



The Digital Human Body of Knowledge

- Health Variant -

Strategy
Co-Design
Corpus
Operating Model



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COMMON QUESTIONS ABOUT CARDIAC REHABILITATION

Note: This is a working draft and there are duplicates that demonstrate different ways questions might be asked and answered.

Question	Answer
Are there alternatives to cardiac rehab	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems. You might think that you can't do cardiac rehab for many reasons but talk to your local hospital about options.
Are there any risks when doing cardiac rehab	There are some minor risks during the exercise program, but these are supervised by medically trained staff. The risks from not doing cardiac rehab are much greater.
Can cardiac rehab show me where to get travel insurance	Travel insurance for heart patients depends on many things so it is best to talk to a travel insurance broker. Do not travel overseas without insurance, the risk is too great. Also, do not book any overseas travel until you have insurance as there are compulsory waiting periods after surgery.
Can I do cardiac rehab at home	Talk to the hospital or rehab team if you feel you will need to do rehab at home. Doing cardiac rehab in a group at the hospital is a great way to learn but we understand that it won't work for some patients with special needs.
Can I do rehab at my local gym	Very few gym instructors and personal trainers have the qualifications and experience required to run a supervised exercise program for recovery after surgery. However, once you have completed cardiac rehab an exercise program supervised by a suitable qualified instructor can be useful provided that you obtain clearance from your doctor.
Can I do rehab later	Delaying rehab can put you at risk of injury and delays the benefits. You should start rehab as soon as you are cleared to do so.
Can I stay at cardiac rehab until I feel ready to leave	All rehab programs are different even within countries but most last for a set period of 6 to 12 weeks. Whilst some might allow you to stay in most cases you would need to talk to your doctor about alternatives.
Can I stop and restart cardiac rehab	No. When you start rehab you need to complete the entire exercise and education program unless the rehab staff believe you cannot continue for medical reasons.
Can my family do cardiac rehab with me	Patients often bring a family member with them to the rehab lessons so that they understand what you are learning and can support them at home with things like meals and exercise. Family members don't do the exercise program because the team need to focus on the patients, but you'll have lots of support for the exercises. The rehab team are very friendly and supportive. Also, there are patients just like you at rehab and everyone is very supportive of each other. You'd be surprised how often you hear people laughing at rehab. Would you like me to show you a short video from other patients who have done rehab?

Can someone come to cardiac rehab with me for support	Patients often bring a family member with them to the rehab lessons so that they understand what you are learning and can support them at home with things like meals and exercise. Family members don't do the exercise program because the team need to focus on the patients, but you'll have lots of support for the exercises. The rehab team are very friendly and supportive. Also, there are patients just like you at rehab and everyone is very supportive of each other. You'd be surprised how often you hear people laughing at rehab. Would you like me to show you a short video from other patients who have done rehab?
Do I do cardiac rehab at the hospital	Cardiac rehab is run in a rehab centre at the hospital that has all of the equipment needed and to help you start preparing for when you go home after your hospital stay. The hospital or rehab team can suggest other ways of doing rehab if you live in a remote area or have other access problems.
Do I have to do rehab to get better	Cardiac rehab is used around the world to help heart patients to recover and stay healthy. The lessons and exercises are similar everywhere because they have been proven to work. Rehab helps you rebuild your strength and confidence for everyday activities after surgery. It also teaches you valuable lessons you can then use for the rest of your life. Cardiac rehab is highly recommended for all patients, even those who have some previous experience in nutrition and exercise.
Do I need a referral from my doctor to start cardiac rehab?	This varies between regions and even hospitals within regions. Referral is usually by the hospital staff at discharge.
Do I need to do rehab forever	Most patients go to rehab for about 12 weeks, but you can talk to the team about staying longer if you aren't ready to finish. If you follow what you learn in rehab for the rest of your life you will have better health and enjoy life more.
Does cardiac rehab cover diet (eating)	Yes, one of the lessons in cardiac rehab helps you to understand the importance of eating healthy foods every day. It will give you healthy ideas for cooking at home, dining out and buying take out. It will also tell you who to talk to if you want to know more about healthy eating. And don't worry, you'll still be able to have a treat when you need one! Would you like me to show you a short video on healthy eating after heart surgery?
Does cardiac rehab cover exercise	Yes, one of the lessons in cardiac rehab helps you to understand the importance of doing some safe and simple exercise everyday such as walking. It will suggest some exercises that will work for you and your lifestyle and answer everyday questions about what to do if its wet, too hot or too cold. It will also tell you who to talk to if you want to know more about your exercise. Would you like me to show you a short video on safe and simple exercising after heart surgery?
Does cardiac rehab cover getting back to work	Yes, one of the lessons in cardiac rehab helps you to understand everyday things like driving, returning to work, doing housework, travelling and so on. It will give you some useful advice and answer your questions. It will also tell you who to talk to if you want more information. After this lesson you'll feel confident getting back to normal life.

