

PMCC Cardiovascular Rehabilitation and Prevention Program



Peter Munk Cardiac Centre
University Health Network

Cardiac Rehabilitation (CR) is “the enhancement and maintenance of cardiovascular health through individualized programs designed to optimize physical, psychological, social, vocational, and emotional status.”

Our Program

- A patient and family focused cardiac outpatient clinic
- Home based exercise program offered
- No fees charged
- We will teach you and your family about your heart condition and help you to:
 - live a healthy life
 - quit smoking
 - exercise regularly
 - eat healthy
 - manage stress in your life

Who can benefit from the program?

Our program will help all patients with heart conditions.

The healthcare team in the clinic will work with your doctor to help manage your heart condition.

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University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

What does the Program involve?

First Visit (Education Class)

Your first visit is for an Education Class where you will learn more about your heart condition.

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| You may be triaged into our supervised or home exercise program. |
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Second Visit (Intake Assessment)

- You will be seen individually.
- You will be asked to do an exercise treadmill test at this visit to help us prescribe a safe level of exercise for you.

Supervised Cardiac Rehabilitation Exercise Classes

- The program consists of a total of 32 exercise sessions about 90 minutes in duration each session.
- Classes are offered in the morning and afternoon.
- You will need to attend at least 2 exercise classes a week.

OR

Home Exercise

- You will be seen individually then follow an exercise program at home with regular telephone follow up.
- You will be asked to attend one education class (2 hours in duration) once a month for four months.

Graduation

At the end of the program you will have another treadmill test to review your progress and you will receive a certificate of completion.

If there is another cardiac rehabilitation program you would prefer to attend, please let the staff know.

Our Healthcare Team

Our healthcare team will work with you to help make sure your heart works the best it can.

- clinical dietitian
- registered nurse
- kinesiologist
- exercise physiologist
- pharmacist
- doctor

Our healthcare team will also work very closely with other care providers to manage your diabetes and help you quit smoking.

**“The journey of a thousand miles
begins with a single step”**

Interpretation Services

If you feel more comfortable communicating in a language other than English we can arrange for an interpreter to help us communicate better.

Resources

You can find our Education Binder at:

www.uhn.on.ca
Go to Clinics & Services
↓
Toronto Western Hospital
(see link in text)
↓
Cardiac Care and Heart Health
↓
Binder name is
“Take Your Health to Heart”
(also available in Portuguese)

Toronto Western Hospital
Cardiac Care and Heart Health
PMCC Cardiovascular Rehabilitation
and Prevention

399 Bathurst St.
7th Floor - Room 108
South Elevators

Phone: (416) 603-5200
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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*