

Samaritan Healthcare Cardiac Rehab
YOUR HEALTHY HEART EXPERTS.

Cardiac Rehabilitation
Current patients: (509) 793-9659
Providers or new patients: (509) 793-9605
801 E. Wheeler Rd. | Moses Lake, WA 98837
SamaritanHealthcare.com

Individualized Cardiovascular Care

Cardiac Rehabilitation



Samaritan Healthcare Cardiac Rehab

Your Healthy Heart Experts

What is Cardiac Rehab?

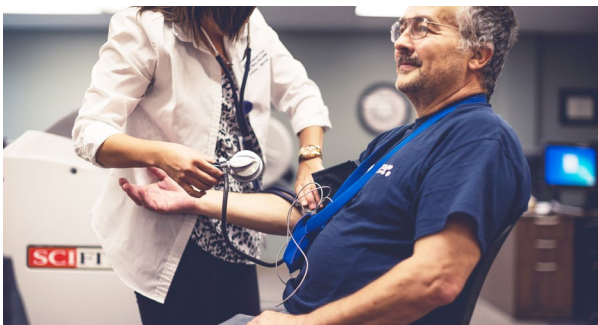
Cardiac Rehab is a medically-supervised aerobic therapy program designed to help improve cardiovascular health following a heart event.

The overall goal of cardiac rehab is to improve cardiovascular health. However, there are many other benefits of participating in cardiac rehab such as:

- Decreased risk of further heart events
- Improved resting blood pressure
- Improved energy and stamina
- Improved blood glucose levels
- Improved psychosocial status: decreased symptoms of depression/anxiety.

Those who benefit from Cardiac Rehabilitation include those with a history of:

- Coronary artery repair or replacement
- Myocardial infarction (heart attack)
- Current stable angina pectoris
- Heart valve repair or replacement
- Percutaneous transluminal coronary angioplasty (PTCA) or coronary stenting.
- Heart or heart-lung transplant
- Heart failure and those with ventricular assist devices
- Coronary artery disease equivalents such as diabetes or peripheral artery disease



Core Components

- Baseline and ongoing patient assessment
- Individualization
- Exercise/activity training
- Risk factor management
- Education

What happens in Cardiac Rehab?

Initial Assessment

An initial assessment is required for each patient in order to assess their current cardiovascular fitness level and to identify heart disease risk factors. This allows the Exercise Physiologists to create an individualized rehabilitation plan for each patient. The assessment consists of a physical assessment known as the six minute walk test (6MWT) and a series of other assessments which provide an overlook on physical independence, nutritional, and psychosocial status.

Phase II Monitored Exercise Sessions

Cardiac rehab patients may attend up to 36 monitored rehabilitation sessions. These sessions consist of dynamic aerobic exercises done with continuous ECG monitoring. This creates a safe environment for those with heart disease to exercise within safe cardiovascular limits and allows the exercise physiologists and specialists to observe any new onset ECG changes.

Education

Weekly educational courses on topics such as: Cardiovascular Health, Heart Anatomy and Physiology, Relaxation and Stress Management Strategies, and Medication.



Individualized Progression

Follow up assessments are done frequently throughout the program in order to ensure that each patient's individualized treatment plan is effective. A final assessment is also done in order to assess improvements in the 6MWT and overall cardiovascular health.

Benefits of Cardiac Rehab

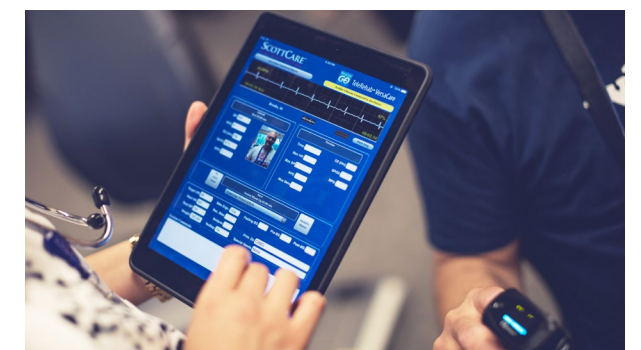
- Live longer and lessen your chances for another heart attack
- Control heart disease symptoms such as chest pain or shortness of breath
- Stop or reverse damage to your blood vessels in your heart
- Lessen the physical and emotional effects of heart disease
- Improve your stamina and strength, getting you back to your usual activities, including work, hobbies, and regular exercise
- Improve your confidence and well-being
- Improved communication with your doctor and other healthcare providers about your progress following your cardiac event

State-of-the-art equipment

All patients who are referred to Samaritan Cardiac Rehab will have access to brand new exercise equipment:

- Treadmills used for walking or HITT exercise
- Arm ergometers for upper extremity workouts
- Recumbent stepping machines for whole body workouts done with alternating motions between the arms and legs
- Recumbent bikes used for lower extremity workouts

Cardiac Rehab patients of Samaritan Healthcare will be monitored with the industry-leading telemetry monitoring system; designed to provide diagnostic-quality ECG traces with powerful functionality.



If you are a provider, or a new patient wanting to establish care, please call (509) 793-9605.

Current patients, please call (509) 793-9659 to speak with your care team.