

Cardiac rehabilitation is a process to restore cardiac patients to optimized exercise capacity and function, reduce effects of immobilization, improve quality of life, prevent further complication and reduce long-term mortality.

Phases of cardiac rehabilitation are;

### **Phase I: In-patient program**

Objectives:

- Prevent and reduce effects of immobilization
- Improve functional capacity to achieve independent daily activities
- Return home with good quality of life
- Know how to manage risk factors and exercise at home

### Program Components:

- Patient assessment
- Exercise program
  - Range of Motion Exercise (ROME)
  - Resistance Exercise: calisthenic exercises
  - Aerobic exercise: walking, bicycling
- Self-care training
- Chest program
- Education: disease, risk factors and management
- Discharge planning

## **Phase II: Out-patient program**

After discharge, low-risk patients can do home exercise program and follow up with physiatrists to adjust the program as scheduled. High-risk patients are advised to undergo an 8-week monitored exercise sessions at cardiopulmonary rehabilitation out-patient unit.



Operating hours: Monday and Thursday 1.00 – 3.30 PM

Appointment: OPD Rehabilitation, 5<sup>th</sup> floor, Out-patient Por-Por-Ror building

[Sarissa Rangkla, MD](#) Friday 8.30 – 11.30 AM

Jirapa Jampaibool, MD Monday 8.30 – 11.30 AM



### **Phase III: Maintenance program**

After complete exercise sessions, patients are advised to continue exercise at home to maintain life-long benefits.

**For more information,** please visit [http://www.thaiheart.org/images/column\\_1309869695/Cardiac\\_Rehabilitation%20-%20sarissa.pdf](http://www.thaiheart.org/images/column_1309869695/Cardiac_Rehabilitation%20-%20sarissa.pdf)

**Referral and appointment:** [http://www.chula.osaly.com/php/TimeTable.php?search\\_clinic=468&search\\_docname=%CA%C3%D4%CA%CA%D2&search\\_docsurname=%E1%C3%A7%A1%C5%E9%D2](http://www.chula.osaly.com/php/TimeTable.php?search_clinic=468&search_docname=%CA%C3%D4%CA%CA%D2&search_docsurname=%E1%C3%A7%A1%C5%E9%D2)