



# Heart Failure Program



KYABRAM DISTRICT  
HEALTH SERVICE

## Chronic Heart Failure Program

The Heart Failure Program provides support to you to manage your health condition. It is delivered by a multidisciplinary team of health professionals who can assist you to understand what heart failure is, and how best to care for your heart and general health.

### The Team

- ♥ Cardiac Nurse
- ♥ Dietitian
- ♥ Physiotherapist
- ♥ Social Worker
- ♥ Other Allied Health staff as required

Our team works with you and your doctor or specialist to achieve best health outcomes for you.

### Program Aims

- ♥ To support you to self-manage your condition
- ♥ To provide information and assistance for you to lead a healthy lifestyle
- ♥ To support you to improve your quality of life
- ♥ To assist you to reduce your risk of an unplanned hospital admission

### Contacts

KDHS Cardiac Nurse ☎ 58570200

Heart Foundation [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

☎ 1300 362787



## The Program

The program works with you to plan your care, and may include:

**Assessment:** Clinical assessment with the Cardiac Nurse and as required, Dietitian or Social Worker.

**Care Planning:** We assist you to develop a plan of care and work with your doctor and specialist to provide best possible care.

**Exercise and Education Sessions:** We provide an 8 week Cardiac Rehabilitation Program including exercise and education group sessions. Alternatively, you can access a home-based exercise program to suit your needs.

**Ongoing Monitoring and Review:** You will be regularly monitored and reviewed as part of your care.

**Community Linkages:** We can link you in to wider community based programs where appropriate.

## Healthy Heart Tips

- ♥ Quit smoking
- ♥ Keep a healthy weight
- ♥ Eat a low fat, low salt diet with plenty of fresh fruit and vegetables
- ♥ Limit alcohol to 1-2 standard drinks a day
- ♥ Do some moderate walking each day

## Fees

Fees apply to this service; please refer to the attached fee brochure.

## Kyabram District Health Service

### **Kyabram Health**

Fenaughty St, Kyabram VIC 3620

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Email. [info@kyhealth.org.au](mailto:info@kyhealth.org.au)

### **Stanhope Health**

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### **Tongala Health**

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[www.kyhealth.org.au](http://www.kyhealth.org.au)

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Local Care.



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