WHAT IS CARDIAC REHABILITATION?

Cardiac rehabilitation is a 3 phase cardiac recovery program. Phase I is basic education during hospitalizations that address specifically identified heart problems. After hospitalization, and with physician clearance, Phase II cardiac rehabilitation is the most important step a person can take to resume a full, active, healthy style of life. It includes both a physician-ordered exercise component and a set of educational classes. Phase III cardiac rehabilitation is a life-long continuation of the Phase II principles and can be very beneficial for avoiding future heart problems.

Cardiac rehabilitation patients participate in:
- Monitored exercise
- Nutritional counseling
- Education on adopting heart healthy habits
- Learning ways to control blood pressure
- Stress reduction and stop-smoking programs

Local Cardiac Rehabilitation Phase II Programs

PHYSICIAN-ORDERED EXERCISE: COMPONENT I

Boulder Community Hospital (BCH)

WHO
- People referred by a physician, usually for one of the following diagnoses:
  - Heart attack
  - Balloon angioplasty or stent
  - Stable angina
  - Coronary artery bypass surgery
  - Heart transplant
  - Heart valve surgery

WHAT
- Phase II: Electrocardiogram and vital sign monitored exercise with an exercise prescription
- Exercise Physiologists create a personalized exercise prescription based on physician guidance and the patient’s personal goals and limitations
- Continuous EKG monitoring occurs for each person during exercise on various equipment with daily blood pressure, oxygen level, and if needed, blood sugar level.
WHERE
- Boulder Community Hospital, Medical Pavilion, Broadway campus at 1155 Alpine Street, Boulder, CO 80301 303-440-2125

WHEN
- 7:30 – 4:00 Monday, Wednesday, Thursday

**Longmont United Hospital (LUH)**

WHO
- People with a doctor’s prescription and one of the following diagnoses:
  - Heart attack (Myocardial Infarction) within the past 12 months
  - Bypass surgery within the past 6 months
  - Angioplasty or stent within the past 6 months
  - Angina diagnosed through a positive stress test within past 6 months
  - Heart Valve Repair or Replacement within the past 6 months
  - Heart or Lung transplant within the past 6 months

WHAT
- Phase II physician-ordered exercise where patients are monitored on an Electrocardiogram (ECG) monitor by a Registered Nurse during exercise sessions. Blood pressure, heart rate, pulse oximeter and blood glucose are also monitored at rest, with exercise and with recovery at end of session
- Exercise Physiologists or Exercise Specialists create a personalized exercise prescription based on the patient’s goals and/or physical limitations and also based on a target heart rate defined by the patient’s physician

WHERE
- Longmont United Hospital, Health Ambitions Gym, 1950 Mountain View Avenue, Longmont, CO 80501 303-485-4101

WHEN
- 7:30 – 8:30 a.m.; 9:00 – 10:00 a.m. Mondays, Wednesdays, Fridays

**EDUCATIONAL CLASSES: COMPONENT II**

**Boulder Community Hospital (BCH)**
- Classes on heart relevant topics taught by a multidisciplinary team, including dietician, chaplain, certified diabetic educator, pharmacist, nurse cardiac specialist and physician
- Weekly on Wednesdays from 12 – 1 in the BCH Cardiopulmonary Rehab area at the Broadway campus; call 303-440-2126 in advance to RSVP
- Free; open to all, including non-cardiac rehabilitation participants

**Longmont United Hospital (LUH)**
- Education classes on heart-related topics available to LUH Cardiac Rehabilitation participants only
- Classes are offered each Wednesday from 8:30 - 9:30 a.m. in the Health Ambitions Gym at LUH, registration is required
- Classes are free for cardiac rehab program enrollees and family members.
Local Cardiac Rehabilitation Phase III Exercise Programs

**Boulder Community Hospital (BCH) Heartbeats Program**

**WHO:**
- those continuing on after Phase II cardiac rehabilitation
- those with heart disease but are not covered under their insurance policy for cardiac rehabilitation

**WHAT:**
- self-monitored blood pressure, heart rate, oxygen, weight
- trained staff member on site to help with exercise equipment
- group setting option for an aerobic chair class held simultaneously
- EKG monitoring optional (additional charge applies)

**WHERE:**
- BCH Cardiac and Pulmonary Rehab Gym, 2nd floor
- BCH Medical Pavilion, 1155 Alpine Street, Boulder 80301

**WHEN:**
- Mondays and Wednesdays, 2:30-3:30

**FEE:**
- $5 per session for non-EKG monitored sessions
- $50 per session for EKG monitored sessions

**1st TIME REGISTRATION:**
- Call 303-440-2125 to set up your first visit or for questions

**Longmont United Hospital (LUH) Personalized Exercise Sessions (PEP)**

**WHO:**
- those who have a physician referral for risk management and a prescription for the recommended target heart rate
- those who “graduated” from Phase II and want to continue working on their fitness goals
- participants must be capable of:
  - using exercise equipment independently
  - walking at least a mile
  - lifting at least 10 pounds
  - understanding heart rate and blood pressure

**WHAT:**
- Exercise Physiologists or Exercise Specialists supervise use of various exercise equipment and weight machines
- sessions include monitoring of blood pressure, heart rate and oxygen levels during exercise

**WHERE:**
- Longmont United Hospital, Health Ambitions Gym, 1950 Mountain View Avenue, Longmont, CO 80501   Call 303-485-4101

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WHEN:
- Schedule PEP sessions, maximum 2xWK, w Exercise Specialist as convenient
- Gym open 6:30 AM–7PM M-F; 7AM–2PM Sat; 10AM-2PM Sun; Exercise Specialists available during these times

