

PHASES OF CARDIAC REHABILITATION:

Phase I: The Hospital Setting

Phase I begins while the patient is still hospitalized after an event associated with cardiovascular disease. Introductory education is given and progressive activity, such as walking, is initiated. Most insurances cover Phase I cardiac rehabilitation.

Phase II: Outpatient Rehabilitation

Phase II begins after the patient is referred to the program by a physician. Phase II is a monitored exercise and education program conducted on an outpatient basis. Most insurances cover Phase II cardiac rehabilitation.

Phase III: Maintenance

After completing Phase II, the patient may transition to the Phase III program. Physician clearance is required to participate in the phase III program. Limited supervision is provided by healthcare professionals to encourage independence. Insurance does not cover Phase III cardiac rehabilitation.



OCHHealthPlex
Cardiac Rehab

For more information on OCH Regional Medical Center's Cardiac Rehabilitation Program, please call 662-615-2625.

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OCHHealthPlex
Cardiac Rehab



WHAT IS CARDIAC REHABILITATION?

OCH Regional Medical Center's Cardiac Rehabilitation Program is a supervised exercise and education program for those who have experienced illness associated with heart disease. This includes heart failure, chest pain, coronary stent or angioplasty, coronary bypass surgery, valve surgery, heart transplant, or a recent heart attack.

The goal of cardiac rehabilitation is to restore patients to an optimum level of health so that they may perform activities of daily living, return to work, improve cardiovascular conditioning, and meet their personal goals.

EDUCATION

Education and educational materials are provided to patients about cardiovascular disease and lifestyle modifications. All educational material is individualized and intended to promote a healthy lifestyle.

Our program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, and program personnel hold certifications from organizations including the American Heart Association, the Preventative Cardiovascular Nurses Association, and the Emergency Nurses Association.

EXERCISE

Your physician must refer you to cardiac rehabilitation. If you are interested in cardiac rehabilitation, we will be happy to reach out to your physician for you.

Your medical records and a detailed medical history must be obtained prior to starting exercise. We will use these to increase our knowledge about your condition as well as communicate with your insurance company on your behalf. With your permission, we will take care of getting these records for you.

Your physician will sign an exercise prescription that will tell us exactly how you should exercise. We will communicate with your physician on a monthly and as needed basis to keep him/her informed of your progress.

Exercise is supervised by trained healthcare professionals.

Your heart rate, heart rhythm, and blood pressure are monitored before, during, and after exercise and as needed. Oxygen saturation levels are monitored as needed.

You will use a variety of exercise equipment, including air-dyne bikes, recumbent bikes, arm ergometers, treadmills, light hand weights, and a walking track. Your exercise experience will be modified to meet your individual needs.

Restoring patients to an optimum level of health so that they may meet their personal goals