

## Program

A comprehensive, medically-monitored exercise and education program, emphasizing disease prevention and management, education and support. In addition, physical therapy, certified dietitian and psychology services are available when indicated.

## Patient

- Documented MI within preceding 12 months
- Coronary artery bypass surgery
- Stable angina pectoralis
- Heart valve repair or replacement
- Percutaneous transluminal coronary angioplasty / Stent
- Heart or heart and lung transplant
- Heart Failure (EF <35%, NYHA Class II-IV symptoms despite being on optimal heart failure therapy for at least 6 weeks)

Cardiac rehabilitation is covered for the above patients by Medicare. Most insurance companies reimburse for cardiac rehabilitation.

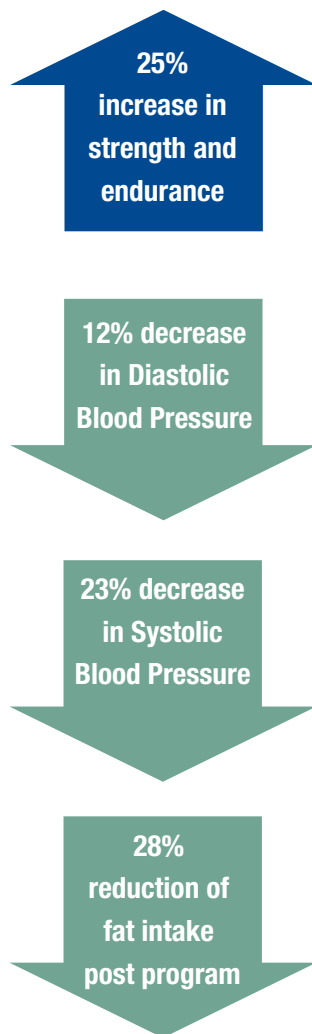


## Benefits of Cardiac Rehabilitation and Secondary Prevention

Decreased	Improved
<ul style="list-style-type: none"> <li>• Decreased blood pressure and cholesterol</li> <li>• Decreased myocardial oxygen needs during exercise</li> <li>• Decreased apprehension of exercise after experiencing a heart attack</li> </ul>	<ul style="list-style-type: none"> <li>• Increased peak oxygen uptake by 11 to 35 percent</li> <li>• Improved quality of life</li> <li>• Increased High Density Lipoprotein (HDL) cholesterol</li> <li>• Decreased or slowing of progression of coronary atherosclerosis</li> <li>• Improved insulin sensitivity and glucose homeostasis (thus reducing risk for Type 2 Diabetes in individuals with glucose intolerance).</li> <li>• Improved coronary flow by improving coronary artery compliance/elasticity</li> <li>• Weight loss</li> </ul>

# Program Results

## Patient Outcomes



Source: St. Luke's Patient Data

## Treatment Resources

St. Luke's Cardiac Rehabilitation program is one of only 37 percent of the nation's programs certified by the American Association of Cardiopulmonary Rehabilitation (AACVPR).

The program carefully adheres to AACVPR guidelines as well as:

- AHA / American College of Cardiology evidence-based guidelines for secondary prevention for patients with coronary or other atherosclerotic disease. (Smith SC, et al. Circulation. 2011 Update; 124:2458-2473)
- American Association of Cardiovascular and Pulmonary Rehabilitation Core Competencies for Cardiac Rehabilitation / Secondary Prevention Professionals. (Hamm LF, et al. J of Cardio Pulm Prev. 2010 Update; 31:2-10)

## With Physicians and Their Patients in Mind

Teamwork is important. As a referring physician you will always receive:

- Monthly report updates and a discharge summary at your patient's completion of program.
- Staff calls referring physician to report any irregular VS or signs and symptoms.

## Inpatient Case Management

Phone (509) 473-6058  
Fax (509) 473-6118

  [www.st-lukes.org](http://www.st-lukes.org)



## Outpatient Locations

For a list of all outpatient therapy locations near you visit [www.st-lukes.org/locations](http://www.st-lukes.org/locations)

Phone: (509) 473-6869  
Fax: (509) 473-6097



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