



COMMUNITY RESOURCES – CORONARY ARTERY DISEASE

SPECIALTY CLINICS / PROGRAMS:

Cardiac rehabilitation programs are designed to assist in achieving and maintaining a heart healthy lifestyle and to help patients return to everyday life. There are a number of program options available to residents living in the Champlain region.

CARDIAC REHABILITATION PROGRAM OPTIONS

Clinic/Program: **University of Ottawa Heart Institute (UOHI)**

Cardiac Rehabilitation Programs
40 Ruskin Street, Ottawa, ON K1Y 4W7
Tel: 613-761-4572 Fax: 613-761-5336

Description: **(1) On-Site Supervised Program**

- 1- to 3-month program
- Supervised on-site, twice-weekly exercise sessions (1 hour/ session)
- Medical assessment by cardiac rehabilitation physician
- Nutrition workshops

Referral to services such as:

- Nutritional counselling
- Stress management
- Smoking cessation
- Vocational counselling
- Psychological counselling
- Social work counselling

(2) Case-Managed Home Program

Provides flexibility for those unable to participate in hospital-based program

- 3-month program
- Tailored program focused on your patients personal heart health goals
- Coronary risk factor assessment
- Total of 15 appointments, approximately 30 minutes each
- 3 appointments at UOHI, remainder by phone
- Individual home exercise program - **no supervised exercise sessions**
- Follow-up evaluation scheduled after 3 and 12 months

(3) Brief Program

- Coronary risk factor assessment
- Nutrition education sessions
- Exercise evaluation and tailored home exercise program - **no supervised exercise sessions**
- Total of 4 sessions at UOHI
- Follow-up evaluation scheduled after 3 and 12 months

Appropriate for: Patients with myocardial infarction, acute coronary syndrome, recent PCI and/ or bypass surgery.

Hours: Vary

Language: English, French

Cost: N/A

Referral: Physician referral required.

To refer: Download referral form: www.ottawaheart.ca/UOHI/doc/FrancoForme_Referral_Eng.pdf; complete form and fax to UOHI; and inform patient that UOHI will contact them directly.

**Clinic/Program:** **Hôpital Montfort Cardiac Rehabilitation Programs**

713 Montreal Road, Ottawa, ON K1K 0T2

Tel: 613-746-4621 ext. 3130 or 613-842-0541 Fax: 613-842-9473

Description: **(1) On-Site Supervised Program**

- 1- to 4-month program
- Supervised on-site, twice-weekly exercise sessions
- Medical and cardiovascular risk assessment
- Education sessions
- Referral to services such as nutrition and psychological as needed

(2) Case-Managed Home Program

Provides flexibility for those unable to participate in hospital-based program

- 4-month program
- Tailored program focused on your personal heart health goals
- Medical and cardiovascular risk assessment
- 3-4 appointments at Montfort Hospital, remainder by phone or in person as desired
- Individual home exercise program - **no supervised exercise sessions**

Appropriate for: Patients with myocardial infarction, acute coronary syndrome, recent PCI and/ or bypass surgery**Hours:** Vary**Language:** English, French**Cost:** N/A**Referral:** Physician referral required.

To refer: Complete referral form; attach most recent tests; fax to clinic; and advise patient that hospital will contact directly with date and time of first appointment.

Clinic/Program: **Pembroke Regional Hospital Cardiac Rehabilitation Program**

705 Mackay Street, Pembroke, ON

Tel: 613-732-2811 ext. 8091 Fax: 613-732-6350

Description:

- 3-6 month program, modeled after UOHI on-site program

- Supervised on-site, twice-weekly exercise sessions
- Education sessions
- Medical assessment
- Referral to a dietitian or social worker as needed
- Case-managed home program also available

Appropriate for: Patients with myocardial infarction, acute coronary syndrome, recent PCI and/ or bypass surgery.**Hours:** Vary**Language:** English**Cost:** N/A**Referral:** Physician referral required.

To refer: Complete referral form; attach most recent tests; fax to clinic; and advise patient that hospital will contact directly with intake appointment time and send out an information package to the patient.



Clinic/Program: Hawkesbury & District General Hospital Supervised Program

1111 Ghislain Street, Hawkesbury, ON
Tel: 613-632-1111 ext. 177
Contact: Natalie Aupin

- Description:**
- 12-week program
 - Supervised on-site, twice-weekly exercise sessions
 - Education sessions
 - Bilingual staff

Appropriate for: Patients with myocardial infarction, acute coronary syndrome, recent PCI and/ or bypass surgery.

Hours: Vary

Language: English, French

Cost: N/A

Referral: Contact clinic for information

Clinic/Program: Cornwall Community Hospital Cardio-Respiratory Rehabilitation Program

840 McConnell Ave., Cornwall, ON K6H 5S5
Tel : 613-938-4240 ext. 3104
Contact: Sylvie Bélanger

- Description:**
- 3-month program, attend two times per week
 - Education and disease management training
 - Personalized advice
 - Endurance training

Appropriate for: For patients with Chronic Obstructive Pulmonary Disease or heart failure

Hours: Vary

Language: English, French

Cost: N/A

Referral: Contact clinic for information

Clinic/Program: Brockville Cardiovascular Program: Cardiac Rehabilitation and Vascular Risk Management

75 Charles Street, Brockville, Ontario, K6V 1S8
Phone: 613-345-5645 ext. 1414 Fax: 613-345-8348
Contact: Margriet Debruyne, ext. 1166

Description: This program provides individualized exercise, education (Diabetes, nutritional), and counselling designed to help clients reduce their risk of facing future cardiac problems.

