

To Enter the CARDIAC REHAB PROGRAM

Contact the cardiac rehab department at 615-2625 for an appointment.

Your physician will then be contacted for approval and to obtain necessary medical records.

Cost

Cardiac rehabilitation Phase II is reimbursed by Medicare Part B and by most insurance companies. We will contact your insurance company and complete any necessary pre-certification requirements.

Want More Information?

For more information about OCH's Cardiac Rehabilitation, contact Elizabeth Varco, RN at 616-2625 during regular business hours.



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Starkville, MS 39759
662-615-2625



What is CARDIAC REHAB?

OCH Regional Medical Center's Cardiac Rehabilitation Program is a supervised education and exercise program for those who have experienced illness associated with cardiovascular disease, including chest pain, heart attack, coronary bypass surgery, stents, valve replacement and heart transplant.

The goal of the rehab program is to restore participants to an optimal level of health, so they may perform activities of daily living, return to work, improve cardiovascular conditioning and meet their personal goals.

EDUCATION

Program participants are educated about risk factors for cardiovascular disease and necessary lifestyle modification, with special emphasis on the following subjects:

- Smoking Cessation
- Hypertension Management
- Dietary Guidelines for a Heart Healthy diet
- Weight Reduction
- Safe Activity and Exercise Guidelines

- Stress Management
- Anatomy and Physiology of the Circulatory System
- Risk Factor Reduction

The cardiac rehab department uses American Heart Association (AHA) educational materials, as the AHA is recognized world-wide as an expert on heart health.

EXERCISE

- Physician approval is required to participate in the program and monthly progress reports are sent to keep the physician informed of your progress.
- Exercise program is supervised by trained health care professionals, including a registered nurse.
- Heart rate is monitored by telemetry and each participant is taught how to take his own pulse.
- Blood Pressure is taken before, during and after each session.
- Program participants use a variety of exercise equipment, including Schwinn Air-Dyne, NUSTEP recumbent bike, arm ergometers, treadmill/walking track, and light hand weights.
- We will obtain your medical history and physician clearance.
- We will assist you in meeting your goals to improve your health and quality of life.

The Phases of CARDIAC REHABILITATION

Phase I: The Hospital Setting

The first phase begins while the patient is in the hospital for cardiac diagnostic testing or after heart attack, coronary bypass surgery, or balloon angioplasty. Introductory educational materials are provided and supervised progressive activity enacted.

Phase II: Outpatient Rehab

The second phase is a monitored exercise program conducted on an outpatient basis in the cardiac rehab area of the OCH Regional Medical Center Wellness Connection. Rehab sessions meet for one hour between 8:00–9:00 a.m. and 12:15–1:15 p.m. on Monday, Wednesday and Friday. Phase II lasts 1–4 months focusing on continued education and supervised exercise. Each Participant's blood pressure, heart rate and cardiac rhythm is monitored closely throughout each session, which is designed based upon his personal capability and health status.

Phase III: Maintenance Program

After completing Phase II, participants continue exercising three times a week through a maintenance program with limited supervision to encourage independence. Health care professionals monitor each participants blood pressure before and after exercise and obtain telemetry strips once a week.