



The 4 Phases of Cardiac Rehabilitation Programme

Phases	Duration	Component(s)
Phase 1 (Inpatient)	Approximately 30mins per each component	<ul style="list-style-type: none"> • Physiotherapy • Dietary Counseling • Education and Counselling
Phase 2 (Outpatient)	12 – 18 sessions over 4 to 6 weeks duration	<ul style="list-style-type: none"> • Exercise Rehabilitation • Educational talks (in group session) <ul style="list-style-type: none"> – Healthy Eating – Doing Exercise the Right Way – Cardiovascular Risk Factor Modification – Medication – Stress Management – Energy Conservation • Counselling
Phase 3 (Maintenance)	6 – 12 sessions over 6 to 8 weeks duration	<ul style="list-style-type: none"> • Exercise Rehabilitation • Counselling
Phase 4 (Maintenance)	Lifelong	<ul style="list-style-type: none"> • Exercise (community-based)



Location



National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: 6779 5555 Fax: 6779 5678 Website: www.nuh.com.sg

Contact Information

National University Heart Centre, Singapore

1 Main Building, Heart Rehab, Level 3.
Opening Hours: 8.30 am - 6.00 pm (Monday - Friday)
Closed on Weekend & Public Holidays
Website: www.nuhcs.com.sg

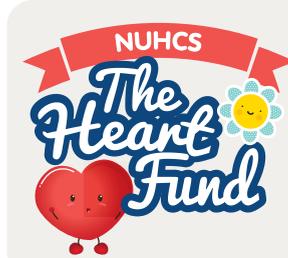
Getting to NUH

Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station will be served by three exit-entry points.

- Exit A: Right at the doorstep of National University Heart Centre, Singapore.
- Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.
- Exit C: Leads to NUH Medical Centre.

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek the advice of your doctor if you have any questions related to the surgery, your health or medical condition. Information is correct at time of printing (May 2014) and subject to revision without notice. Copyright© is held by the publisher. All rights reserved. Reproduction in whole or in parts without permission is strictly not allowed.



Every day, we save lives by providing financial relief to needy patients, funding groundbreaking research and giving training to our medical specialists. This is why the support we receive is essential.

Make a donation and help us continue the fight for every heartbeat!

For more information, log on to www.nuhcs.com.sg/about-us/make-a-gift.html

National University Heart Centre, Singapore
A member of the NUHS

Cardiac Rehabilitation Programme



View patient education videos on NUHCS YouTube page



Step 1:
Download a FREE QR Reader on your smartphone and scan the QR code.



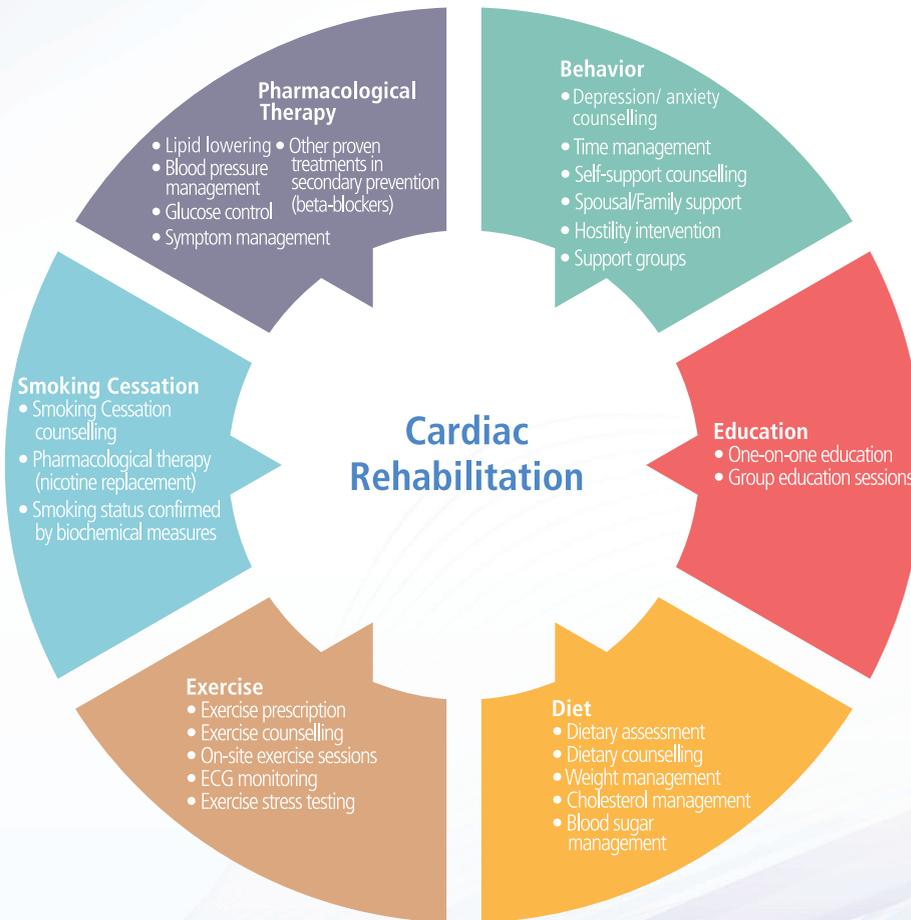
Step 2:
The QR code will decode instantly. You'll be brought to www.youtube.com/user/NUHCS



Scan the QR code

What is this programme about?

Cardiac rehabilitation begins in the hospital after you have had a heart attack, heart surgery or treatment for other heart conditions. This comprehensive programme is multidisciplinary and encompasses exercise training, education and counselling (see diagram).



Who are the members of the cardiac rehabilitation team?

They are the cardiologist, physiotherapist, nurse clinician, pharmacist, dietitian, occupational therapist, clinical psychologist and medical social worker.

What does the programme aim to do for me?

It aims to help you:

- Improve your heart condition
- Improve your stamina for exercise
- Improve your cholesterol level
- Understand how you can take care of your heart
- Develop a healthy lifestyle for life



Who will this programme benefit?

You will benefit from this programme if you have had one of the following:

- A heart attack
- Percutaneous coronary intervention (PCI)
- Coronary artery bypass graft (CABG) surgery
- Valve surgery
- Peripheral vascular disease (PVD)
- Treatment for other heart conditions:
 - Heart failure
 - High risk coronary artery disease
 - Post electrophysiology (EP) / device implantation

If you have been referred by a cardiologist, you are strongly encouraged to join the programme.

How do I get started on this programme?

You may sign up for this programme when you are staying in the hospital for your heart condition or after you have been discharged. You will need to consult your cardiologist before starting this programme.