



## Booking details

Your initial appointment has been booked for:

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

All Mater virtual cardiac rehabilitation is proudly delivered by Mater Private Hospital Townsville's Allied Health department in consultation with cardiac specialists.

### Mater Private Hospital Townsville

**Allied Health Department**  
25 Fulham Road Pimlico QLD 4812  
 07 4727 4650 07 4727 4669

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**Please send your referral to:**  
 [alliedhealthadmin@mater.org.au](mailto:alliedhealthadmin@mater.org.au)

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[materstv.org.au](http://materstv.org.au)

Mater acknowledges consumer consultation in the development of this patient information.

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# Virtual cardiac rehabilitation

Allowing cardiac patients to rehabilitate anywhere in Queensland.

**mater**  
health



## About this program

The Heart Foundation identified that cardiac rehabilitation reduces readmission within the first year after a cardiac event by 56%.

One in two people who do not complete cardiac rehabilitation do not return back to their normal work capacity after a heart attack, and one in four don't return to work at all – making it vital whether a person lives close to a healthcare provider or not<sup>1</sup>.

Mater is proud to offer a rehabilitation option for those who have undergone a cardiac procedure however may not live in close proximity to a

rehabilitation provider or not physically be able to travel to complete rehabilitation on a regular basis.

Virtual cardiac rehabilitation is available for private and public patients upon their doctor's or GP's referral.

Mater's 2023 virtual rehabilitation program is delivered in partnership with Cardihab and is proudly funded by Advance Queensland.

<sup>1</sup> Heart Foundation 2018, 'Cardiac rehabilitation factsheet' [Online] Available at: [mater.li/HFCardiacRehab](http://mater.li/HFCardiacRehab)

### Who would benefit?

**The Heart Foundation defines patients with the following as eligible for cardiac rehabilitation:**

- Heart attacks (STEMI and non-STEMI)
- Revascularisation procedures, including coronary bypasses and stents
- Coronary artery disease, including stable angina
- Cardiovascular disability, particularly heart failure and cardiomyopathy diseases
- Heart diseases/transplants
- Valve devices including the replacement and repair of pacemakers and implantable defibrillators
- Atrial fibrillation and interventions such as familial hypercholesterolemia.

### How it works

**Following a cardiac procedure or in discussion with your GP after displaying symptoms of the above conditions, you may be referred to Mater's virtual rehabilitation program. Your clinician or GP will assist you in downloading both the Cardihab and Teams applications for your phone, through which all virtual rehabilitation sessions will be conducted.**

All that is required to participate in virtual rehabilitation is a stable internet connection and enough room to turn in a full circle with arms outstretched.

### Our education

#### team includes

- Occupational therapists
- Exercise physiologists
- Physiotherapists
- Dietitians
- Cardiac rehabilitation nurses
- Pharmacists
- Diabetes educators.

### What does it cost?

Following a successful pilot, Mater's virtual cardiac rehabilitation program in partnership with Cardihab has been successful in receiving Advance Queensland funding to be accessed by up to 300 patients in 2023, both private and public. Health funds may potentially cover the cost for private patients, however there is generally no cost direct to the patient.



Cardihab, the virtual rehabilitation application, allows users to monitor their health data such as blood pressure, glucose levels, and heart rate. It also contains education modules specific to each cardiac condition.

There are two streams of virtual rehabilitation. The first is hybrid, and involves two one-on-one assessments and eight exercise sessions, all delivered via Teams and complemented by the Cardihab app. The second is just access to the Cardihab app, with weekly calls from a cardiac rehabilitation specialist.

### Virtual rehabilitation phone applications

#### Cardihab App



Apple App Store:  
for all Apple devices

#### Teams App



Apple App Store:  
for all Apple devices



Play App Store:  
for all other devices



Play App Store:  
for all other devices

\*Scan QR code to download apps