Does cardiac rehab cover quitting smoking	Yes, one of the lessons in cardiac rehab helps you to understand the importance of quitting smoking. It will give you advice on quitting and help you to understand how to deal with any problems you have quitting. It will also tell you who to talk to if you want more information, or are worried, about quitting smoking. Would you like me to show you a short video on quitting smoking?
Does cardiac rehab cover stress	Yes, one of the lessons in cardiac rehab helps you to understand the importance of relaxing to reduce stress and help you sleep better. It will suggest some ways to relax that will work for you and your lifestyle and give you some tips about what to do if everything seems to be a bit too much. It will also tell you who to talk to if you want to know more about relaxing. Would you like me to show you a short video on relaxing after heart surgery?
How do I choose the right rehab program	Although there are differences in the length of rehab programs and some of the equipment used, they basically cover the same exercise and education program. Location and schedule are important for many patients.
How do I get onto cardiac rehab	You will be referred into rehab by the hospital staff at discharge.
How does cardiac rehab help me	It helps you understand what you need to do to recover from your heart surgery and to stay healthy. It also gets you doing simple exercises to prepare you for daily life.
How long does each rehab session last	SPECIFIC TO EACH HOSPITAL OR GROUP: The exercise sessions last about 90 minutes and the lessons usually take up to 60 minutes.
How long does rehab go for	SPECIFIC TO EACH HOSPITAL OR GROUP: Cardiac rehab can last up to 12 weeks. The rehab team can help shorten your program or stay longer if you don't feel ready to finish.
How long does rehab last	Cardiac rehab can last up to 12 weeks. The rehab team can help shorten your program or stay longer if you don't feel ready to finish.
How long is cardiac rehab	Cardiac rehab can last up to 12 weeks. The rehab team can help shorten your program or stay longer if you don't feel ready to finish.
How often will I need to go	Rehab usually has 2 exercise sessions per week to help you recover faster. There is usually 1 lesson each week and that will be held before or after one of the exercise sessions, so you don't need to make an extra trip to rehab.
How often will I need to go to rehab	Rehab usually has 2 exercise sessions per week to help you recover faster. There is usually 1 lesson each week and that will be held before or after one of the exercise sessions, so you don't need to make an extra trip to rehab.
How soon can I start rehab	You can start rehab before you leave the hospital. If you have already left the hospital you need to talk to the rehab team to check when you can start once you have registered.
I can't afford rehab	Talk to your hospital and insurer about options.

I can't get to rehab	There are lots of rehab sessions each week so that you can fit them into your busy life. The rehab team can help you with different transport options and can also arrange community transport if you need it.
I can't read English	Talk to your hospital about non-English rehab programs near you.
I can't write in English	You don't need to write in rehab.
I can't get time off from work	That's ok, there are rehab sessions at different times of the day and evening to fit patient's busy schedules.
I don't feel sick	Some patients feel a lot better just from their surgery, but it is still important to slowly build your strength and confidence for everyday activities, so you don't injure yourself. Also, the lessons at rehab will teach you what you need to know to stay healthy.
I don't have any support at home	Don't forget you can always talk to me at home if you have questions you need answered. I can also talk to your friends and family and explain about rehab so that they can understand what you are doing and better support you at home. If you don't have family or friends to support you, we can talk to the rehab or hospital team about arranging community care.
I don't have anyone to support me doing rehab	The rehab team are very friendly and supportive. Also, there are patients just like you at rehab and everyone is very supportive of each other. You'd be surprised how often you hear people laughing at rehab. Don't forget you can always talk to me if you have questions you don't want to ask out loud. I can also talk to your friends and family and explain about rehab so that they can understand what you are doing and better support you. Would you like me to show you a short video from other patients who have done rehab?
I don't have health insurance	Talk to your hospital about options.
I don't have the time to do rehab	Many patients feel pressure to return to work, or get back to looking after their families. These are important but making time for rehab means that you will be able to safely return to your normal activities much faster. Not doing rehab could mean more illness that will interfere with work or family so its important to take the time to do rehab for yourself. If you feel pressured talk to the rehab team about starting with the very important lessons on medications and safe exercise and then discuss what to do next with them.
I don't speak good English	Talk to your hospital about non-English rehab programs near you.
I don't want to do it	Talk to your hospital rehab team about your concerns. Doing rehab is important for your future health and they can help work through your concerns.
I get too tired when I exercise	Everyone gets tired easily when they have a heart condition and it can take time after surgery to get your energy back. That is why the rehab team work with each patient separately to select simple safe exercises that are not too tiring. A lot of the exercises can be done whilst sitting which makes them much easier. After a few weeks at rehab you will start to feel stronger and able to enjoy your exercise. Everyone is different, some patients leave rehab with a new found love of walking. Others, well the crazy ones as I like

