

## **WHAT SERVICES ARE PROVIDED AT THE RUSK INSTITUTE FOR PEOPLE WHO REQUIRE CARDIAC REHABILITATION?**

The Cardiac Rehabilitation Program at Rusk Institute offers comprehensive care by a team of specialists who provide integrated treatment for people with cardiac disabilities. Treatment will include:

- Medical Care
- Rehabilitation nursing care and education
- Telemetric monitored progressive aerobic exercises and strength training
- Activities of daily living
- Psychiatric and Psychological support and counseling
- Coronary risk factor modification services: (weight management, diabetic self care, lipid management)

### **REHABILITATION TEAM**

From the moment of arrival you and your family and/or significant others become a part of the team and remain essential member during the rehabilitation process. Your **Physiatrist (physician specializing in rehabilitation medicine)** will be the team leader responsible for your medical care and the coordination of your rehabilitation treatment program. Other team members include:

- Cardiologist
- Rehabilitation Nurses
- Nutritionist
- Advance Practice Nurses
- Exercise Physiologists
- Rehabilitation nursing care and education
- Physical Therapists
- Occupational Therapists
- Psychiatrists
- Psychologists
- Social Workers
- Recreation Therapists
- Vocational Counselors
- Horticultural Therapists

### **REHABILITATION PROGRAM**

Therapy will be provided in individual or group sessions six days per week. Your regular program will include:

- Physical Therapy and Occupational Therapy (Individual and Group sessions)
- Telemetric monitored strengthening and endurance exercises
- Horticultural Therapy
- Education program with Nursing, Nutrition, Psychology and Social Work
- Psychology evaluations and treatment sessions as recommended by Physiatrist
- Individualized treatments are scheduled on the weekends to continue the course toward maximizing your recovery and your ability to perform daily activities.

The rehabilitation nursing staff will work with you to reinforce the skills you have achieved in therapy. The nursing staff will provide you and your family and/or significant others with information regarding your care, including information on your medications, in preparation for discharge.

Your social worker will meet with you and help guide you through the rehabilitation process.

### **AVERAGE LENGTH OF STAY AT THE RUSK INSTITUTE FOR PATIENTS IN CARDIAC REHABILITATION**

The length of stay varies depending on the medical and rehabilitation needs of each patient. Your physiatrist and the rehab team will keep you up-to-date with discharge information. Most patients admitted to Cardiac Rehabilitation complete their inpatient stay within one to two weeks.