular rehabilitation?

Feel more in control of your heart or blood vessel condition

- Reduce your chances of having another heart attack or being admitted to hospital.
- Learn the signs and symptoms of worsening heart disease and when to get medical help.
- Reduce the risk of your heart or blood vessel condition getting worse.
- Reduce the symptoms of your heart condition.
- Understand your medications.
- Gain confidence in your ability to do physical activity.

Feel better

- Help your heart, body and mind heal.
- Improve your heart and lung fitness so you can return to work and regular activities.
- Increase your self-confidence, improve your mood and quality of life.

Gain tools for a healthy lifestyle

- Understand how food affects your heart health and blood vessels.
- Walk longer distances and perform your activities of daily living.
- Learn relaxation and stress management techniques.
- Make connections with other people living with the same conditions.
- Find resources in your community, such as a walking group or a fitness class in your neighbourhood.

Program options

All program options include an initial intake assessment.

A cardiac rehab team member will meet with you either virtually (by phone or online through MyChart) or in person. Together, you will discuss your medical history, physical and mental health, and personal goals and preferences. During this visit you will decide which of the program options is best for you.

All options may include:

- A personal risk factor profile
- A personal exercise assessment and at-home exercise plan
- Nutrition information and counselling
- Mental health strategies (for example, to help manage stress and anxiety)
- Support to help you return to work or adjust to your new health challenges
- Information on financial support options
- Caregiver support information
- Quit-smoking support
- Medication information
- Medical assessment and risk factor management by a doctor
- Access to team members, including physiotherapists, nurses, dietitians, social workers, vocational counsellors, and psychologists
- Follow-up evaluation

On-site supervised program

- Class level and time options to meet your needs.
- Weekly one-hour, on-site exercise sessions at the Cardiac Prevention and Rehabilitation Centre for up to 12 weeks, supervised by cardiac rehab staff.

Virtual group supervised program

- Class level and time options to meet your needs.
- Exercise in your own home.
- Weekly one-hour, online exercise sessions (through MyChart) supervised by cardiac rehab staff for up to 12 weeks.

Virtual cardiovascular rehabilitation program

- Done by phone or online through MyChart.
- You and your mentor will decide how often you meet during the 3-month period.
- A tailored program focused on your personal heart health goals.

To schedule your appointment:

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



613-696-7068



ottawaheart.ca/rehab

If you live outside the Ottawa area, please be aware that 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 call us at 613-696-7068.