



Genesis
HEALTHCARE SYSTEM

**Welcome to Heart & Vascular and
Pulmonary Rehabilitation**



Welcome, let's get started!

As we begin our orientation, staff will be around to speak with you one-on-one:

- Review medications
 - Review your medical history
 - Review your completed paperwork
 - Complete an assessment
-
- You will be provided additional paperwork today's visit; please complete this and to a staff member before leaving.





Meet Our Team



Jackie, RN
Heart & Vascular Rehab



Sharon, RN
Heart & Vascular Rehab



Belinda, EP
Heart & Vascular
Rehab and
Pulmonary Rehab



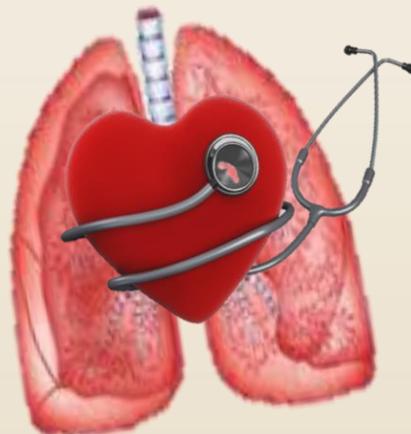
Logan, EP
Heart & Vascular
Rehab and
Pulmonary Rehab



Sandy
Department
Assistant



Ashlee, RRT
Pulmonary Rehab



Sarah, RD
Dietitian



Brenda, LSW
Counselor



Craig, PharmD
Pharmacist



Quick Facts

- Both Heart & Vascular and Pulmonary Rehab programs exercise in this location
 - *You will choose your class time before leaving today*
- There is a handicap accessible restroom located in the gym in the next room
- There are multiple hand sanitizer stations located throughout the room
- Cleaning wipes are available to use before and after use on the equipment
- Free valet parking is available at both the Pavilion and Main entrance



Keeping Us Informed

Communication is the cornerstone of developing your program with your rehab team.

Please keep us informed of:

- ✓ Absences
- ✓ Medication changes
- ✓ Symptoms
 - Pain, chest pain, shortness of breath, dizziness, blood sugar changes; any other changes that have incurred
- ✓ Physical limitations





Education

Heart & Vascular

- Weekly mini classes
- Nutrition class with Sarah – sign up for your time
- Quarterly
 - Stress Management, Kristi
 - Heart to Heart, Kristi
 - Pharmacist, Craig

Pulmonary

- Daily education sessions
- Nutrition class with Sarah
- Quarterly
 - Stress Management, Kristi



**Family is encouraged to attend education sessions,
but will be asked to stay in the waiting room during exercise.**



Education

Heart and Vascular Rehab

- ❖ Longer education classes that are taught by outside providers will count as a Rehab session, which in turn may have an additional co-pay for the day.

- ❖ These will include:
 - Orientation with the Cardiac Rehab Staff
 - Nutrition with Sarah Brauning
 - Stress Management with Krisit Prati
 - Heart to Heart with Krisit Prati
 - Pharmacy with Craig Small



Tobacco Cessation

As you work to improve your health, we want to focus on the cessation of tobacco as an important part of your program.

- Certified Tobacco Treatment Specialists available to help you develop your quit plan.
- Referral to our Tobacco Treatment Program
- Tips and tricks to help you stay quit!





Attendance

Consistent attendance is vital to your success toward continued improvements.

However, we ask you to stay home if you're:

- Running a fever
- Vomiting
- Having diarrhea
- Having flu-like symptoms

Please be symptom free for 48 hours before returning to class.

ATTENDANCE 
MATTERS



How hard are YOU working?

You will be asked to rate your perceived exertion and/or shortness of breath using the chart(s) below:

The image displays two charts used for rating perceived exertion and shortness of breath. The left chart is the Perceived Exertion Index, and the right chart is the Borg Scale.

PERCEIVED EXERTION INDEX

| | |
|----|------------------------------|
| 10 | SO TIRED, I CAN'T GO ANYMORE |
| 9 | |
| 8 | REALLY TIRED |
| 7 | |
| 6 | TIRED |
| 5 | |
| 4 | A LITTLE TIRED |
| 3 | |
| 2 | NOT TIRED AT ALL |
| 1 | |

BORG Scale

| How short of breath are you? | | How hard are you working? |
|------------------------------|-----|----------------------------|
| None | 0 | None |
| Slight, Just noticeable | 0.5 | Very weak, Just noticeable |
| | 1 | |
| Mild | 2 | Light effort |
| Moderate | 3 | Moderate |
| Somewhat strong | 4 | Somewhat strong |
| Strong | 5 | Heavy |
| | 6 | |
| Severe | 7 | Very strong |
| | 8 | |
| | 9 | |
| Maximum, Cannot continue | 10 | Maximum, Cannot continue |

Never Exceed a Rating of 5!



Let's Get Started

You will now perform a six minute walk test with one of our staff members. You'll be given instructions individually.

- The six minute walk allows our staff to know where to start you in our program. Everyone's program is individualized!

Cardiac:

You will use the treadmill to complete this test.

Pulmonary:

You will be walking around the room for this test.



Please call with any additional questions or concerns.

You've been given a class time and a start date. We look forward to working with you!

Have a great day, see you soon!