

Put your heart into it.

We know how overwhelming those first days can be when you've had a heart attack, heart surgery or have been diagnosed with heart disease.

There are lists of instructions to follow and new medications to remember at a time when all you want to do is get back to the activities you enjoy.

The Cardiac rehab team at Valley County Health System will help you get there.

And you can take heart in that.

### Mission

Valley County Health System will provide progressive healthcare services in a healing, patient-centered environment.

### Vision

To be the healthcare provider of choice and a symbol of strength, vitality and caring in the region we serve.

### Values

Integrity  
Compassion  
Ownership  
Trust  
Respect



### Contact Us

at the Cardiac Rehab Department:  
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## CardiacRehab



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# Progressive Care with Compassion



## Cardiac Rehab: Your Prescription for Life!

After a diagnosis of a heart concern, patients often need a time and place to learn how to take care of their heart. Valley County Health System's Cardiac rehab program is just that place, where patients can learn how to take care of their heart plus a whole lot more.

## What Is Cardiac rehab?

Cardiac rehab is a medically supervised program that includes individualized exercise therapy, lifestyle changes, education and emotional support for people who have had a heart attack, bypass surgery or have had other heart problems. The goal of cardiac rehab is help patients begin a safe level of exercise, make heart-healthy lifestyle changes, prevent future heart problems, and return to a full, active life.

## Who benefits from Cardiac Rehab?

Patients recovering from:

- Heart surgery
- Heart attack
- Angioplasty, stent placement
- Heart disease such as stable angina
- Heart transplant
- Heart valve repair or replacement

Cardiac rehab can make a difference. It is a safe and effective way to help patients:

- Build strength and feel better faster
- Manage stress
- Reduce the risk of future heart problems
- Live a longer and healthier life

Everyone with heart disease can benefit from cardiac rehab. No one is too young or old. According to the American Heart Association, cardiac rehab can reduce the risk of cardiac death by 25%.

## Our Team

Patient care involves teamwork. Our cardiac rehab team consists of medical professionals as well as the patient's family members. Our team may include the following:

- Cardiologist
- Family Physician
- Registered Nurses
- Dietitian
- Pharmacists
- Physical Therapists
- Exercise Specialists

## Our Program

Our program is aimed at reducing risk factors for coronary heart disease and includes:

- An individualized exercise program based on the patient's medical needs, abilities, and goals. The patient develops strength and endurance through the use of treadmills, NuStep machines, arm and leg ergometers, Airdyne bikes, and free weights. The patient's response to exercise is monitored carefully through continuous heart monitoring and frequent vital signs.
- Educational and lifestyle management teaching are offered on an ongoing basis in:
  - Heart healthy eating
  - Cardiac medications
  - Blood pressure management
  - Diabetic teaching and nutritional counseling
  - Exercising safely
  - Stress management
  - Smoking cessation
  - Weight loss
- Classes typically last from 18-36 sessions. Patients usually attend three days per week.

## Insurance Coverage

Cardiac Rehabilitation is covered by most insurance plans. However, please check with your insurance company regarding coverage.

## How can I get the most out of Cardiac Rehab?

**Plan:** work with the healthcare team to design a personalized plan to reduce cardiac risks and help meet your needs.

**Communicate:** Ask questions. Report changes in feelings (emotional) or physical symptoms to doctors and nurses and your family.

**Take Charge of your Recovery:** A new healthy lifestyle is good for the heart. Patients who take responsibility for their own recovery generally recover more quickly than those who do not.

## Patient Testimonials

"I feel very fortunate to have been able to make use of the rehab Center. After each day's workout, I felt so much stronger. I definitely would recommend Cardiac rehab to anyone in need."

- Joyce, Cardiac rehab Patient

"The gals at Cardiac rehab did a wonderful job helping me and teaching me about healthy eating. I was glad that I took the rehab course; it was well worth it.

- Larry, Cardiac rehab Patient