



Cardiac Rehab Referral Process

**WakeMed Health and Hospitals
Raleigh/Cary, NC**

Process Steps for Cardiac Rehab Referrals

- **Staff Nurse Empowerment: Education**
 - * Cardiovascular Core Curriculum
 - * CV Journal Club
- **Ongoing Staff Coaching:**
 - * Nursing unit-based in-services
 - * Shift huddles
 - * One on one education and feedback
- **Tip sheet: Nurses' MI Teaching Guide**
Discharge Instructions

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Process Steps in Cardiac Rehab Referrals

- Identify newly diagnosed or readmitted patients with AMI/HF.
- Each patient is provided educational materials prior to discharge.
 - * Road to recovery (cardiac rehab section, page 28)
 - * Living with Heart Failure
 - * Discharge instruction after your MI sheet
 - * Cardiac rehab information sheet (NC State list)
 - * MI Video and Cardiac rehab video
- Staff Nurse obtains order from physician and writes location and phone number of cardiac rehab program
- Cardiac Rehab RN will contact patient within 1-2 weeks after discharge. (If patient comes to WakeMed Health Works)

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Road to Recovery Patient Instruction Book

The Road to Recovery

THE HEALING PROCESS AFTER A HEART ATTACK



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5. Exercise

Regular exercise can improve the way you look, feel and work. Few people get enough of the right kind of exercise during work hours, so exercise outside of work is important! People who exercise regularly:

- Have more energy
- Cope more easily with stress
- Increase resistance to fatigue
- Feel less tense
- Look better
- Burn extra calories to help lose pounds or stay at ideal weight

Check with your doctor before beginning any exercise program. Your doctor may recommend Cardiac Rehab.



Exercise needs to be "aerobic," meaning the body uses oxygen to produce the energy needed for the activity. This can include swimming, brisk walking or bicycling. Choose an activity that you like and set aside a regular time. Your goal is to exercise 30 to 60 minutes several days a week. At the minimum, you should exercise for 30 minutes five days a week.

Each exercise session should include a warm up, exercise and a cool down. Begin any exercise program slowly, gradually increasing the time.

Dress appropriately for the weather and sport. Walkers and joggers should wear shoes that fit well, have heavily cushioned soles and extra room at the toes. Be sure to choose a safe walking place. Bicyclists should wear helmets for protection. During hot weather, plan exercise for the coolest part of the day and increase the amount of water you drink. When the weather is cold, avoid temperatures below 40 degrees, particularly if it is windy. Wait at least an hour after meals before exercising.

Common sense and your body will tell you when you are exercising too long or too hard. You should be able to talk with someone as you exercise. If you can't talk or feel short of breath, slow down! Don't push yourself to the point where exercise is painful, you become too tired or short of breath, dizzy, break out in a cold sweat or feel faint. Consult your doctor for any recurring problem.

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Cardiac rehabilitation provides a safe monitored environment for exercise after your cardiac event. It will help you return to your daily activities and focus on making lifestyle changes. The program helps people learn more about diet and exercise plus ways to reduce risk factors for heart disease. Studies show that cardiac rehab helps decrease your chance of going back to the hospital with another cardiac event.

Ask your nurse for information about a program nearest you. A doctor's referral is necessary for program admission. Health insurance plans may cover the cost of the program.

Phone Number

Cardiac Rehab at WakeMed

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- Medical Staff Director
- ACLS Registered Nurses
- Exercise and Fitness Specialists
- Registered Dietician
- Stress Management Counselor

- Progressive Exercise
- Monitored Exercise Sessions
- Nutrition and Dietary Modifications
- Stress Management Counseling
- Risk Factor Education

WakeMed Raleigh Campus
3000 New Bern Avenue, Raleigh, NC 27610
919-350-8602

at Kraft YMCA
8921 Holly Springs Road, Apex, NC 27539
919-350-1875

(continued on back)

Retreat

Other sites

WakeMed Cardiac Rehabilitation Local and Regional Providers

Apex	919-350-1875	WakeMed (Kraft Family Y)
Clinton	910-596-4248	Sampson County
Goldboro	919-731-6304	Wayne County
Raleigh	919-350-8602	WakeMed (Raleigh Campus)
Rocky Mount	252-962-3479	Nash County
Sanford	919-774-2384	Lee County
Smithfield	919-938-7581	Johnston County
Wilson	252-399-8448	Wilson County