	to call them, look forward to doing a fun run. The rehab team will help you find exercise that you can do and enjoy.
I have cancer (or other comorbidity)	The rehab team have lots of experience with patients that don't just have heart disease. They will help you understand how your different medications all work together and help you choose foods and exercises that work for all of your conditions. The other good news is that what you learn on the cardiac rehab program helps patients with diabetes, cancer and other diseases.
I miss my old life	It is natural to think about things you can't do anymore but many patients are happy finding new things they can eat and do, often with their family and friends. Also, not everything has to change. There are healthy pizza options if you want to dine out, you can still travel, play sports and so on if you take your medications every day and ask your doctor for advice if you aren't sure. Don't forget that it takes quite a few months to recover from your surgery but if you do rehab and follow their advice you will soon be back on your feet.
I still smoke	Ask to talk to the rehab psychologist for help with quitting smoking. It is important to stop smoking but rehab is there to help you do that, they don't judge you.
I won't know anyone at cardiac rehab	Other patients support each other at rehab and some even go for a coffee in the hospital café after a rehab session.
I'm disabled	The rehab staff can adjust the exercises to suit physical disabilities. Discuss any learning difficulties you might have with the rehab staff before starting so that they can prepare to help you.
I'm divorced	Marital status is not important for rehab. Patients at rehab support each other.
I'm not employed	Talk to your hospital and insurer if you don't think you can afford rehab.
I'm not ready to finish rehab	Talk to the rehab staff about your concerns as soon as possible so that they can help you with any worries you have.
I'm sick of doing rehab	Everyone is tired and sore when they start rehab, and it takes time to not be upset when you think about what has happened to you. If you follow sports, you will know that injuries can take time to heal and that athletes might have months of recovery and rehab before they can play again. You have had an injury to your heart and your recovery and rehab are just as important. Talk to your rehab team about how you are feeling, and they can help motivate you and remind you of the great progress you have already made.
I'm too busy looking after my family to do cardiac rehab	Rehab is very important for your future health. Staying healthy helps you to care for your family in the long run so talk to the rehab staff about options.
I'm too busy to do rehab	Rehab is very important for your future health. Staying healthy helps you in the long run so talk to the rehab staff about options.
I'm too old for cardiac rehab, I'm >70	Rehab is for everyone and the rehab staff adjust the exercises based on your ability.
I'm too old to get any benefit from rehab	The exercises and lessons at rehab are suitable for all ages and aren't just for the heart. What you learn at rehab will also help you with aging and the other illnesses that can affect you when you are older. Rehab is

	also a great way to meet new people of the same age and with similar interests who can help support you as you recover.
I'm too sick to do rehab	The exercises and lessons at rehab are suitable for all ages and aren't just for the heart. What you learn at rehab will also help you with aging and the other illnesses that can affect you when you are older. Rehab is also a great way to meet new people of the same age and with similar interests who can help support you as you recover.
I've heard it doesn't work	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems.
I've heard its dangerous	There are some minor risks during the exercise program, but these are supervised by medically trained staff. The risks from not doing cardiac rehab are much greater.
I've heard there are other things I can do	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems. You might think that you can't do cardiac rehab for many reasons but talk to your local hospital about options.
I've heard you don't need to do rehab	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems.
I've never exercised before	The cardiac rehab team will start you on very simple exercises that anyone can do, and you are always supervised for safety. They will help you help you to build your strength and confidence so that you can exercise alone or with friends when you finish rehab. They will also help you find walking programs and gym classes where you can exercise with other patients and friends.
Is cardiac rehab for African-Americans	Yes it is. Almost all of what you do and learn at cardiac rehab is the same for all cultures and is why cardiac rehab is the same around the world. The main difference is in selecting healthy foods. Many cultures have their favourite foods and recipes and the dieticians on rehab can provide advice on healthy foods and ways to cook them that will be tasty for you and your family.
Is cardiac rehab for Hispanics	Yes it is. Almost all of what you do and learn at cardiac rehab is the same for all cultures and is why cardiac rehab is the same around the world. The main difference is in selecting healthy foods. Many cultures have their favourite foods and recipes and the dieticians on rehab can provide advice on healthy foods and ways to cook them that will be tasty for you and your family.
Is cardiac rehab for women	Yes it is. Almost all of what you do and learn at cardiac rehab is the same for all genders and is why cardiac rehab is the same around the world. However women do have different concerns and needs to men and the cardiac rehab team will work with you to make sure yours are met. Would you like me to show you a short video on cardiac rehab for women?
Is cardiac rehab one size fits all	Everyone doing cardiac rehab is different and the cardiac rehab team will select gentle and safe stretches and exercises that are right for you. They will show you how to do them and help you practice. The cardiac

