

Cardiac Rehabilitation

Inpatient rehabilitation

Inpatient rehab is ordered by your doctor and begins early on in your hospital stay. It is important to begin cardiac rehab as soon as possible to help you recover. The physical therapy staff will get you up and safely moving. The patient educator will visit with you and your family to explain your condition and treatment.

Exercise and education are started to reduce any concerns. You will begin with simple exercises and progress to walking and longer exercise sessions. Your blood pressure and heart rate are always watched during these sessions. Staff will teach you signs and symptoms to watch for, do's and don'ts for home and medication instruction.

Outpatient rehabilitation

Outpatient cardiac rehab is a doctor-ordered service provided to patients with heart disease. The goal of cardiac rehab is to help the patient achieve his/her best physical, mental and social well-being through exercise and lifestyle change.

Cardiac rehab is a service that includes:

- Exercise to improve fitness without going over your safe limits.
- Monitoring blood pressure, heart rate/rhythm and physical responses during exercise.
- Updates from staff to your doctors on your progress.
- Education about heart disease topics including:
 - Stopping smoking
 - Lowering cholesterol
 - Controlling high blood pressure
 - Weight loss/control
 - Improving diabetes management
 - Increasing physical activity
- Healthy eating habits
- Improving mental well-being

Those who benefit from outpatient cardiac rehab include those with a history of:

- Myocardial infarction (heart attack)
- Coronary artery bypass graft surgery (CABG)
- Current stable angina pectoris (heart-related pain/symptoms)
- Heart valve repair or replacement
- Percutaneous transluminal coronary angioplasty (ballooning or coronary stenting)
- Heart or heart-lung transplant
- Heart failure and those with ventricular assist devices

After rehabilitation

Wellcare membership is a medical membership that offers the member more interaction with our wellness professionals and assistance with exercise programming and equipment.

Ultimately, the goal is to provide individuals with the tools and knowledge to maintain or improve their activities of daily living.

Location

2500 Canterbury Drive
Hays, KS 67601

For more information

785-623-5279

haysmed.com/debakey-heart-institute/cardiopulmonary-rehab/