

Recognition

www.edgertonhospital.com

Cardiac Rehabilitation



Nationally accredited by the **American Association of Cardiovascular and Pulmonary Rehabilitation**.



Edgerton Hospital has earned **The Joint Commission's GOLD SEAL OF APPROVAL**® for meeting national **QUALITY** and **SAFETY** standards.



Edgerton Hospital has earned the Press Ganey **"Guardian of Excellence Award"** for Patient Experience in Emergency Care.

Services

- Acute and Outpatient Care
- Cardiac Services
- Community Education Courses
- Diagnostic Testing
- Emergency and Urgent Care
- Family Medicine
- General and Specialized Surgery
- Infusion Services
- Physician Specialty Clinics
- Pulmonary Services
- Respiratory Therapy
- Short-Term Rehabilitation (Swing Bed)
- Sleep Study Program
- Supervised Exercise Therapy for Peripheral Artery Disease
- Wound Care

Local, Convenient

11101 N. Sherman Road
Edgerton, WI 53534
608.884.3441 | 800.884.3441



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. Our experienced team, including a cardiologist and exercise specialists, will help you regain strength and stamina so you can 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 remain under their care during rehab.

What Should You 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!

Specially Trained Staff – You'll work with registered nurses, exercise specialists, respiratory therapists, 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

Phase III (transition program) & Phase IV (wellness program)

Upon graduation from Phase II, you can exercise on your own or continue in our Phase III (transition) program, which meets three times a week for independent exercise. Phase III patients are not monitored by ECG, but are supervised by staff and have blood pressure monitored regularly. This program usually lasts four weeks, and then moves to the wellness program, Phase IV. Phase IV meets five days a week, and you'll monitor your own exercise intensity level, heart rate, and blood pressure.

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

Contact the Cardiac Rehabilitation Team:
Phone: 608.884.1396 or 800.884.3441
Fax: 608.884.1393