	rehab lessons on your medications, healthy eating and relaxing cover what is important to all heart patients and the hospital team will provide advice specific to you and answer your questions.
Is cardiac rehab right for me	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems. Patients of all ages and abilities do cardiac rehab and go on to enjoy healthy lives.
Is the cardiac rehab program tailored to my needs	The medically supervised exercises you do at rehab are selected for each person based on their condition and abilities. They are adjusted each week as you make progress or to accommodate any problems.
Isn't cardiac rehab for old people, I'm only <55	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems. You might think that you can't do cardiac rehab for many reasons but talk to your local hospital about options.
Isn't cardiac rehab one size fits all	The medically supervised exercises you do at rehab are selected for each person based on their condition and abilities. They are adjusted each week as you make progress or to accommodate any problems.
It hurts when I exercise	The medically supervised exercises you do at rehab are selected for each person based on their condition and abilities. They are adjusted each week as you make progress or to accommodate any problems.
What are the benefits of cardiac rehab	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems. You will learn about your condition, medications, healthy eating, exercise, quitting smoking and managing stress.
What do I need to do after rehab	The most important things to do after rehab are to take your medications, not smoke, eat healthy foods and exercise as you are shown in rehab. I can remind you how to do those things if you forget and will help you to measure your heart rate, blood pressure and weight to send to your doctor so they can track how you are going. I'll also remind you when to do the other things rehab tell you about like having flu shots every year.
What happens at cardiac rehab	Cardiac rehab helps you to get your body moving again after heart surgery with gentle stretches and exercises. There are also some short lessons about your medications, how to eat and exercise and how to relax and sleep better. The hospital's cardiac rehab team help you to get better and to learn what to do to stay healthy. Would you like me to show you a short video on what happens at cardiac rehab?
What happens if I have a heart attack at cardiac rehab	Rehab is supervised by cardiac nurses who can respond to any emergency.
What is cardiac rehab	Cardiac rehab helps you to get your body moving again after heart surgery with gentle stretches and exercises. There are also some short lessons about your medications, how to eat and exercise and how to relax and sleep better. The hospital's cardiac rehab team help you to get better and to learn what to do to stay healthy. Would you like me to show you a short video on what happens at cardiac rehab?
What other options are there besides rehab	Hospital run cardiac rehab has proven to be a great way to safely rebuild your strength and confidence after surgery and to learn about your medications, healthy eating, exercise and relaxing. It is highly

	recommended for all heart patients. If you can't attend the hospital or rehab team can register you to do the lessons through me if you want? I can show you video recordings of the lessons delivered by the rehab team and answer your questions.
What qualifications do the cardiac rehab staff have	The main cardiac rehab team can be a mix of nurses, exercise physiologists and occupational therapists. Other hospital experts such as pharmacists, dieticians and psychologists will provide information and advice and answer your questions.
Where can I do cardiac rehab	The hospital runs cardiac rehab and can help you register. Rehab sessions are held at different times during the day so that everyone can find a time that suits them. The hospital or rehab team can suggest other ways of doing rehab if you live in a remote area or have other access problems.
Where can I go after rehab	Many patients love what they have learnt in rehab and want to know more about cooking healthy foods, exercise and sports, travel and so on. I can help you with those and can also direct you to community activities if you want to learn and enjoy these activities with others. Being heart healthy is not something separate from normal life, it just becomes part of your normal life.
Where can I learn about cardiac rehab	Your hospital team or doctor can tell you about cardiac rehab. Cardiac rehab helps you to get your body moving again after heart surgery with gentle stretches and exercises. There are also some short lessons about your medications, how to eat and exercise and how to relax and sleep better. The hospital's cardiac rehab team help you to get better and to learn what to do to stay healthy. Would you like me to show you a short video on what happens at cardiac rehab?
Will cardiac rehab help me understand my drugs (meds etc)	Yes, one of the lessons in cardiac rehab helps you to understand the importance of taking your medications. It will tell you where to get your medications and help you to remember when to take them. It will also tell you who to talk to if you want more information, or are worried, about your medications. Don't forget that you must talk to a doctor before stopping taking your medications for any reason.
Will cardiac rehab help me understand what happened to me	Yes, one of the lessons in cardiac rehab helps you to understand your heart and what has happened. This helps you understand the importance of taking your medications, eating healthy foods and doing some simple exercise every day. It will also help you to explain what has happened to family and friends who are worried about you.
Will cardiac rehab help me understand what happened to me	Yes, the nurses at cardiac rehab give a simple lesson to all patients on heart problems and heart surgeries and will answer individual questions. Understanding your heart problem and surgery will help you understand why your medications, healthy eating, exercise and relaxing are important to making you feel better and staying healthy.
Will cardiac rehab help me with everyday task at home	Yes, one of the lessons in cardiac rehab helps you to understand everyday things like driving, returning to work, doing housework, travelling and so on. It will give you some useful advice and answer your questions.

