



## *Introduction to Cardiac Rehab*

- ***Who is an appropriate candidate for Cardiac Rehab?***
  - ✓ *Myocardial infarction (MI)*
  - ✓ *Coronary Artery Bypass Graft (CABG)*
  - ✓ *Stent Placement*
  - ✓ *Valve Surgery (repair/replacement)*
  - ✓ *Stable Angina (chest pain)*
  - ✓ *Heart Transplant (pre & post)*
  - ✓ *Chronic Systolic Heart Failure (systolic & diastolic)*
  
- ***What should I expect during Cardiac Rehab?***
  - ✓ *Cardiac Rehab is a comprehensive, lifestyle modification program that includes **monitored** exercise and **education**. Including the initial evaluation, the program length is 36 sessions long (lasting approximately 12 weeks). We recommend attendance 3 days/ week for exercise and class sessions, totaling 2-3 hours **per session**.*
    - *During exercise, patients are hooked up to a telemetry system where their heart rhythms are closely monitored. A daily patient assessment is done to include:*
      - *Weight*
      - *BP (before, during, and after exercise)*
      - *Glucose checks for diabetics (pre and post exercise)*
  - ✓ *Cardiac Classes include: Cardiac Health, Nutrition, and Stress Management*
  - ✓ *Each patient is encouraged to meet with our staff dietician, individually, to discuss their current diet and make improvements, if necessary.*
  
- ***When should I have Cardiac Rehab?***
  - ✓ *Depending on your diagnosis, you should begin Cardiac Rehab ASAP.*
    - *Following a major surgery (bypass, valve repairs/replacements, transplants) – you may begin within 6 weeks post-operatively.*
    - *Following stent placements or MI – you may begin as soon as you can be scheduled.*

- **Where** does Cardiac Rehab take place?
  - ✓ Cardiac Rehab takes place in an outpatient setting, usually in a specialized clinic.
- **Why** do I need Cardiac Rehab?
  - ✓ Cardiac Rehab can help speed up your recovery and lower your risk of experiencing a second heart-related event.
  - ✓ Cardiac Rehab can help restore functional abilities to the highest possible level.
  - ✓ Cardiac Rehab can help re-build cardiovascular strength, endurance, and conditioning that have been lost secondary to surgery or a cardiac event.
  - ✓ Cardiac Rehab can provide education that improves knowledge and awareness, helps to reduce risk factors, and prevents further progression of disease.
- **How** do I get started?
  - ✓ You **must** have a qualifying diagnosis.
  - ✓ You **must** have a referral for Cardiac Rehab from your doctor.
  - ✓ Are you eligible for Cardiac Rehab?
    - Medicare and most other insurance providers will cover Cardiac Rehab. Check with your insurer to determine eligibility and whether Cardiac Rehab is covered under your plan.



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