

Heart Failure Rehabilitation Program

**St. Joseph's Hospital
Cardiopulmonary Rehabilitation Center**



 **St. Joseph's Hospitals**

BayCare Health System

HEART INSTITUTE

StJosephsHeart.org



Our Unique Program

St. Joseph's Hospital's Heart Failure Rehabilitation Program begins with a comprehensive assessment of your cardiac care needs. The team designs a program tailored specifically for you.

Components of the program:

- Safety and readiness for exercise assessment
- Nutrition counseling
- Medication education
- Ten-session supervised exercise training
- Patient and family education
- Blood pressure and weight monitoring
- Patient and family psychosocial support
- Exercise maintenance (three months)

About Exercise Training

The program consists of a 10-session training program followed by a three-month maintenance program. The 10 training sessions include an initial assessment, eight monitored exercise sessions and one nutrition/dietary education session. Additional educational opportunities are optional depending on your interest.

Once you have completed your initial assessment, you will be guided through your first exercise session. You will wear a heart monitor to observe your heart's response to exercise; your blood pressure will also be measured. You will be scheduled to return to exercise for seven additional monitored exercise sessions. Your exercise tolerance will be evaluated with recommendations based on your goals and progression tolerance. Knowing you are safe while exercising will help you build the confidence you need to stay active. Upon completion of the 10-session training program, you will begin the three-month maintenance program.

Location

We are conveniently located in the Medical Arts Building, 2nd floor, at St. Joseph's Hospital Cardiopulmonary Rehabilitation Center, 3003 West Dr. Martin Luther King Jr. Boulevard, Tampa, FL 33607.



Program Participation and Cost

There is no cost to you to participate in our Heart Failure Rehabilitation Program. This program is generously supported by a grant from the St. Joseph's Hospital Philanthropic Women's Organization. You do not need an exercise prescription to participate. As part of the program, you will undergo a safety and exercise readiness assessment prior to starting exercise. This is a vital part in tailoring the program specifically to meet your needs. While in our program, you will remain under your personal physician's medical care. With your permission, we will communicate with him or her regularly regarding your progress and any medical issues that may arise.

Our Heart Failure Rehabilitation Team

Our multidisciplinary team of specially trained health care professionals includes:

- Heart failure specialist
- Registered nurses
- Pharmacists
- Dietitian
- Respiratory therapist
- Exercise physiologist
- Mental health therapist
- Program coordinator

To Learn More

For more information about the Heart Failure Rehabilitation Program at St. Joseph's Hospital: (813) 554-8012.





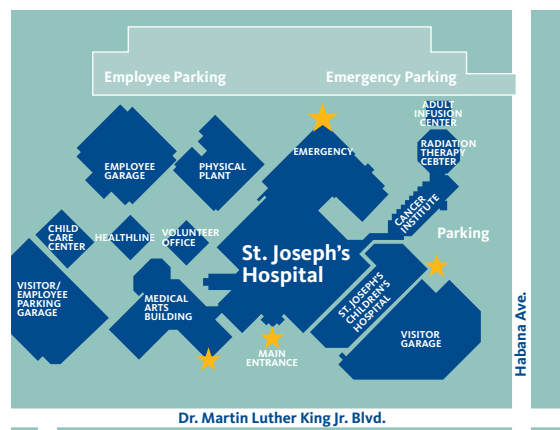
St. Joseph's Hospital

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What Is Heart Failure Rehabilitation?

Heart Failure Rehabilitation is a medically supervised exercise and educational program. The goal of the Heart Failure Rehabilitation Program is to provide you with the tools, knowledge and motivation needed to fight the progression of your disease.

Why Is Exercise Important?

Research has shown that exercise training is both safe and essential for people with heart failure. Exercise not only strengthens the heart and helps it work more efficiently, it also reduces the likelihood of worsening symptoms and going to the emergency room or your doctor's office unexpectedly. Heart failure affects everybody differently and exercise training is needed to gradually work up to a level of activity that is safe and beneficial for your overall health.

The Benefits of Heart Failure Rehabilitation

Patients who participate in the Heart Failure Rehabilitation Program can achieve:

- Reduced symptoms
- Increased self-esteem and confidence
- Fewer hospitalizations and shorter stays when admitted
- Enhanced quality of life
- Improved nutritional status
- Improved adherence to healthy choices
- A deeper understanding of your disease
- Improved ability to perform routine activities
- More restful sleep

St. Joseph's Hospitals Foundation relies on the generous support of our community to continually improve patient care at St. Joseph's Hospital, St. Joseph's Women's Hospital, St. Joseph's Children's Hospital and St. Joseph's Hospital-North. Funds contributed make possible new facilities and equipment, community education and outreach, and special programs to sustain excellence. Individuals, businesses and foundations provide funding through an array of programs, campaigns and events. For more information on how you can help, call (813) 872-0979 or visit SJHFoundation.org.

St. Joseph's Hospitals are a ministry of the Franciscan Sisters of Allegany.