	<p>It will also tell you who to talk to if you want more information. After this lesson you'll feel confident getting back to normal life.</p>
Will cardiac rehab help me with everyday task at home	<p>Cardiac rehab includes a medically supervised exercise program that prepares you for everyday tasks at home. You will also be given simple advice on when you can start to do more at home such as gardening, going back to work, and playing sports.</p>
Will I be able to go back to work after cardiac rehab	<p>Most patients can return to work. Those doing office work can return sooner than those doing physical work. Driving is not allowed by law for a number of weeks and you must be medically cleared first. Professional drivers on busses, trucks, cabs etc often have to wait longer for a medical clearance.</p>
Will I be able to play sport again after cardiac rehab	<p>Many patients get back to sports but only after they receive medical clearance to do so. Rehab teaches you how to safely exercise and includes walking, low weights, stretching and yoga. Swimming is also not allowed until any surgical wounds are fully healed.</p>
Will I be able to run again after cardiac rehab	<p>Many patients get back to sports but only after they receive medical clearance to do so. Rehab teaches you how to safely exercise and includes walking, low weights, stretching and yoga. Swimming is also not allowed until any surgical wounds are fully healed.</p>
Will I be able to swim again after cardiac rehab	<p>Many patients get back to sports but only after they receive medical clearance to do so. Rehab teaches you how to safely exercise and includes walking, low weights, stretching and yoga. Swimming is also not allowed until any surgical wounds are fully healed.</p>
Will I be asked to leave rehab if I can't stop smoking	<p>You will always be welcome at rehab. Some patients might struggle to learn to eat healthy, exercise, quit smoking and so on and our team are there to help you get past any problems you are having. Rehab does not judge patients; it is there to help them.</p>
Will I exercise on my own	<p>Patients usually exercise in a small group at cardiac rehab for support, but everyone is individually supervised by one of the rehab team. Most patients find it is more fun to exercise with others but if you want to exercise alone for religious or other reasons tell the rehab team and they will help you.</p>
Will I exercise on my own at cardiac rehab	<p>Patients usually exercise in a small group at cardiac rehab for support, but everyone is individually supervised by one of the rehab team. Most patients find it is more fun to exercise with others but if you want to exercise alone for religious or other reasons tell the rehab team and they will help you.</p>
Will I have to do the same exercises as men	<p>The medically supervised exercises you do at rehab are selected for each person based on their condition and abilities. They are adjusted each week as you make progress or to accommodate any problems.</p>
Will I need surgery again if I do cardiac rehab	<p>Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems. Patients who do what they are taught at rehab increase their chances of staying healthy.</p>

Will rehab help me	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems. Patients who do what they are taught at rehab increase their chances of staying healthy.
Will rehab help me get back to where I was before surgery	Many patients find that they can do more after their surgery and rehab. Once they recover, they often have more energy. Every patient is different so its important to talk to the rehab staff and your doctor about your goals.
Will rehab help me get better	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems. Patients who do what they are taught at rehab increase their chances of staying healthy.
Will rehab stop me having another heart attack	Research has shown that medically supervised cardiac rehab helps heart patients to recover from surgery and can reduce future heart problems. Patients who do what they are taught at rehab increase their chances of staying healthy.
How long is cardiac rehab	Cardiac rehab can last up to 12 weeks. The rehab team can help shorten your program or stay longer if you don't feel ready to finish.
What happens at cardiac rehab	Cardiac rehab helps you to get your body moving again after heart surgery with gentle stretches and exercises. There are also some short lessons about your medications, how to eat and exercise and how to relax and sleep better. The hospital's cardiac rehab team help you to get better and to learn what to do to stay healthy. Would you like me to show you a short video on what happens at cardiac rehab?
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Do I do cardiac rehab at the hospital	Cardiac rehab is run in a rehab centre at the hospital that has all of the equipment needed and to help you start preparing for when you go home after your hospital stay. The hospital or rehab team can suggest other ways of doing rehab if you live in a remote area or have other access problems.

Do I have to do rehab to get better	Cardiac rehab is used around the world to help heart patients to recover and stay healthy. The lessons and exercises are similar everywhere because they have been proven to work. Rehab helps you rebuild your strength and confidence for everyday activities after surgery. It also teaches you valuable lessons you can then use for the rest of your life. Cardiac rehab is highly recommended for all patients, even those who have some previous experience in nutrition and exercise.
What is cardiac rehab	Cardiac rehabilitation is a program run by the hospital to help patients get their heart fitness back after surgery. It also teaches them about their heart disease and how to improve their heart health by taking their medications, quitting smoking, exercising a bit more, and eating healthier foods.
Is cardiac rehab right for me	Cardiac rehabilitation is right for all patients. The education on heart disease, lifestyle changes and medications is important for all patients. The exercise sessions in cardiac rehabilitation are adjusted for each patient depending on how fit they are and how well they are recovering from their surgery. The rehab team supervise every patients exercise for safety.
I don't have any support at home	Don't forget you can always talk to me at home if you have questions you need answered. I can also talk to your friends and family and explain about rehab so that they can understand what you are doing and better support you at home. If you don't have family or friends to support you, we can talk to the rehab or hospital team about arranging community care.
Is cardiac rehab one size fits all	Everyone doing cardiac rehab is different and the cardiac rehab team will select gentle and safe stretches and exercises that are right for you. They will show you how to do them and help you practice. The cardiac rehab lessons on your medications, healthy eating and relaxing cover what is important to all heart patients and the hospital team will provide advice specific to you and answer your questions.

