

Metro North Hospital and Health Service

The Prince Charles Hospital

Heart Failure Rehabilitation Program



Heart Failure Service



Queensland
Government

Heart Failure Rehabilitation Program

Exercise has been proven to be safe and beneficial for people with heart failure. Often though, people with heart problems aren't sure what they're allowed to do or where to begin.

The Prince Charles Hospital offers a 12-week program of supervised exercise and education sessions for patients with heart failure.

As part of this program, patients are individually assessed and given their own routine of exercises.

You will not be expected to race or keep up with others in the class – everyone works at their own pace.

Starting to exercise in such a way can give people an improved level of function and the confidence to keep active.

Even if you have not been active recently, a program can be designed for you.

Benefits of regular physical activity:

- ♥ Improved quality of life and wellbeing
- ♥ Improved ability to function
- ♥ Reduced symptoms
- ♥ Decreased fatigue
- ♥ Reduced hospital admissions
- ♥ Reduced stress and anxiety
- ♥ Improved muscle strength and efficiency

So where is this program run?

The Chermside Community Health Centre, on Hamilton Road, Chermside (behind TPCH see map on the back). There is free parking available at the front of the centre.

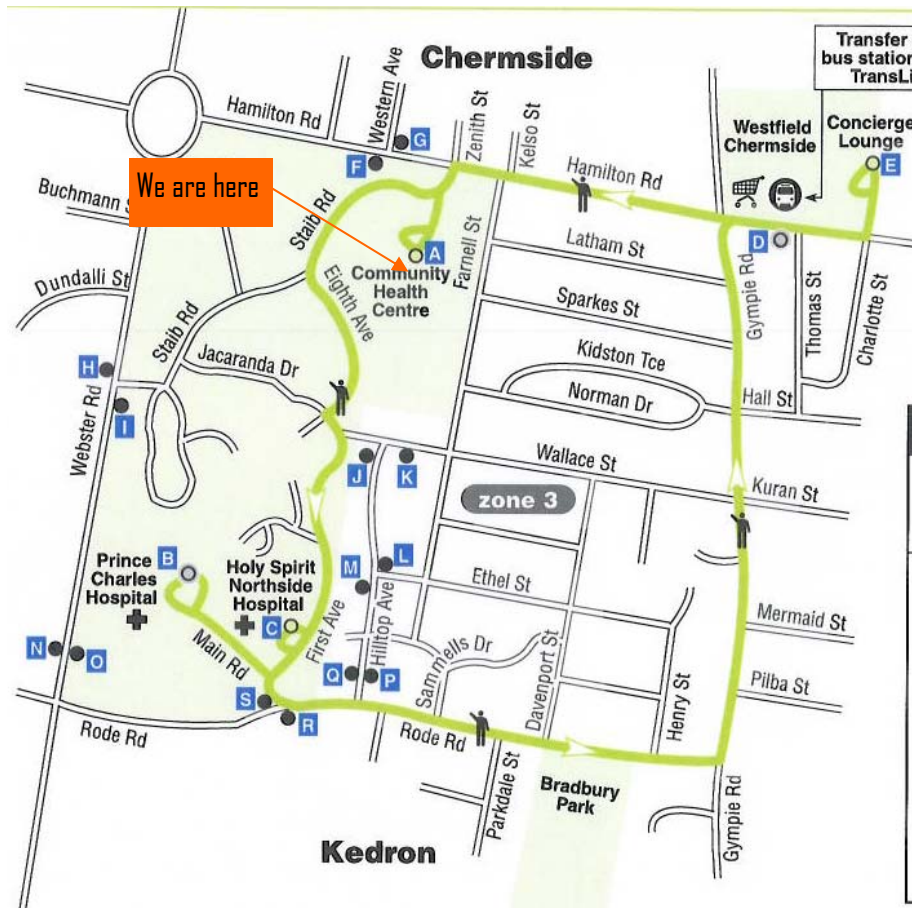
How often would I attend?

- ♥ The gym based exercise sessions are run twice a week for a period of 12 weeks on Tuesday and Friday Mornings.
- ♥ There are information sessions from various health professionals about living with and managing your heart failure

These sessions include:

- ♥ Self Managing Your Heart Failure (Heart Failure Nurse)
- ♥ The Guidelines and Benefits of Safe Exercise (Physiotherapist)
- ♥ Knowing and Managing your Heart Failure Medication (Pharmacy)
- ♥ Living and Coping with the Heart Failure (Social Worker)
- ♥ Healthy Diet (Dietician)





If you would like to participate in the Heart Failure Rehabilitation Program, please contact

**The Prince Charles Hospital
Heart Failure Service**

**Ph: 3139 5644 HF Physio
Ph: 3139 5839 or 3139 5037 HF Nurse**