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 Raleigh Campus • Cary Hospital • North Healthplex • Apex Healthplex • Brier Creek Healthplex • Garner Healthplex
 Clayton Medical Park • Raleigh Medical Park • WakeMed Outpatient Rehabilitation Facilities
 Home Health • WakeMed Physician Practices • Capital City Surgery Center

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Tip sheets:

Nurses MI Teaching Guide

Where to look for Doctor's Diagnosis of MI
 * Troponin positive * Cath Report * MD Notes * Ask MD/PA

Day 1 & 2: Give Education Handouts and Show Videos

- ✓ Road to Recovery Book & Heart Attack D/C Instruction sheet
- ✓ Cardiac Rehab sheet
- ✓ TIGR Videos #342,308,343, &330
- ✓ For silent patient # 345
- ✓ Heart Attack channel TIGR # 85 8am to 8pm

Discharge: Schedule follow up appointment with PCP or Cardiologist within 7 days
 Get Cardiac Rehab script from MD
 Give cardiac rehab contact number per patient preference

Tips

- Teach medication compliance when giving medication.
- Teach S/S when telling patient to call nurse for chest pain and if at home call for help.
- Use basic words when teaching. Teach at a 5th Grade Level.
- Use Teach-back method or repeat back to confirm patient understanding.
- Tell patient to write down questions for the doctor. Involve family/friends in teaching.
- Discuss Discharge Instruction after your Heart Attack sheet.
- If possible D/C and no Road Recovery book in room. Give a book early before discharge.
- Flip through Road to Recovery book discussing bold highlights. Encourage patient and family to read at home.

Ways to Decrease Patients Chances of another Heart Attack

- Stop Smoking
- Eat Heart Healthy Diet
- Know your Numbers for blood pressure _____ blood sugar _____ cholesterol _____
- Manage diabetes / high blood pressure / high cholesterol
- Exercise 30 minutes daily as tolerated
- Weight in healthy range
- Take Medications as instructed by doctor
- Doctor follow up as recommended & ask questions

Discharge instructions:

Sign/Symptoms & Management

- Pain (Chest/ Arms/Back/Neck/ Jaw) may feel like heartburn
 - Pain occurs at rest and activity lasting more than 5 minutes
 - Shortness of breath
 - Breaking out in a cold sweat
 - Nausea or vomiting
 - Feeling tired, dizzy, or faint
 - Women may feel breathless/anxiety
- Instruct patient to sit & rest If S&S persist Call 911 Do Not drive to the hospital*

Medication Compliance

- Take all medication instructed by doctor
- Do not stop taking heart medication unless told by heart doctor
- Refill prescriptions
- Check with doctor before taking over the counter medication
- Bring all medications to all doctor appointments

Recovery at Home / First week up to 4 or 6 weeks

- Rest periods each day
- Rest for 1 hour after meals & at least 30 minutes after activities such as bathing etc.
- Get 6-8 hours asleep
- Increase activity gradually
 - ▼ Start walking 10-15 minutes the each day
 - ▼ Gradually increase your activity to goal of 30 minutes each day
 - ▼ Be able to walk, talk and breath comfortably with activity
 - ▼ May need to do activity in 2 separate sessions depending on the person fitness
- Limit or climb stairs slowly
- Avoid lifting more than 10 pounds
- Do light housework: Do not vacuum, mow grass, rake, or shovel
- Follow a Heart Healthy Diet
 - ▼ Fresh Fruit and Vegetables, whole grains, lean meats and fish
 - ▼ Avoid salty foods
 - ▼ Read food labels
- Avoid sudden temperature changes that are very hot or cold & use of hot tubs, spa or whirlpool
- Sexual activity usually after 2 weeks. Rule of thumb when one can walk up 10 steps without S&S
- Weigh daily. Call weigh gain of 2 pounds overnight or 3-5 in a week
- People may feel sad or have emotional changes. Talk to a doctor if it gets worse or not go away
- Ask your doctor when you can Drive, Return to Work, or about Travel Plans

Follow up with Heart Doctor and Medical Doctor as directed
Ask Heart Doctor about a Cardiac Rehab

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