I get too tired when I exercise	Everyone gets tired easily when they have a heart condition and it can take time after surgery to get your energy back. That is why the rehab team work with each patient separately to select simple safe exercises that are not too tiring. A lot of the exercises can be done whilst sitting which makes them much easier. After a few weeks at rehab you will start to feel stronger and able to enjoy your exercise. Everyone is different, some patients leave rehab with a new found love of walking. Others, well the crazy ones as I like to call them, look forward to doing a fun run. The rehab team will help you find exercise that you can do and enjoy.
I'm sick of doing rehab	Everyone is tired and sore when they start rehab, and it takes time to not be upset when you think about what has happened to you. If you follow sports, you will know that injuries can take time to heal and that athletes might have months of recovery and rehab before they can play again. You have had an injury to your heart and your recovery and rehab are just as important. Talk to your rehab team about how you are feeling and they can help motivate you and remind you of the great progress you have already made.
What other options are there besides rehab	Hospital run cardiac rehab has proven to be a great way to safely rebuild your strength and confidence after surgery and to learn about your medications, healthy eating, exercise and relaxing. It is highly recommended for all heart patients. If you can't attend the hospital or rehab team can register you to do the lessons through me if you want? I can show you video recordings of the lessons delivered by the rehab team and answer your questions.
I miss my old life	It is natural to think about things you can't do anymore but many patients are happy finding new things they can eat and do, often with their family and friends. Also, not everything has to change. There are healthy pizza options if you want to dine out, you can still travel, play sports and so on if you take your medications every day and ask your doctor for advice if you aren't sure. Don't forget that it takes quite a few months to recover from your surgery but if you do rehab and follow their advice you will soon be back on your feet.

I don't have the time to do rehab	Many patients feel pressure to return to work, or get back to looking after their families. These are important but making time for rehab means that you will be able to safely return to your normal activities much faster. Not doing rehab could mean more illness that will interfere with work or family so its important to take the time to do rehab for yourself. If you feel pressured talk to the rehab team about starting with the very important lessons on medications and safe exercise and then discuss what to do next with them.
Where can I go after rehab	Many patients love what they have learnt in rehab and want to know more about cooking healthy foods, exercise and sports, travel and so on. I can help you with those and can also direct you to community activities if you want to learn and enjoy these activities with others. Being heart healthy is not something separate from normal life, it just becomes part of your normal life.
Where can I do cardiac rehab	Most patients do cardiac rehabilitation in a centre run by their hospital. Some patients might do cardiac rehabilitation in a residential care facility or at home.
Do I need to do rehab forever	Most patients go to rehab for about 12 weeks, but you can talk to the team about staying longer if you aren't ready to finish. If you follow what you learn in rehab for the rest of your life you will have better health and enjoy life more.
When do I do cardiac rehab	Most patients in the US can start cardiac rehabilitation before they leave hospital. Patients can enrol in Back Rehabilitation after they have left hospital.
Can my family do cardiac rehab with me	Patients often bring a family member with them to the rehab lessons so that they understand what you are learning and can support them at home with things like meals and exercise. Family members don't do the exercise program because the team need to focus on the patients, but you'll have lots of support for the exercises. The rehab team are very friendly and supportive. Also, there are patients just like you at rehab and everyone is very supportive of each other. You'd be surprised how often you hear people laughing at rehab. Would you like me to show you a short video from other patients who have done rehab?

Can someone come to cardiac rehab with me for support	Patients often bring a family member with them to the rehab lessons so that they understand what you are learning and can support them at home with things like meals and exercise. Family members don't do the exercise program because the team need to focus on the patients, but you'll have lots of support for the exercises. The rehab team are very friendly and supportive. Also, there are patients just like you at rehab and everyone is very supportive of each other. You'd be surprised how often you hear people laughing at rehab. Would you like me to show you a short video from other patients who have done rehab?
Will I exercise on my own at cardiac rehab	Patients usually exercise in a small group at cardiac rehab for support, but everyone is individually supervised by one of the rehab team. Most patients find it is more fun to exercise with others but if you want to exercise alone for religious or other reasons tell the rehab team and they will help you.
What are the benefits of cardiac rehab	Patients who attend cardiac rehabilitation can recover faster from the surgery and stabilise or even reverse their heart disease by reducing the risk factors. These risk factors include smoking, an unhealthy diet, not enough exercise and stress.
How often will I need to go	Rehab usually has 2 exercise sessions per week to help you recover faster. There is usually 1 lesson each week and that will be held before or after one of the exercise sessions, so you don't need to make an extra trip to rehab.
I don't feel sick	Some patients feel a lot better just from their surgery, but it is still important to slowly build your strength and confidence for everyday activities, so you don't injure yourself. Also, the lessons at rehab will teach you what you need to know to stay healthy.
How often will I need to go to rehab	SPECIFIC TO EACH HOSPITAL OR GROUP: Rehab usually has 2 exercise sessions per week to help you recover faster. There is usually 1 lesson each week and that will be held before or after one of the exercise sessions, so you don't need to make an extra trip to rehab.
How long does each rehab session last	SPECIFIC TO EACH HOSPITAL OR GROUP: The exercise sessions last about 90 minutes and the lessons usually take up to 60 minutes.