FEE:
- 1 session for $36; 3 sessions for $97; 6 sessions for $184
- Unsupervised gym membership rate reduced for Phase III Cardiac Rehabilitation participants: 2 days/wk $33.50 per month; unlimited use $44.75 per month

Medically Based Fitness (MBF) [http://www.medfit.net/Supervised_Exercise.html]

WHO:
- those continuing on after Phase II cardiac rehabilitation
- specializing in those with medically complex conditions

WHAT:
- Exercise Physiologists monitor blood pressure, heart rate, & oxygen levels
- medical clearance required
- work with an Exercise Physiologist in a group setting
- MD on staff for emergency situations (Boulder clinic only)

WHERE:
- Boulder: 1690 30th Street ~ 303.447.2873
- Longmont: 275 South Main Street, Suite 206 ~ 303.682.2440
- Golden West Manor in Boulder: 1055 Adams Circle ~ 303.939.0591

WHEN:
- Contact individual sites for times

FEE:
- new clients have a free 20 minute consultation w/ an Exercise Physiologist
- $100/month. Self-pay only

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**Nutritionist Services**

**Avista Hospital**
- Ronda Disney, M. Ed, RD, CDE;
  303-673-1086 or rondadisney@centura.org
- Call 303-673-1233 to schedule an appointment; referral required, from any physician

**Boulder Community Hospital: Boulder Center for Sports Medicine**
- Individual nutrition counseling with a sports-centered dietician
- For more information or to schedule an appointment: 303-441-2285 or sportscience@bch.org

**Boulder Nutrition and Exercises Services**
- Registered dieticians and certified personal trainers
- Payment due at service; you are then provided with a *Superbill* to submit to**
your insurance co. for reimbursement
• For more information or to schedule: www.bouldernutritionexercise.com; 303-440-1015

**Forbes Nutritional Consulting: Megan Forbes, Registered Dietician**
• One on one nutritional guidance
• Payment due at service; you are then provided with a *Superbill* to submit to your insurance co. for reimbursement; fees may apply to deductible if not covered by insurance
• Fees apply towards medical flexible spending acct; credit cards accepted; sliding scale fees avail
• Call 303-710-5050 or visit www.forbesnutritionalcounseling.com

**Longmont Clinic**
• Individual Registered Dietician Appointments available
• Call 720-494-3119 to schedule appointments. Referral required from any physician

**Longmont United Hospital Health Center of Integrated Therapies**
• Jane Crawford, MS., Lac, DIPLac, CH; provides nutritional counseling
• Insurance may cover nutritional counseling; private pay is $65 per hour
• Call 303-651-5188

**NOTE:** Many benefit plans do not cover nutrition counseling, but even if the counseling is not covered, this service is worth serious consideration.

## Hospital Based Exercise and Weight Management Programs

### Longmont United Hospital:
#### T.R.E.W.E. Weight Loss and Exercise Program
- Training Realization Education Weight Empowerment class: a medically safe program to help you establish long-term lifestyle changes
- $102 for the 9 week class; meets 2 weekday mornings each week from 7-8 a.m.
- Located on the hospital premises; call 303-485-4161 for more information

Health Ambitions Classes, Independent use of Gym and Therapy Pool
- Gym Facilities & Classes (Zumba, Tai Chai, Conditioning, Yoga, Sit & Be Fit)
- Swimming Pool & Classes (Aqua Aerobics, Arthritis, Young @ Heart, Ai Chi)
- Gym hours are 6:30 AM–7PM M-F; 7AM–2PM Sat; 10AM-2PM Sun.
- Call 303-485-4161 for more information
Local Support Groups

“Bravehearts”
- Find Support, friendships and camaraderie with other cardiac recovery participants
- Former and current cardiac rehab patients meet 1st Saturday of every month for breakfast at Turley’s at 28th and Pearl in Boulder
- The group also consists of runners and walkers who train together and participate in the Bolder Boulder each year
- No charge (except paying for your own breakfast) and no need to register; just come and enjoy
- For more information contact Bruce Johnson, Johnson.blj@comcast.net 720-301-6367

Mended Hearts: Denver Chapter
- Jerry Mattson 303-972-2985 jer2matt@msn.com

Respiratory Support Resources

Longmont United Hospital Smoking Cessation Program
- Private 1 hour appointment: $20
- Private series of 4 1 hour classes - $40
- Series of 4 1 hr group classes followed by 30 minute discussion session: $40
- Call 303-651-5126 with questions or to schedule your class

Longmont United Hospital Pulmonary Rehabilitation Program
- Requires Physician referral and paid by insurance
- 12-16 week program; Call 303.651.5123 with questions

Colorado Quit Line 1-800-quit-now (quit smoking support)

Sea Puffers (traveling with oxygen) www.seapuffers.com

The local resources listed below are available to BVSD employees in the self-insured benefit plan and LUH employees with the LUH benefit plan.

- Local BVSD Nurse Care Coordinator, Karen Haimes, R.N., available for info & support: face-to-face meetings, email, phone. Contact Karen at 303-530-5289, khaimes@bvipa.com
- Local LUH Nurse Care Coordinator, Dorothy Price, R.N., M.S.N., CDE, available for info & support: face-to-face meetings, email, phone. Contact Dorothy at 303-725-4955, dprice@bvipa.com
- Communications to you from local physicians & pharmacists: check your BVSD and LUH newsletters or visit www.mybvcn.org
- Pharmacists who can be contacted for drug questions, in coordination with your MD
  o Hans Wiik: 303-673-1272; hanswiik@centura.org
  o Ajay Gupta: 720-935-0583
Please Share Your Recommendations on Resources!
Call your nurse care coordinator with suggestions of what has worked well for you, so that others can also benefit from your positive experiences!