Cardiac Rehabilitation staff members include registered nurses and other clinical providers who have training and experience in treating patients with cardiovascular disease. They are proud to be part of The Heart & Vascular Center at North Florida Regional Healthcare. During the year 2010, surgeons performed 350 open heart procedures, cardiologists placed 1,460 stents during primary coronary interventions, 329 patients received pacemakers, and 229 implantable cardiac defibrillators were implanted for patients. Home to a regional cardiovascular program that is strong and growing, The Heart & Vascular Center cares for patients throughout North Central Florida.

Cardiac Rehabilitation is located on the first floor of the Women’s Center on the campus of North Florida Regional Healthcare. You will find us just past the Main Lobby after entering The Women’s Center.

For cardiovascular information or referral to a cardiovascular specialist, please call Consult-A-Nurse® at 800–611–6913.
What is Cardiac Rehabilitation?
For patients with heart disease, vital help in getting back to the lifestyle you once enjoyed comes from the experts in Cardiac Rehabilitation. Patients in our program include those who have had surgery or other procedures and those who have been diagnosed with a cardiovascular condition but have not had a surgical or interventional procedure. In either case, Cardiac Rehabilitation uses education, nutrition, counseling and carefully supervised exercise to help patients get back to productive and enjoyable lives.

Who can participate?
Cardiac Rehabilitation at The Heart & Vascular Center of North Florida Regional is designed for the following patients:
- Recovering from a heart attack
- Recovering from coronary bypass or valve replacement surgery
- Following interventional cardiac procedures such as angioplasty and stent placement
- Experiencing stable chest pain
- At high risk of heart disease
- Diagnosed with cardiomyopathy or congestive heart failure

How can Cardiac Rehabilitation Help?
Studies show that programs like the one at North Florida Regional offer substantial benefits to people with heart disease. Many of our patients experience the following:
- Faster recovery
- Increased exercise endurance
- Decreased blood pressure and heart rate
- Increased cholesterol and high-density levels
- Reduced body fat, improved muscle tone
- Decreased knowledge of heart disease
- Increased energy and zest for living

How does the program work?
Cardiac Rehabilitation for patients of The Heart & Vascular Center at North Florida Regional is divided into three phases. Many patients begin the program while still hospitalized and continue as outpatients. Others simply attend our outpatient program.

Phase One
This phase takes place while you are in the hospital recovering from a heart attack or other condition. Your doctor decides whether you can benefit from cardiac rehab. During the recovery period, a cardiac rehabilitation staff member visits you in your room and explains the benefits of a phased, inpatient and outpatient program. Throughout your recovery, we will help you gradually and safely resume physical activity.

- The first phase may begin as early as two weeks after you have been discharged from the hospital. This may continue for 12 weeks and consists of the following:
  - Three supervised, EKG-monitored exercise sessions per week
  - Various activities that include treadmill walking, stationary bicycle riding, arm cycling, rowing and strength training
  - Educational instruction on nutrition, stress management and other factors that may contribute to heart disease
  - Development of a personal exercise program

With your physician’s approval, you may begin Phase Three following Phase Two.

Phase Two
The second phase may begin as early as two weeks after you are discharged from the hospital. This may continue for 12 weeks and consists of the following:

Like other Cardiac Rehab patients, Steve Horswell meets first with a staff member to go over his program. Horswell signed up for Cardiac Rehabilitation after leaving a heart attack at the age of 41.

- The second phase may begin as early as two weeks after you have been discharged from the hospital. This may continue for 12 weeks and consists of the following:
  - Three supervised, EKG-monitored exercise sessions per week
  - Various activities that include treadmill walking, stationary bicycle riding, arm cycling, rowing and strength training
  - Educational instruction on nutrition, stress management and other factors that may contribute to heart disease
  - Development of a personal exercise program

With your physician’s approval, you may begin Phase Three following Phase Two.

Phase Three
The third phase of Cardiac Rehabilitation is a continuation of supervised exercise aimed at maintaining constant, healthy heart habits. Weekly sessions are available Monday’s, Wednesday’s and Friday’s. Additional sessions are available upon request.

Insurance Coverage
Many insurance carriers reimburse cardiac rehabilitation for Phase Two. The amount of coverage depends on your insurance company and policy. Phase Three patients can purchase a health card that entitles them to eight visits. Often, this is not covered by insurance plans. Please check with your insurance provider about your benefits. For more information about Cardiac Rehabilitation, please call us at (352) 333–4710.