How long does rehab go for	SPECIFIC TO EACH HOSPITAL OR GROUP: Cardiac rehab can last up to 12 weeks. The rehab team can help shorten your program or stay longer if you don't feel ready to finish.
How long does rehab last	SPECIFIC TO EACH HOSPITAL OR GROUP: Cardiac rehab can last up to 12 weeks. The rehab team can help shorten your program or stay longer if you don't feel ready to finish.
Do I need a referral from my doctor to start cardiac rehab?	SPECIFIC TO EACH HOSPITAL OR GROUP/REGION etc – expect that referral can be from the hospital team at discharge?
Can I do cardiac rehab at home	Talk to the hospital or rehab team if you feel you will need to do rehab at home. Doing cardiac rehab in a group at the hospital is a great way to learn but we understand that it won't work for some patients with special needs.
I can't get time off from work	That's ok, there are rehab sessions at different times of the day and evening to fit patient's busy schedules.
I've never exercised before	The cardiac rehab team will start you on very simple exercises that anyone can do, and you are always supervised for safety. They will help you help you to build your strength and confidence so that you can exercise alone or with friends when you finish rehab. They will also help you find walking programs and gym classes where you can exercise with other patients and friends.
I'm too old to get any benefit from rehab	The exercises and lessons at rehab are suitable for all ages and aren't just for the heart. What you learn at rehab will also help you with aging and the other illnesses that can affect you when you are older. Rehab is also a great way to meet new people of the same age and with similar interests who can help support you as you recover.
I'm too sick to do rehab	The exercises and lessons at rehab are suitable for all ages and aren't just for the heart. What you learn at rehab will also help you with aging and the other illnesses that can affect you when you are older. Rehab is also a great way to meet new people of the same age and with similar interests who can help support you as you recover.

Where can I do cardiac rehab	The hospital runs cardiac rehab and can help you register. Rehab sessions are held at different times during the day so that everyone can find a time that suits them. The hospital or rehab team can suggest other ways of doing rehab if you live in a remote area or have other access problems.
What qualifications do the cardiac rehab staff have	The main cardiac rehab team can be a mix of nurses, exercise physiologists and occupational therapists. Other hospital experts such as pharmacists, dieticians and psychologists will provide information and advice and answer your questions.
What do I need to do after rehab	The most important things to do after rehab are to take your medications, not smoke, eat healthy foods and exercise as you are shown in rehab. I can remind you how to do those things if you forget and will help you to measure your heart rate, blood pressure and weight to send to your doctor so they can track how you are going. I'll also remind you when to do the other things rehab tell you about like having flu shots every year.
I don't have anyone to support me doing rehab	The rehab team are very friendly and supportive. Also, there are patients just like you at rehab and everyone is very supportive of each other. You'd be surprised how often you hear people laughing at rehab. Don't forget you can always talk to me if you have questions you don't want to ask out loud. I can also talk to your friends and family and explain about rehab so that they can understand what you are doing and better support you. Would you like me to show you a short video from other patients who have done rehab?
I have cancer (or other comorbidity)	The rehab team have lots of experience with patients that don't just have heart disease. They will help you understand how your different medications all work together and help you choose foods and exercises that work for all of your conditions. The other good news is that what you learn on the cardiac rehab program helps patients with diabetes, cancer and other diseases.
I can't get to rehab	There are lots of rehab sessions each week so that you can fit them into your busy life. The rehab team can help you with different transport options and can also arrange community transport if you need it.

