



Cardiac Rehab

*“Heart Health – Hospital-Based,
Close To Home”*



**Morrow County
Hospital**
OhioHealth

Associated with OhioHealth



Cardiac rehabilitation is an important step in resuming a full and active lifestyle for people with heart disease, angina, or who have had a heart attack, coronary bypass or PTCA.

During your rehabilitation, you will have a rehab team who will work with you to understand and practice a safe and effective health plan.

Your rehabilitation will include supervised and structured exercise, stress management, heart-healthy eating, health responsibility, and managing your heart health. If needed, a plan will be designed to help you: manage blood pressure, cholesterol, control diabetes, and stop smoking.

Introduction

Cardiac Rehab at Morrow County Hospital is designed to gradually and safely increase activity levels for patients who are recovering from cardiac surgery, Percutaneous Transluminal Coronary Angioplasty (PTCA), with or without stent placement, or a heart attack. It is also helpful for patients who have severe high blood pressure or coronary artery disease. Information, education and counseling are critical program components. Our goal is to assist people in achieving and maintaining optimal fitness, to assist and enable lifestyle changes for control and prevention of coronary artery disease, and to provide a supportive and safe environment through group dynamics.



Phase II – Cardiac Rehab

Phase II is an outpatient program. Its goals are to enable patients to minimize the progression of coronary artery disease through the control of risk factors, to assist patients in achieving optimal fitness safely and to instill confidence through staff support and group dynamics.

You may be asked to complete a stress test prior to admission in the program.

You will attend three professionally supervised 30- to 40-minute exercise sessions each week using equipment designed for aerobic conditioning: stationary bicycles, treadmills, NuStep and stair-climbers. You will also attend educational program emphasizing exercise, risk-factor control, diet and stress reduction. The classes are taught by the cardiac rehabilitation team members.

Your heart rhythm and blood pressure will be monitored, and the sessions are supervised by specially trained personnel. Your physician/cardiologist will receive monthly progress reports.

Phase III

Phase III is a maintenance program for patients who have completed a Phase II program. Patients monitor their own exercise and pulse rates.

This program is designed for people who prefer to exercise in a group setting or those who prefer exercising in a medically safe environment. It is not covered by insurance.

Contact

The Initial Contact begins the process of entering cardiac rehabilitation. A doctor's order is needed and insurance approval.

Program Admission

Admission to any phase of the Cardiac Rehabilitation Program is by your physician's referral only. Contact your family doctor or cardiologist to discuss the program.

Enrollment

Enrollment is the process of gathering the information used to evaluate your cardiac risk factors and your current health and lifestyle habits.

Insurance Coverage

Medicare and many private insurance companies may currently pay 80 to 100 percent of the charges for Phase II cardiac rehab programs.

As always, check with your insurance company for the specific coverage available for these programs.



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Program information:

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