

EAST GRAMPIANS HEALTH SERVICE VALUE STATEMENTS



INTEGRITY

We value integrity, honesty and respect in all relationships



EXCELLENCE

We value excellence as the appropriate standard for all services and practices



COMMUNITY

We respect the dignity and rights of our community and acknowledge their beliefs, regardless of their cultural, spiritual or socioeconomic background



WORKING TOGETHER

We value equally all people who make a contribution to EGHS to achieve shared goals



LEARNING CULTURE

We strive to continually learn and develop through education, training, mentoring and by teaching others

Our staff welcome you to East Grampians Health Service and its many programs in a confidential environment.

Further Information:

Contact the EGHS Community Centre on:
P: 03 5352 9327

Car parking is available in the Community Health Centre car park which can be accessed from Girdlestone Street.

Fees:

Please ask about fees at the time of booking. If you have any concerns, you are welcome to discuss them with our staff.



Improving the health of our community

East Grampians Health Service offers an extensive range of services to keep people well and living at home.

Opening Hours: 8:30am - 5:00pm

Monday to Friday

P: 03 5352 9327



What is Cardiac Rehabilitation?

It is an eight week program that includes supervised exercise sessions along with Heart Health information sessions. It is based on guidelines set out by the National Heart Foundation and Heart Research Centre.

It involves the Physiotherapist, Exercise Physiologist, Dietitian, Social Worker, Occupational Therapist and the Pharmacist.

Who can attend?

Anyone who has had

- a heart attack
- heart surgery
- angina (chest pain)
- other heart or blood vessel problems
- high blood pressure
- heart failure
- lifestyle risk factors for heart disease

What does the program do?

The program aims to:

- help your recovery and return to a healthy lifestyle after a cardiac event or procedure
- increase your ability to be physically active
- reduce depression and anxiety
- increase your social support and meet others in a similar situation to yours
- improve the health of those people with risk factors who would benefit from an education and exercise program
- give support and follow-up advice to clients, spouses and carers

Starting the program?

A pre-program assessment with the Cardiac Rehabilitation Coordinator is undertaken prior to commencement. It is important to bring your list of medications to this visit.

Do I need a referral?

Yes, you need a referral from your doctor to access the service

When and where is it held?

Tuesday 9:15am to 12:00pm at the Community Health Centre

How do I make an appointment?

Appointments and enquiries can be made by contacting the Program Coordinator at the Community Health Centre.

What do I bring?

- Comfortable footwear appropriate for light activity
- Anginine tablets/GTN spray if prescribed
- Your spouse, close friend or relatives are welcome to attend the education sessions
- Bottle of water