What is Cardiac Rehabilitation?

Cardiac Rehabilitation is a medically prescribed program designed to help heart patients live an active lifestyle and to assist them in reaching their full potential.

The Cardiac Rehabilitation Program at Galion Community Hospital focuses on supervised exercise, education and risk factor modification including diet, blood pressure, and stress management.

The Cardiac Rehab Department at GCH is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation

269 Portland Way S
Galion, OH 44833
419-468-0864
www.galionhospital.org
**Simple steps toward entering the Cardiac Rehabilitation Program**

**STEP 1 - CONTACT YOUR PHYSICIAN**
Cardiac Rehabilitation is a medically supervised treatment, therefore a prescription is needed to enter the program. Your physician will know if cardiac rehabilitation would benefit you.

**STEP 2 - CALL THE CARDIAC REHABILITATION CENTER**
You may call us directly at: **419-468-0753**. The Galion Community Hospital Cardiac Rehabilitation Department operates every week on Monday, Wednesday and Friday between the hours of 6:00 a.m. and 5:00 p.m. Please leave a message if the staff is unavailable, and your call will be returned promptly.

You will be scheduled for a one-on-one orientation class during which questions will be answered on how to get started in the Cardiac Rehabilitation Program.

**Who needs Cardiac Rehabilitation?**
Patients recovering from a heart attack, heart surgery, angioplasty or a heart transplant should be part of a Cardiac Rehabilitation Program. Also, anyone at risk for developing coronary artery disease can benefit from a team approach to education and exercise.

**What is the cost for Rehab?**
The cost varies based on the program prescribed by your physician. Many major health insurance companies and Medicare reimburse part or all of the cost. The GCH Patient Accounting Department verifies insurance coverage for Cardiac Rehab prior to entry into the program. You may also contact your health care provider to confirm reimbursement. The Cardiac Rehab staff is always available to answer questions.

**Who will Rehab help?**
Studies confirm that patients who participate in a structured, supervised rehabilitation program recover more quickly, have fewer hospital admissions and may reduce the potential of additional heart problems. In addition, patients often find the support and friendship cultivated in Cardiac Rehabilitation important in continuing the recovery process.

**What are the phases of Cardiac Rehabilitation?**

**PHASE I**
- Inpatient, during your hospital stay
- Includes education and discharge planning

**PHASE II**
- Outpatient and lasts up to 18 weeks
- A physician order is required
- Exercise sessions scheduled three times weekly
- Individual education on risk factor modification including diet, exercise, stress management, blood pressure, etc.

**PHASES III and IV**
- An outpatient maintenance program
- Available three times weekly at the Rehab Department with a physician’s order
- Continued emphasis on regular exercise and a heart healthy lifestyle

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**Cynthia Roesch, RN**
Cynthia has practiced as a nurse since 1983, mainly in Intensive Care and Cardiac Rehab. She is a CPR instructor for the American Heart Association, and is BLS and ACLS certified. Cindy has been a member of the Cardiac Rehab team since 1999.

**Ruth Sharp, RRT**
Ruth graduated from Columbus State Community College in 1995. She has experience in the Emergency Department and Intensive Care. Ruth also has several years of experience in Cardiology. She is BLS and ACLS certified.

**Danielle Webb, RN**
Danielle has been a registered nurse since 1993. She has previous experience working in Med-Surg, Pediatrics, Stepdown and the Emergency Departments. Danielle has worked in the Cardiac Rehab Department for over four years. She is BLS and ACLS certified.