

## Support

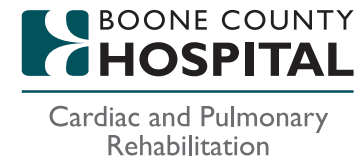
Cardiac Rehabilitation support is both emotional and physical. Support is provided by hospital staff including: nurses, exercise specialist, pharmacist, registered dietician, and a supervising physician. Social comradery is developed during time in program by talking with others that may have a similar diagnoses.

*"The Staff in Cardiac Rehab has helped me tremendously. I felt they understood what I needed and helped me move forward with my life."*  
— Patient

## Maintenance

Phase III/ IV cardiac rehabilitation is also known as a maintenance program, where you maintain the level of physical activity achieved during Phase II. During maintenance patients are still monitored by staff.

Phase II, with qualifying diagnoses or procedures, is partially to fully covered depending insurance(s). Phase III/IV is self-pay program that is currently \$7.00 per session. Prices may change, please inquire with staff.



# Cardiac Rehab

Nationally Certified  
by AACVPR



*Our nationally certified Cardiac Rehab Program will help with the uncertainty, the questions and the limitations that may arise due to heart problems.*



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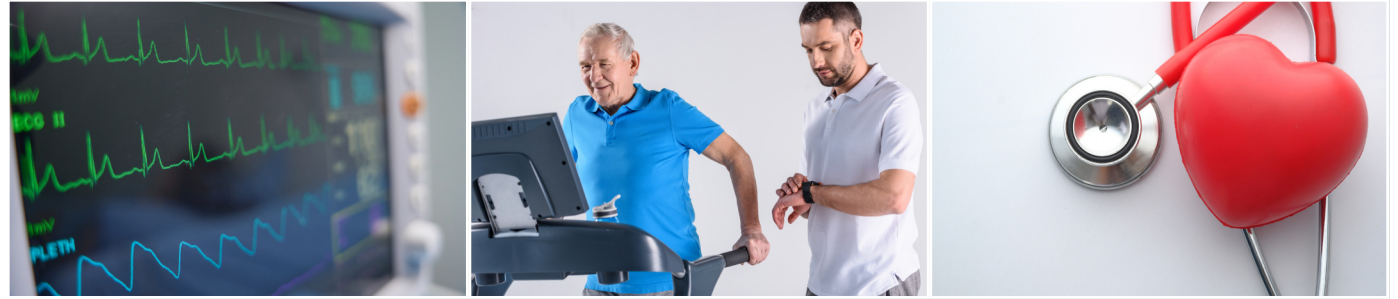
## Cardiac Rehabilitation

Cardiac Rehabilitation is designed for those with acute or chronic cardiac conditions. The program consists of exercise, education, and support. This program can last 12 to 36 sessions per qualifying event or diagnosis based off insurance qualification.

The main components of Phase II are exercise, education and support.



The overall goal of cardiac rehabilitation is to enhance the quality of life for each patient and reduce the risk of further cardiac problems. Individualized goals are also created with each patient that pertain to their lifestyle and personal goals.



*“Everyone of the staff members has been very helpful. They get to know you and they push you to accomplish your goals.” — Patient.*

### Phase II of Cardiac Rehabilitation

Phase II cardiac rehabilitation is three times a week for up to 50 minutes of exercise with additional education. These sessions are monitored by medical staff within the department. Through Phase II your range of activities, within cardiac safe limits, will expand to help return to optimal physical, emotional and occupational health.

#### Exercise

As a participant in Phase II, exercise will be expected each session, as well as designated exercise at home. Each exercise prescription is personalized within the patient’s abilities based off pertinent records and goals obtained from physicians and information shared at initial assessment. Exercise sessions are three times per week and gradually

increased based on patient’s activity tolerance. Equipment that is provided includes: treadmills, Nu-Step or recumbent steppers, and resistance equipment. During exercise staff monitors heart rate, blood pressure, and physical well-being.

#### Education

Throughout the duration of the program patients attend a variety of education classes. The educational material consists of stress management, heart disease, exercise, safety, nutrition, medication management and more. Education is provided by the Rehab staff and other specialists from the Hospital.