



Reach Up

The Beginner's Checklist for Successful
Cardiac Rehabilitation

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Develop A Strong Relationship With Your Doctor

Have confidence in your GP and talk through your concerns about your recovery process. Understanding your condition and medications is important to your personal wellbeing and quality of life.

Discuss topics including:

- Your medications and their possible side effects *
- Any necessary lifestyle changes
- How soon after your event can you drive
- When are you able to return to work
- Exercise program that may be appropriate for you **
- Your cardiac rehabilitation program ***

* The Importance of Understanding Your Medication

Some of your medication's possible physical and/or emotional side effects can be controlled if your doctor slightly adjusts the dosage, time of dosing, or changes the medication.

You should adhere to the prescribed doses and times, and **DO NOT STOP OR ALTER** the dosage of your medication without first consulting your GP or cardiac specialist.

** The Importance of Exercise

Regular and appropriate exercise has a positive effect on all of your body's systems. It also helps to control risk factors of heart disease such as weight and blood pressure.

Check with your doctor and ensure your exercises are appropriate for your fitness and health condition!

*** Understand Your Cardiac Rehabilitation

Some of the elements in a rehabilitation program are designed to get you back on track within a short period of time while others are permanent in nature.

An understanding that Cardiovascular Disease (CVD) is a permanent condition that can be managed is vital to your ongoing good health and quality of life.

Accept Responsibility For Your Health

Accepting personal responsibility for the changes in lifestyle necessary to maintain good health is a key factor in achieving a good quality of life, as is recognising that such changes are permanent and not temporary.

Some lifestyle changes worth considering include:

- Stopping smoking
- Eating a healthier diet *
- Reaching a healthy bodyweight
- Limiting stressful situations

* The Importance of a Health Diet

A healthy diet assists your body in the healing process. It also helps to control your weight and prevents risk factors from progressing further.

- Get advice from a dietitian about your diet

Acknowledge Your Personal Challenges

Each of us have our own particular cares and concerns. There are many personal issues we may face during our recovery period.

It is important to acknowledge our challenges and get expert advice on:

- When to return to work
- When to resume other activities, hobbies, sport, voluntary work and so on
- Advice on sexual activity
- Things your carers and family members should know about
- Potential feelings of helplessness during recovery
- Coping with potential depression

And most importantly ...

Have A Positive Attitude

Be positive in your attitude about your condition and rehabilitation will assist you to recover more quickly and make the process less stressful and more enjoyable.



- Look at your condition as an early warning sign
- Look at your condition as an opportunity to make some positive changes to your lifestyle
- Look at your condition as the catalyst that will drive you to increase your quality of life
- Laughter certainly helps a lot - make a list of activities that bring you happiness and joy!
- Surround yourself with people who understand you and your challenges on a personal level