Welcome to Heart & Vascular and Pulmonary Rehabilitation

Genesis
HEALTHCARE SYSTEM
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 return 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.
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
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.
How hard are YOU working?

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