Cardiovascular Prevention and Rehabilitation Program

Information for people who want to improve their heart health after a heart event

This pamphlet covers:

- What cardiac rehab is
- How our cardiac rehab program works
- Where to get more information
Cardiac rehab at UHN

The Cardiovascular Prevention and Rehabilitation Program offers services at 2 locations within UHN:

- Toronto Western Hospital – GoodLife Fitness Cardiovascular Rehabilitation Unit
- Toronto Rehabilitation – Rumsey Centre

Both sites provide exercise and education to help you understand heart disease. Using the Cardiac College (www.cardiaccollege.ca) as the foundation for the education program, patients referred to the program will learn to live and thrive with heart disease.

What is cardiac rehab?

Cardiac rehab helps heart patients improve their current health, prevent other heart problems, and improve their quality of life.

The Program
The outpatient cardiac rehab program focuses on your needs. We offer on-site and home-based exercise options.

If you actively participate in both the exercise and education programs, by the end of the program you will be able to:

- Take charge of your medical condition and understand changes in your health status
- Maintain an exercise program to improve your health and well-being
- Find and create strategies to improve your risk factors for heart disease
- Make healthy food choices to improve your everyday health
- Find and create strategies to manage your psychosocial risks for heart disease
**Who does the Program help?**

The Program helps all patients with heart problems.

The health care team in the program works with your medical team to help manage your heart problem. We may also work very closely with other care providers to help you manage your diabetes, stress, and help you quit smoking.

**What does the Program involve?**

We have a team of some of the best cardiac rehab specialists. We offer one of the largest and detailed cardiac rehab programs in North America.

We will work with you to create your own personal program of exercise and education to help improve your heart health and muscle strength.

The Cardiovascular Prevention and Rehabilitation team will watch your progress and help you to reach your heart health goals.

**Supervised Exercise**

- The program is 6 months long
- Classes are offered at different times throughout the day
- Classes include both education and exercise
- You attend 1 class each week for about 90 minutes

**OR**

**Home-Based Exercise**

- You will follow an exercise program at home with one of our clinical team members
- The Home Program staff will call or email you regularly to:
  - follow up
  - give you information
  - speak to you about your exercise progress
Our health care team

Our health care team works with you to help make sure your heart works the best it can.

The teams at both sites include health care professionals who work together to support your rehab journey.

They include:

- Registered dietitians
- Registered nurses
- Exercise therapists, including:
  - Registered kinesiologists
  - Physiotherapists
  - Occupational therapists
  - Registered nurses (depending on location)
- Physicians
- Pharmacists (at the TWH site only)
- Psychologists
- Social workers (at the Rumsey Centre site only)

What if I do not live in Toronto?

The staff will work with you to find program options closer to home if you want to go to another location.

Interpretation Services

If you feel more comfortable speaking in a language other than English, we can have an interpreter help us talk to you in your language.
Want more information about our locations?

1. Go to our website at: www.uhn.ca
2. Go to “Patients and Families”
3. Go to “Clinics”
4. From the menu choose “Cardiac Rehab – Toronto Western” OR “Cardiac Rehab – Rumsey Centre”

Want more information about our education?

Go to our website at www.cardiaccollege.ca

Where to find us

UHN Cardiovascular Prevention and Rehabilitation Program
GoodLife Fitness Cardiovascular Rehabilitation Unit
Fell – 7th floor (Room 108)
Toronto Western Hospital
399 Bathurst St.
Toronto, ON M5T 2S8
Phone: 416 603 5200
Fax: 416 603 5373

UHN Cardiovascular Prevention and Rehabilitation Program
Toronto Rehab – Rumsey Centre
347 Rumsey Road
Toronto, ON M4G 1R7
Phone: 416 597 3422 ext 5200
Fax: 416 425 0301

About The Peter Munk Cardiac Centre:
For more information about heart and circulation conditions, a glossary of terms maps, information about our location and how to be referred, please visit www.petermunkcardiaccentre.ca.