Cardiovascular Prevention and Rehabilitation Program

Leading the way to a healthier heart

For people who have had a heart attack, heart surgery or other cardiac event, or for those who have two or more risk factors for heart disease, including diabetes.

www.uhn.ca/torontorehab

Toronto Rehab is a teaching and research hospital fully affiliated with the University of Toronto.
Revolutionizing rehabilitation — Maximizing life!

One of North America’s leading academic rehabilitation sciences centres, Toronto Rehab is revolutionizing rehabilitation by bringing together innovative patient care, groundbreaking research and interprofessional education to build healthier communities and advance the role of rehabilitation within an integrated health system. Toronto Rehab, along with Toronto Western, Toronto General and Princess Margaret Hospitals, is a member of the University Health Network and affiliated with the University of Toronto.

Our clinical programs include:

Cardiac rehab – for people who have had a heart attack, heart surgery or other cardiac event, or for those who have two or more risk factors for heart disease, including diabetes

Complex continuing care – for adults with medically-complex conditions

Geriatric rehab – for seniors with severe illnesses and/or multiple age-related conditions

Long-term care – for people who are unable to live independently and need full-time care

Musculoskeletal rehab – for adults who have had joint replacement surgery, sustained multiple injuries or who have osteoporosis or cancer

Neuro rehab – for individuals who have had a stroke or brain injury, or who have multiple sclerosis

Spinal cord rehab – for people who have sustained a spinal cord injury or disease
Cardiac rehabilitation

You can add years to your life by joining Toronto Rehab’s cardiac rehabilitation program. Each year, our program helps more than 1,650 people make long-lasting lifestyle changes that will help prevent a major heart event or reduce the risk of subsequent heart events. Our team of specialists is a leader in delivering cardiac rehabilitation and secondary prevention programs, offering one of the largest, most comprehensive outpatient cardiac rehabilitation programs in North America.

Whether you are at risk for developing heart disease, or if you have had a heart attack, heart surgery or other heart event, we will work with you to develop your own personal program of exercise and education to help improve your cardiovascular strength and fitness, and reduce your chance of having a heart event or a subsequent one.

Since opening in 1968, more than 50,000 people have walked or jogged around our indoor and outdoor tracks, taking advantage of the exceptional facilities we have to offer. In our program, you will find the motivation and support you need to adjust to life changes following a heart event.

Who benefits from cardiac rehabilitation

If you have any of the following conditions, please ask your physician to refer you to Toronto Rehab’s Cardiac Rehabilitation Program:

- heart attack
- heart surgery
- angioplasty
- heart failure
- other heart conditions (i.e. angina, pacemaker)
- other vascular conditions (i.e. stroke, peripheral arterial disease)
- high risk of heart disease (i.e. family history, high cholesterol, high blood pressure, diabetes)

Your first step will be to complete a cardiopulmonary exercise assessment (of the heart and lungs) to establish a baseline measure of your cardiovascular fitness. The results will allow us to develop a safe exercise program tailored to your abilities. You will be assessed prior to starting the program, at the midpoint of your program and at the end of your program.

Your cardiopulmonary exercise assessment

Your assessment will consist of:

- a medical and family history questionnaire that helps us identify your heart risk factors
- a resting electrocardiogram
- body composition measurements (height, weight, waist size, body fat)
- a cardiopulmonary exercise assessment (on a treadmill, stationary bike or monitored walking adapted to suit your abilities).
Your program

Your personalized program consists of exercise, education and one-on-one counseling that will last approximately 6 months and will be tailored to your needs and abilities. Exercise specialists, Cardiac Technologists, Dietitians, Social Worker, Psychologist and Program Physicians will work closely with you to help you achieve your goals.

By actively participating in both your exercise and education program, we strive to work with you so that by the end of your program you will be able to:

- Take charge of your medical condition and respond to changes in your health status
- Maintain an exercise program to improve your health and well-being
- Identify and develop strategies to improve your risk factors for heart disease
- Incorporate healthy food choices and practices to manage your health and well-being
- Identify and develop strategies to manage your psychosocial risks for heart disease and improve your well-being

Classes are held once a week. For your convenience we offer both day and evening class times, Monday to Friday.

**Each class consists of:**

- an interactive education session
- a warm-up and stretching routine
- a personalized exercise program based on your medical history and fitness level
- peer to peer support

You will also be expected to keep a weekly diary of your progress noting goals and achievements, as well as any symptoms you may be experiencing.

Exercise

You will exercise at the centre once per week and you will be expected to carry out your exercise on your own at home as well four more times during the week. We provide walking maps of local shopping malls and information about other community resources to help support you in doing regular exercise. We will work closely with you to help you get your heart back in shape and reduce the risk of a subsequent heart event. As you become stronger and more confident in your abilities, resistance training (hand held weights) will be added to your exercise program. This will help improve your muscle strength and endurance.

Research shows that people who participate in cardiac rehabilitation programs after experiencing a major heart event cut their risk of dying from another cardiac event by as much as 50 per cent.

Education

During each class you will participate in an interactive education session where topics covered will include; exercise safety, stress management, medications, risk factors for heart disease, guidelines for sports and leisure activities and good nutrition. We also provide special evening lectures and workshops.

Your program may also include one-to-one counseling sessions with our psychologist and social worker to help you better understand and overcome risk factors such as depression, sadness, anxiety, sleep disturbances, anger and social and emotional issues.
Our dietitians are available to work with you to achieve heart healthy eating goals, including development of an individualized nutritional care plan. Formal and informal group support is also available.

