

# Edgerton Hospital's Cardiac Rehabilitation

## OUR VISION

Through our Healthy Village concept, Edgerton Hospital and Health Services will serve area communities with exceptional quality, innovative health services, and promote wellness with highly trained physicians and staff members.

## OUR VALUES

### "I CARE"

Integrity, Compassion,  
Accountability, Respect, Excellence

## OUR SERVICES

Acute and Outpatient Care  
Cardiac Services  
Community Education Courses  
Diagnostic Testing  
Emergency and Urgent Care  
General and Specialized Surgery  
Physician Specialty Clinics  
Rehabilitation  
Sleep Study Program  
Swing Bed  
Wound Care



*Passionate* People, *Compassionate* Care



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# Passionate People, Compassionate Care



## Cardiac Rehabilitation Saves Lives

The team at Edgerton Hospital is here to ensure that your heart remains healthy, strong and full of life! We do this through Phase II and Phase III cardiac rehabilitation programs. Medical director and cardiologist Dr. John Moses, along with cardiac services manager and exercise specialist, Susan Kindschi, RN, BA, and their team, will help you regain strength, stamina and enjoy the quality of life that you deserve.

## What is Phase II Cardiac Rehab?

The goal of Phase II is to help you make important lifestyle changes that will improve your overall quality of life, while preventing the chance of future heart complications. Your cardiac response to exercise will be closely monitored and you will be progressed according to an individualized exercise prescription. In order to participate in the Phase II program, you must have a referral from your physician and will remain under their care during rehab.

## What to Expect?

**Orientation** – Staff will review your medical history and lifestyle habits with you and help you set appropriate goals.

### Exercise Testing and Prescription

– An exercise stress test may be initially performed to establish activity guidelines and evaluate progress.

**Exercise** – You'll participate in an individualized, monitored exercise program. We'll teach you self-monitoring concepts for use in outside activities, including home exercise.



**One-on-one Progress Meetings** – You'll meet with staff regularly to address any area that needs personal attention. Staff will communicate progress with your physician.

**Group Exercise Sessions** – You'll exercise with a group of peers for added motivation.

**Education** – One-on-one and group educational sessions will provide you with information about disease processes, prevention and healthy lifestyle tips. Group sessions are open to the public unless indicated.

**Support Network** – You'll have the opportunity to work with other patients with similar diseases and share experiences. Many of our patients say that this is their favorite part!

**Specialty Trained Staff** – You'll work with registered nurses, exercise specialists, dietitians, social workers, pharmacists and a program medical director.

### Anyone with the following would be a candidate for cardiac rehab:

- Myocardial infarction (heart attack)
- Stable angina
- Coronary artery bypass graft surgery
- Percutaneous transluminal coronary angioplasty
- Coronary stent placement
- Valve surgery
- Chronic stable heart failure
- Ventricular assist devices
- Diabetes
- Cardiac transplantation
- Peripheral arterial disease
- High risk for coronary artery disease

## What is Phase III Cardiac Rehab?

The Phase III cardiac rehab program is designed to maintain the gains that you made from Phase II. During Phase III, you will continue to be supervised by our trained staff, however you will not be electronically monitored for your cardiac response to exercise. You will also need your physician's consent to participate in Phase III.

## Does Insurance Cover Cardiac Rehab?

**Phase II** – If patients meet certain criteria, the treatment program is covered by most major insurance companies, including Medicare. Insurance plans vary in coverage and eligibility, so please check your plan for coverage and requirements.

**Phase III** – This is a self-pay program and generally not covered by insurance.

## Other Cardiac Services

- Cardiologist consultation
- Stress testing
- Echocardiograms
- Upper and lower extremity arterial and venous evaluation
- Stress echocardiograms
- Renal (kidney) and mesenteric vascular evaluation
- Hepatoportal (liver circulation) evaluation
- Holter and event monitoring
- Carotid artery studies
- Ankle brachial index studies
- Heart Rhythm Clinic (Milton Clinic)

Contact the Cardiac Rehabilitation Team:  
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