

Sunshine Coast and Wide Bay Health Service District



Opportunity Learning Excellence

Phase 2 Cardiac Rehabilitation Program

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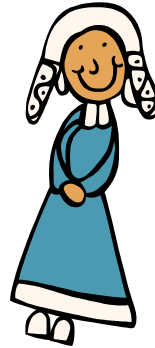
Participating Locals



September 2006

Collaboration between QH and USC

- 0.7 FTE Nurse



- 0.2 FTE Exercise Physiologist

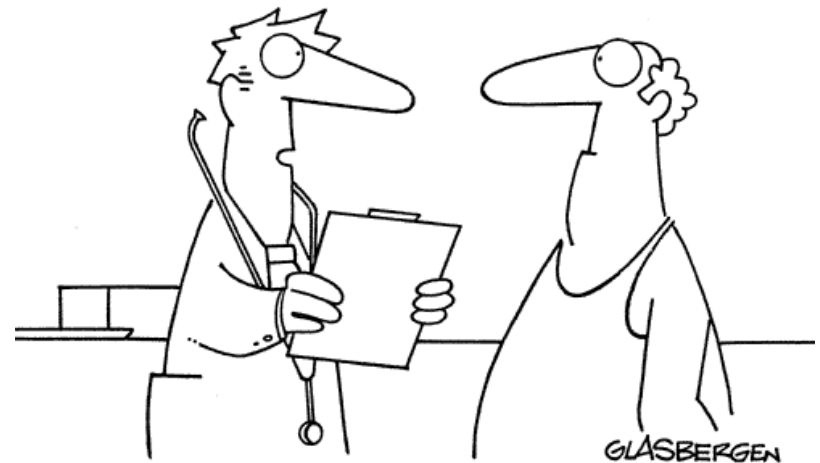


Program Format 2006/7

8 week block:

- ♥ admission/discharge assessment
- ♥ 12 exercise sessions
- ♥ 6 x 1 hour weekly education sessions

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"The handle on your recliner does not qualify as an exercise machine."

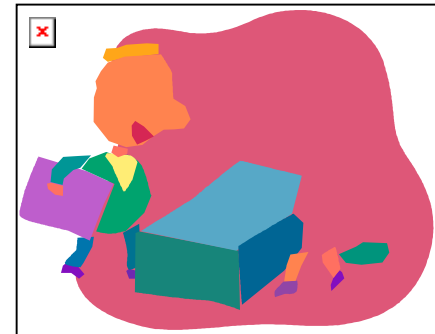
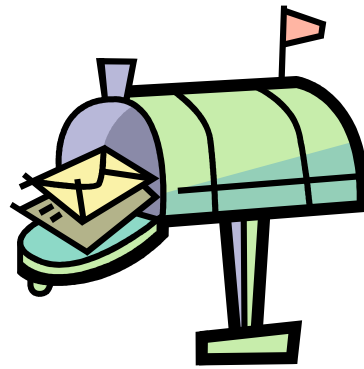
Referrals



Solution?



Recruitment to cardiac rehabilitation



Pilot Program 2008

Rolling program:

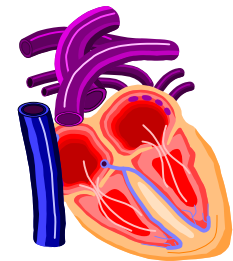
- ♥ admission assessment
- ♥ 10 exercise sessions
- ♥ 2 education mornings
- ♥ discharge assessment



**"Potato chips aren't rubbery and blubbery like fat.
They're crispy and crunchy like lettuce.
That proves they're diet food!"**

Results of 4 month pilot program

	Pilot	2007
Referral to 1 st contact	0 – 7 days	3 – 6 weeks
Contact to program	1 – 6 weeks	6 – 18 weeks
Nos. of all referrals received	112	250
Nos. on program	54	64
Percentage uptake	48% (58% adjusted)	25%



For a healthy heart
Get Smart



Get with the program