Is cardiac rehab for African-Americans	Yes it is. Almost all of what you do and learn at cardiac rehab is the same for all cultures and is why cardiac rehab is the same around the world. The main difference is in selecting healthy foods. Many cultures have their favourite foods and recipes and the dieticians on rehab can provide advice on healthy foods and ways to cook them that will be tasty for you and your family.
Is cardiac rehab for hispanics	Yes it is. Almost all of what you do and learn at cardiac rehab is the same for all cultures and is why cardiac rehab is the same around the world. The main difference is in selecting healthy foods. Many cultures have their favourite foods and recipes and the dieticians on rehab can provide advice on healthy foods and ways to cook them that will be tasty for you and your family.
Is cardiac rehab for women	Yes it is. Almost all of what you do and learn at cardiac rehab is the same for all genders and is why cardiac rehab is the same around the world. However women do have different concerns and needs to men and the cardiac rehab team will work with you to make sure yours are met. Would you like me to show you a short video on cardiac rehab for women?
Does cardiac rehab cover getting back to work	Yes, one of the lessons in cardiac rehab helps you to understand everyday things like driving, returning to work, doing housework, travelling and so on. It will give you some useful advice and answer your questions. It will also tell you who to talk to if you want more information. After this lesson you'll feel confident getting back to normal life.
Will cardiac rehab help me with everyday task at home	Yes, one of the lessons in cardiac rehab helps you to understand everyday things like driving, returning to work, doing housework, travelling and so on. It will give you some useful advice and answer your questions. It will also tell you who to talk to if you want more information. After this lesson you'll feel confident getting back to normal life.
Will cardiac rehab show me where to get travel insurance	Yes, one of the lessons in cardiac rehab helps you to understand everyday things like driving, returning to work, doing housework, travelling and so on. It will give you some useful advice and answer your questions. It will also tell you who to talk to if you want more information. After this lesson you'll feel confident getting back to normal life. WE CAN PROVIDE SPECIFIC ANSWERS HERE IF NEED BE SUCH AS THROUGH EMPLOYER, CREDIT CARD ETC

Does cardiac rehab cover exercise	Yes, one of the lessons in cardiac rehab helps you to understand the importance of doing some safe and simple exercise everyday such as walking. It will suggest some exercises that will work for you and your lifestyle and answer everyday questions about what to do if its wet, too hot or too cold. It will also tell you who to talk to if you want to know more about your exercise. Would you like me to show you a short video on safe and simple exercising after heart surgery?
Does cardiac rehab cover diet (eating)	Yes, one of the lessons in cardiac rehab helps you to understand the importance of eating healthy foods every day. It will give you healthy ideas for cooking at home, dining out and buying take out. It will also tell you who to talk to if you want to know more about healthy eating. And don't worry, you'll still be able to have a treat when you need one! Would you like me to show you a short video on healthy eating after heart surgery?
Does cardiac rehab cover quitting smoking	Yes, one of the lessons in cardiac rehab helps you to understand the importance of quitting smoking. It will give you advice on quitting and help you to understand how to deal with any problems you have quitting. It will also tell you who to talk to if you want more information, or are worried, about quitting smoking. Would you like me to show you a short video on quitting smoking?
Does cardiac rehab cover stress	Yes, one of the lessons in cardiac rehab helps you to understand the importance of relaxing to reduce stress and help you sleep better. It will suggest some ways to relax that will work for you and your lifestyle and give you some tips about what to do if everything seems to be a bit too much. It will also tell you who to talk to if you want to know more about relaxing. Would you like me to show you a short video on relaxing after heart surgery?
Does cardiac rehab cover stress	Yes, one of the lessons in cardiac rehab helps you to understand the importance of relaxing to reduce stress and help you sleep better. It will suggest some ways to relax that will work for you and your lifestyle and give you some tips about what to do if everything seems to be a bit too much. It will also tell you who to talk to if you want to know more about relaxing. Would you like me to show you a short video on relaxing after heart surgery?

Will cardiac rehab help me understand my drugs (meds etc)	Yes, one of the lessons in cardiac rehab helps you to understand the importance of taking your medications. It will tell you where to get your medications and help you to remember when to take them. It will also tell you who to talk to if you want more information, or are worried, about your medications. Don't forget that you must talk to a doctor before stopping taking your medications for any reason.
Will cardiac rehab help me understand what happened to me	Yes, one of the lessons in cardiac rehab helps you to understand your heart and what has happened. This helps you understand the importance of taking your medications, eating healthy foods and doing some simple exercise every day. It will also help you to explain what has happened to family and friends who are worried about you.
How soon can I start rehab	You can start rehab before you leave the hospital. If you have already left the hospital you need to talk to the rehab team to check when you can start once you have registered.
Will I be asked to leave rehab if I can't stop smoking	You will always be welcome at rehab. Some patients might struggle to learn to eat healthy, exercise, quit smoking and so on and our team are there to help you get past any problems you are having. Rehab does not judge patients; it is there to help them.
Where can I learn about cardiac rehab	Your hospital team or doctor can tell you about cardiac rehab. Cardiac rehab helps you to get your body moving again after heart surgery with gentle stretches and exercises. There are also some short lessons about your medications, how to eat and exercise and how to relax and sleep better. The hospital's cardiac rehab team help you to get better and to learn what to do to stay healthy. Would you like me to show you a short video on what happens at cardiac rehab?