

Tests

Certain tests help your provider evaluate your condition and rule out potential heart problems. These tests may take place before, during, or after cardiac rehab.

Exercise Stress Test:

An exercise test is also called a stress electrocardiogram or ECG. It records your heartbeat while you walk on a treadmill or ride a stationary bike. It helps your provider assess the amount of oxygen your heart muscle receives and aids in planning your program.

Echocardiogram:

An echocardiogram is a test that bounces harmless sound waves off the heart. These waves become images on a video screen and make a moving picture of your heart and shows the structures of the heart. This test helps your provider see how well your heart is pumping.

Cardiac Catheterization:

Catheterization helps providers diagnose heart problems and, in some cases, helps to treat heart disease. During this procedure a long, flexible tube called a catheter is put into a blood vessel and gently guided toward your heart. Once the catheter is in place, you may have one or more of the following:

- **Angiography:** a special type of x-ray that allows your provider to view the inside of your coronary arteries to look for any narrowing or blockage
- **Angioplasty:** a procedure that opens clogged arteries using a small balloon, which presses on the plaque against the artery wall
- **Stent placement:** a special device inside an artery used to keep it open
- **Atherectomy:** a procedure that removes plaque from artery walls using a special catheter

Contact Us



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Cardiac Rehabilitation



LUCAS **LC** COUNTY
HEALTH **HC** CENTER

An Affiliate of  UnityPoint Health

www.lchcia.com

What is Cardiac Rehab?

Cardiac Rehab is a program designed to help heart disease patients recover quicker and return to a normal life style. Patients receive individualized and personalized treatment plans, including:

- medication evaluation
- monitored exercise
- home exercise program development
- lifestyle/risk factor assessment and modification
- medication education
- diet instruction
- client and family educational counseling
- behavioral intervention

Benefits of Cardiac Rehab:

Cardiac rehab provides heart disease patients with several benefits, including:

- Living longer and reducing chances of further heart related issues
- Controlling heart disease symptoms
- Stopping or reversing damage to blood vessels in the heart
- Reducing physical and emotional effects of heart disease
- Improving stamina and strength
- Improving confidence and well-being

Phases of Cardiac Rehab

Phase II:

Phase II of Cardiac Rehab is the initial outpatient phase. Patients are hooked up to a cardiac monitor, which keeps track of their exercise statistics and monitors their response to the exercise. In addition to their prescribed exercise, the Cardiac Rehab Phase II program includes cardiac risk factor modification, education, and counseling, which includes diet instruction and disease management. Phase II teaches patients how to safely be more active and make lifestyle changes that can help them feel better and reduce their risk of future heart related problems.

Phase III:

The last phase of Cardiac Rehab is the extended exercise maintenance period. Phase III is designed for patients who have completed Phase II and would benefit from a continued exercise program. Unlike Phase II, patients are not hooked up to a cardiac monitor. Instead patients keep track of their exercise statistics independently. Phase III is an extension of Phase II and is supervised, but not monitored. It is not covered by insurance.

Cardiac Rehab at LCHC

Cardiac Rehab is offered in the gym at Lucas County Health Center, which is conveniently located near the medical clinic on the main level of the hospital.

Enrollment in the Cardiac Rehab Phase II program requires a referral by your provider. Private insurance companies, Medicare, and Medicaid may cover all or part of the cost of an outpatient Cardiac Rehab Phase II program. Coverage is determined by your individual policy.

Because Cardiac Rehab is an elective program, it is a private pay service. A punch card system will be used for payment of sessions. A punch card may be purchased for \$52 and provides a patient with a total of 15 sessions.

For more information, visit our website at www.lchcia.com or call our Cardiac Rehab department at (641) 774-3277.