

# Cardiac Rehabilitation Program



**QUT offers a rehabilitation program for people recently discharged from hospital cardiology departments.**

The program is flexible, individualised, fully supervised and involves a collaborative approach to balance the clinical requirements of the client's health care needs and their own wishes for undertaking rehabilitation.

The program is overseen by qualified, accredited professional and clinical academic staff with final year allied health students on work integrated learning placement.

The rehabilitation program is overseen by QUT's Director of Clinical Services and Education, who has extensive experience in cardiac and heart failure rehabilitation and electrocardiography. The program covers exercise physiology, nutrition and dietetics, psychology and counselling, and other disciplines as required, and includes regular communication between the primary care physician and hospital cardiology department. The program also maintains nursing support staff on hand; and program

supervision staff are advanced life support trained and have Medicare provider numbers.

We understand that many people who require cardiac rehabilitation also suffer from a range of respiratory and metabolic conditions as well as various musculoskeletal concerns. Our staff and students are trained to assist in helping maximise a person's health, wellness and function.

This program adheres to the Queensland Department of Health guidelines and Australian Heart Foundation benchmarked standards.

## Contact

Phone **07 3138 9777**

Web **[healthclinics.qut.edu.au](http://healthclinics.qut.edu.au)**

Address **44 Musk Avenue, Kelvin Grove  
QLD 4059**

# Cardiac Rehabilitation Overview

**Referring:** Hospital services or general practitioners. Referral form available at [www.healthclinics.qut.edu.au](http://www.healthclinics.qut.edu.au) (Fax: 07 3138 6812 Attn: Cardiac Rehab). Hospital discharge summary or GP referral or team care arrangement.

**Program format:**

- Rolling start (clients can begin at any time)
- Individual Initial and Follow-up consultations (review consultations as required)
- Up to 10 x 1 hour exercise and education sessions by clinical exercise physiology (more or fewer available depending on client collaborative plan)
- Home exercise and education with review consultations are available depending on client need for flexibility
- Individual Dietitian and/or individual Psychology services are available depending on client needs and arranged during consultations or exercise sessions
- Optional maintenance classes
- Communication of progress or concerns to referrer and general practitioner

**Cost:**

- Consultations (1 hour) are \$49.00 or \$39.00 for concession card holders
- Supervised exercise is \$18.00 for individual sessions or \$120.00 for 10 (pre-paid)
- Eligible clients referred by their general practitioner on a GP management plan will incur no out-of-pocket expenses for exercise physiology or nutrition and dietetics consultations (suggested 2 x consultations with each)

**Location:**

- QUT Health Clinics, 44 Musk Ave, Kelvin Grove 4059
- Parking is free with disability and mobility impaired access available on-site
- Location maps and transport details are available at [www.healthclinics.qut.edu.au](http://www.healthclinics.qut.edu.au)

**Assessment Items:**

- Blood pressure, pulse rate, peripheral oxygen saturation, body composition
- Six minute walk test, hand grip strength and balance test
- Cardiovascular disease risk factor assessment
- Symptom monitoring
- Physical activity assessment
- Quality of life and health care satisfaction questionnaire
- Musculoskeletal assessment and management (e.g. median sternotomy clients)
- Additional point of care testing (e.g. blood glucose and 12 lead ECG as required)
- Referral to additional services as required

