

Session 1: Program Orientation

Cardiac Education & Rehabilitation Program

Welcome to Sioux Lookout Meno Ya Win Health Centre (SLMHC) Cardiac Education & Rehabilitation Program (Cardiac Rehab Program). You may be joining the program because you've suffered a heart event (i.e., heart attack, stroke) or you've had a heart procedure (e.g., stent, bypass surgery). You may also be here because you're at risk of experiencing a heart event in the future (e.g., chest pains).

What is the reason that you're joining the Cardiac Rehab Program?

Cardiac Rehab Program Goals

Our program is intended for you to make healthy lifestyle changes in order to reduce your risk of future heart events. By joining our program you may also improve your fitness, how you feel, how your body functions, and your chances of living a longer life.

Most importantly, the ultimate goal of the Cardiac Rehab Program is **self-management**:

While you're in the program, you'll be provided with an exercise program, coaching, education, and resources that guide you in making healthy lifestyle changes. But, in the end, you need to take responsibility, control, and become self-sufficient so that you'll maintain those healthy lifestyle changes long after the program is over.

Cardiac Rehab Team

When you begin the program you'll be joining a comprehensive team who will be working with you throughout the duration of the program. It's important to know who the members of your team are and what resources you'll have access to.

The following table will show you a breakdown of your Cardiac Rehab Team and their role within the program.

Cardiac Rehab Program Team

Team Member	Role
Referring Doctor	The doctor who referred you to the program. This person could be your family doctor, cardiologist, surgeon, nurse practitioner or other specialist.
Assessment Team <ul style="list-style-type: none"> • Doctor • Kinesiologist 	Your assessment team will be with you for the exercise stress test portion of the program.
Cardiac Rehab Program Supervisors <ul style="list-style-type: none"> • Kinesiologists 	Kinesiologists will be your Cardiac Rehab Program supervisors. They'll be your primary contacts throughout the program. Your Kinesiologist will design your exercise prescription based on your stress test results. They'll also make sure your exercise is safe, help to progress your exercise, and help to connect you with other resources.
Dietitians	Our Dietitians can work with you on healthy eating. If you'd like to see a Dietitian, speak to one of your supervising Kinesiologists.
Social Worker	Our Social Worker can work with you on improving your mental health. Specifically, you can talk to a Social Worker about issues related to stress, anxiety, and depression. If you'd like to see a Social Worker, speak to one of your supervising Kinesiologists.
Smoking Cessation Nurse	Our Smoking Cessation Nurse can work with you toward quitting smoking. If you'd like to see a Smoking Cessation Nurse, speak to one of your supervising Kinesiologists.
Thunder Bay Rehabilitation and Healthy Lifestyles Program	You'll have access to telemedicine sessions run by the Thunder Bay Rehabilitation and Healthy Lifestyles Program. Topics include recipes and meal planning, exercise as a lifestyle, and stress management techniques. The sessions may be done in either a group or individual setting. You're encouraged to bring your partner or close relative/friend with you. If you'd like to attend/set up a telemedicine session, speak to one of your supervising Kinesiologists.
Your Peers	You're encouraged to get to know your fellow Cardiac Rehab members. You may share your experiences, learn from each other, and help each other along the way.
You	You're an essential part of the Cardiac Rehab Program. Your role is to complete the exercise stress test, follow your exercise prescription, record your activity/effort, voice concerns, ask questions, and make suggestions. You're also encouraged to participate in the education and telemedicine sessions available in our program. *It's important to understand that your role does not end once you finish the program. You must continue to maintain your lifestyle changes after you've completed the program.

Programs Offered

To enter the Cardiac Rehab Program, you may be required to complete an exercise stress test. After which, you may begin at any time. There are currently three separate programs offered at SLMHC. There is a Three-Month In-Clinic Program, a Three-Month Home Program, and a Six-Month Northern Program.

In-Clinic Program <input type="checkbox"/>	Home Program <input type="checkbox"/>	Northern Program <input type="checkbox"/>
<p>The In-Clinic Program is a three-month program that is run five days per week. You have the choice between three days per week in the mornings or two days per week in the afternoons. On those days, you'll be attending exercise sessions at the Rehab Department gym facility. Morning sessions take place Mondays, Wednesdays, and Fridays from either 8:00 – 9:00am or 9:00 – 10:00am. The afternoon sessions take place Tuesdays and Thursdays from 2:00 – 3:30pm. You'll also be encouraged to exercise on the days that you don't come into the Rehab gym. Other services that you'll have access to include dietitian, social worker, smoking cessation, and telemedicine sessions offered through the Thunder Bay Rehabilitation and Healthy Lifestyles Program.</p>	<p>If you're unable to attend the exercise sessions, you may choose to complete a home program. The Home Program is also a three-month program. After an exercise orientation, you'll be provided with education and given a Home Program booklet that will include all of the necessary information, instructions, and tools that will help you to become successful at home. You may complete your exercise at any time that is convenient for you. You'll still have access to join any of the exercise sessions at the Rehab gym should you become available to do so. You'll also have access to other services, including dietitian, social worker, smoking cessation, and telemedicine sessions offered through the Thunder Bay Rehabilitation and Healthy Lifestyles Program.</p>	<p>If you're living in a Northern community, you'll have the option to complete a condensed one-week program. The overall length of the full program is actually six months; however, you'll be asked to join us at SLMHC for a one-week intake period. To begin the week, you'll be given a program orientation. After, you may be required to complete an exercise stress test. You'll then finish the week with exercise education, exercise sessions, and appointments with the program dietitian and social worker. Other services that you'll have access to include smoking cessation and telemedicine sessions offered through the Thunder Bay Rehabilitation and Healthy Lifestyles Program.</p>

Session 1: What Have I Learned So Far?

1. What is the ultimate goal of the Cardiac Education & Rehabilitation Program?

2. Who are your primary contacts throughout the program?

3. What other services do you have access to while you're in the program?

4. What is your role in the program?