Appropriate for: Cardiac patients requiring secondary prevention and cardiac rehabilitation

Hours: Exercise days are Tues and Thurs, 9:00 a.m. to 5:30 p.m.
Assessment day is Wed, 9:00 a.m. to 2:30 p.m.

Language: English

Cost: N/A but parking costs \$5.00/day

Referral: Physician referral is required.
Please fax referral along with pre-treatment and most recent lipid profile, diabetic profile, reports on angiogram, angioplasty, surgery, or other cardiac procedures. Once referral is received, patients are contacted and arrangements to attend intake are made.

**COMMUNITY-BASED PROGRAMS:**

Clinic/Program: **FrancoForme**

Coordinating Site: University of Ottawa Heart Institute (UOHI)
40 Ruskin Street, Ottawa, ON K1Y 4W7
Tel: 613-761-5336 Fax: 613-761-4567
Satellite Locations: various sites across the region

- Description:**
- 3-month program
 - Tailored program emphasizing heart healthy lifestyle
 - Coronary risk factor assessment
 - Total of 15 appointments, approximately 30 minutes each
 - 3 appointments at UOHI, remainder by phone
 - Individual home exercise program - **no supervised exercise sessions**
 - Follow-up evaluation scheduled at 3 and 12 months

Appropriate for: Franco-Ontarians living in the Champlain region at risk for CVD and those with diagnosed heart disease.

Hours: By appointment. Initial assessment conducted face-to-face; all other contacts delivered via telephone by appointment.

Language: French only

Cost: N/A

Referral: Physician referral required.
Download referral form: www.ottawaheart.ca/UOHI/doc/FrancoForme_Referral_Fr.pdf

Clinic/Program: **Heart Wise Exercise**

Tel: 613-798-5555 ext. 18691
Email: HeartWise@ottawaheart.ca

Description: Exercise programs in the Ottawa community at public recreation facilities. Heart Wise exercise programs meet criteria set by the University of Ottawa Heart Institute (UOHI) and community partners ensuring the programs are safe for people with heart disease.
For locations, visit the UOHI website: www.ottawaheart.ca/UOHI/doc/HeartWise.pdf

Appropriate for: People with heart disease provided they have approval from their doctor.

Hours: Vary by program

Language: English, French

Cost: Varies

Referral: Approval by a physician is required before being accepted into a Heart Wise Program.



Clinic/Program: **Heart Delicious Nutrition Workshops**
Heart Health Education Centre (HHEC)
University of Ottawa Heart Institute
40 Ruskin Street, Ottawa, ON K1Y 4W7
Tel: 613-761-4753 or 1-866-399-HHEC (4432)
Web: www.ottawaheart.ca/HHEC

Description: **ABCs to Heart Healthy Eating:** Develop the skills for heart healthy eating to reduce or control blood cholesterol and improve artery health. Get the facts on fat, cholesterol, dietary fibre and salt.
Heart Healthy Shopping: Learn the tools to better understand food labels, develop heart healthy shopping lists, and plan meals.
Nutrition Tips for Weight Management: Learn to set realistic goals for healthy weight management. Acquire the skills to develop balanced meals, proper portion sizes, and techniques for weight loss and maintenance.
Hot Topics in Heart Health for Nutrition: Expand the knowledge you got in the ABCs workshop! An update on various topics related to heart disease such as Mediterranean diet, antioxidants, omega-3 fats, glycemic index, and dietary supplements.
Eating Well with Diabetes: Get the lowdown on meal planning, carbohydrates, sweeteners and glycemic index. For people wishing to control or prevent Diabetes.
Bien s'alimenter de A à Z: A 2-hour session, only offered in French, which summarizes the three first nutrition workshops: 1) ABCs to Heart Healthy Eating; 2) Heart Healthy Shopping; and 3) Nutrition Tips for Weight Management.

Appropriate for: Patients, families, or members of the public who want to learn more about healthy nutrition

Hours: Call HHEC for schedule

Language: English, French

Cost: N/A

Referral: Telephone registration required

Clinic/Program: **Cœur À Cœur**
Centre de Santé Communautaire de L'Estrie
Crysler : Tel : 613-987-2683
Bourget : Tel : 613-487-1802
Alexandria : Tel : 613-525-5544
Cornwall : Tel : 613-937-2683

Description: Un programme d'éducation et de soutien pour les personnes souffrant de maladies cardiaques telles que l'angine, l'infarctus ou ayant eu une chirurgie au cœur, ainsi que les membres de leur famille. Il y a huit rencontres pour discuter du cœur, d'alimentation, de médicaments, d'activités physiques, des émotions et du stress.

Appropriate for: Patients with recent myocardial infarction, acute coronary syndrome, recent PCI and/ or Bypass surgery and their family members.

Hours: Vary

Language: French

Cost: N/A

Referral: Self-referral