**Home-based program**

Owing to mobility issues, transportation, scheduling difficulties or geographical distance, some individuals may not be able to participate in the on-site cardiac rehab program. We can work with you to develop a routine that will meet your needs. Our home-based program includes an on-site cardiopulmonary exercise assessment, an orientation day, a personalized program to be done at home, and weekly phone contact with one of our exercise specialists.

**Other programs**

We also offer specialized programs for people with diabetes, heart failure, or for individuals who have had a stroke. Through clinical research, our program continues to investigate the risk factors associated with heart disease and seeks to improve the delivery of services to patients and the scientific understanding of cardiac rehabilitation.

**Graduate program**

We are committed to maintaining your enthusiasm for heart health beyond the duration of your program. **Take C.H.A.R.G.E.** is a graduate program open to cardiac rehabilitation graduates, family and friends. It is designed to keep you up-to-date on exercise, cardiology and heart health and to help motivate you to continue leading a heart-healthy lifestyle. We also invite you and your family members to participate each year in our *On Track to Recovery* walk-a-thon to enhance awareness of cardiac rehabilitation and to help generate funds to further support the program.

**Register for the cardiac rehab program**

Ask your physician for a referral to Toronto Rehab’s Cardiovascular Prevention and Rehabilitation Program. Referral forms are available on Toronto Rehab’s website at uhn.ca/torontorehab.com. Your physician will need to send the completed referral form along with a recent ECG and a hospital discharge summary and/or relevant consultation note by fax to 416-425-0301.

Please note that our program is covered by OHIP with the exception of costs for education materials and parking.

**Our team**

Personalized and friendly services are provided by a highly-skilled interprofessional team of healthcare professionals who specialize in cardiac rehabilitation, wellness and prevention. An exercise rehabilitation supervisor (or exercise specialist) and exercise leaders will support you throughout your participation in the program. Other team members you may have contact with include physicians, nurses, a nurse practitioner, lab technicians, dietitians, a psychologist, and a social worker.

**Our facilities**

Our facilities are the best in the city, overlooking a scenic wooded area and designed specifically for promoting heart-healthy lifestyles. Some of the features that make us unique include:

- two 200-metre indoor/outdoor tracks, allowing you to carry out your exercise routines year-round
- a gymnasium for pre-class warm-up, stretching, and resistance-training classes
- three state-of-the-art cardiopulmonary exercise assessment labs
- a 100-seat lecture theatre
- state-of-the-art cardiovascular training equipment
- men’s and women’s locker/shower facilities
- an attractive common area where you can meet and socialize with others
- a Patient Resource Centre equipped with two computers and access to resources on heart disease and heart-healthy living
Research and teaching

Research studies are essential to making ground-breaking discoveries that move cardiac rehabilitation forward. Past scientific studies have discovered that people who participate in cardiac rehabilitation programs after experiencing a major heart event cut their risk of dying from another cardiac event by as much as 50 per cent.

As a fully affiliated teaching and research hospital of the University of Toronto, Toronto Rehab is at the forefront of rehabilitation science. While in the Cardiovascular Prevention and Rehabilitation Program, patients and family members may be asked to take part in research studies. Participation in these studies is voluntary.

We also have a responsibility to put new knowledge into practice, and to share our findings with others so that patients and families across the province and elsewhere can benefit from our discoveries. As well, we pass this new information on to students — tomorrow’s rehabilitation professionals — who come to Toronto Rehab for their clinical training. Patients of the Cardiac Rehabilitation and Secondary Prevention Program have an opportunity to meet many of these students during their visits.

Giving back

We are always appreciative when patients wish to express their thanks to the team for the care and support they have received while in our program. For those who wish to do so, cards are a welcome way for us to share your comments with your health care team. We also appreciate that patients or their families may like to recognize staff with gifts. If you wish to acknowledge staff, consider a donation to our Foundation. It’s a wonderful way to support continued patient care excellence and all our programs at Toronto Rehab.

To make a donation or find out more about how you can make a difference, please contact the Foundation at 416-597-3040 or by e-mail at foundation2@uhn.ca

How to Get to Rumsey Centre

Rumsey Centre is located at 347 Rumsey Road, east of Bayview Avenue and north of Eglinton Avenue. The main entrance is via Kilgour Road. Please refer to the map on the back of this brochure for details.

By car: Take Bayview Avenue to Kilgour Road. Turn east onto Kilgour Road. Follow the road to the end through the gates into the Rumsey Centre parking lot. A token for daily parking or a parking pass can be purchased at the reception desk. 347 Rumsey Road is the second building to the north of the parking lot.

Please note: Only parking passholders can enter via Rumsey Road.

By transit: From the Yonge and Eglinton subway station, take either bus 34, 51, 54, 56 or 100 to the bus stop at Eglinton East and Rumsey Road. The Rumsey Road bus stop is at the second set of lights east of Bayview Avenue. Walk north on Rumsey Road about one kilometre.

From the Bayview subway station: Take bus 11. Get off at the bus stop at Kilgour Road, the first set of lights south of Sunnybrook Health Sciences Centre, and walk east to the end of the road.

Please note: TTC community shuttle buses are available to take you from Sunnybrook Health Sciences Centre to our site. The schedule coincides with our rehab class times.

For more information about how to get to the Rumsey Centre, please call our Information Line at 416-597-3422, ext. 5994. For general information about the Cardiac Rehabilitation and Secondary Prevention Program, please call 416-597-3422, ext. 5200.