

OUR VISION

To be a regional leader in cardiovascular disease prevention, cardiac rehabilitation and chronic disease management.

CONTINUAL SUPPORT

The cardiac rehabilitation team will help work with you throughout your program to support you with additional required resources. Partnerships are formed between yourself, family doctor, cardiologist, surgeon and family, keeping everyone informed of your progress.

We partner with the Kelowna Cardiac Exercise Society (K.C.E.S.), the cardiac maintenance exercise program at the Capital News Centre track.

www.kelownacardiacsociety.ca

CONTRIBUTIONS HELP

Donations to C.O.A.C.H. are always gratefully accepted and most appreciated. As a registered charitable non-profit society, C.O.A.C.H. is able to offer tax deductible receipts. Reg 866945157 RP0001



LOCATION

South Gate Shopping Plaza
#204-2622 Pandosy Street
Kelowna, British Columbia
V1Y 1V6

Medical Director
Dr. Kevin Pistawka, Cardiologist

Appropriate C.O.A.C.H participants are those who have experienced or managing the following conditions:

- Heart Attack
- Atrial Fibrillation
- Angioplasty/Stenting
- Cardiac Arrest
- Open Heart Surgery
- Medically Managed Heart Disease



C.O.A.C.H

**Central Okanagan Association
for Cardiac Health**

www.coachkelowna.com
Phone (250) 763-3433
Fax (250) 763-3442

Updated June 2014

C.O.A.C.H

**Central Okanagan Association
for Cardiac Health**



Cardiovascular Prevention & Rehabilitation Program

*An education & clinically supervised
exercise program to help you learn how to
self-manage your heart health.*

(250) 763-3433

Cardiac rehabilitation goals are different for every participant. Our team of health experts will work with you to:

- Successfully manage symptoms
- Improve your ability to perform leisure activities
- Identify your personal risk factors and fitness goals
- Build or modify an action plan to increase your adherence to healthy living



The cardiac rehabilitation team listed below provide a program of clinically supervised exercise and group education sessions to inform, guide, and support recovery;

- Registered Exercise Physiologist
- Pharmacist
- Registered Nurse
- Cardiologist
- Registered Dietician
- Social Worker

Clinically Supervised Exercise Sessions

Participants can expect:

- Monitored blood pressure, heart rate, rhythm & blood sugars (if applicable)
- Guidance for safe exercise progression
- Strength & flexibility training
- An individualized exercise prescription (including an exercise plan for home or in the community)

Educational Sessions

These group sessions provide an opportunity for participants to ask questions and be guided through the following topics by health care professionals. Manual is provided.

- Heart Anatomy & Procedures
- Cardiac Risk Factor Management
- Exercise Guidelines
- Medication Management
- Stress Management
- Heart Healthy Eating



The foundation of all programs include:

- initial & final cardiac health assessments
- education sessions
- phone call follow up

Your health investment ranges from \$100 to \$245 (Financial assistance is available based on need).

Clinical supervised exercise sessions are tailored to meet your individual needs. They can be completed at the COACH clinic under direct supervision or in the comfort of your own home.

C.O.A.C.H. SERVICE OPTIONS

♥ Cardiac Health Assessment

- ◆ Health history and medication review, submaximal fitness assessment and exercise prescription
- ◆ \$45 (fees may be applied to your foundational program)

♥ Rural Outreach Services

- ◆ Over the phone cardiac lifestyle counseling

♥ 24 hr Blood Pressure Monitor \$35

♥ Ankle Brachial Index (ABI) for Peripheral Artery Disease \$35

(Prices are subject to change)