

The Osborne County Memorial Hospital Cardiac Rehabilitation Team is committed to helping patients with heart disease recover faster and return to full and productive lives.

Programs include exercise, education, counseling and learning ways to live a healthier life.

Making healthy lifestyle changes can help you feel better and live a healthier and more fulfilling life.

The choice is yours...we're here to help you follow your prescribed program!

**For more
information
call:**

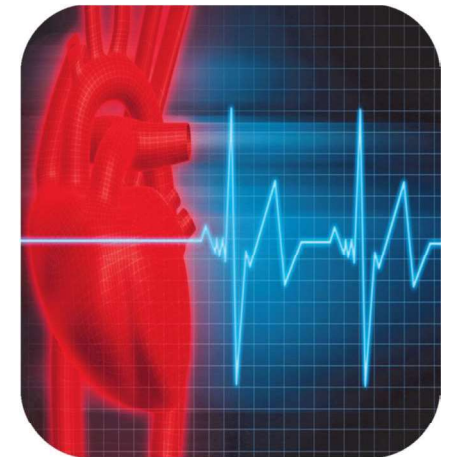
Osborne County
Memorial Hospital
Cardiac
Rehabilitation

785-346-2121

Osborne County
Memorial Hospital
237 W Harrison St
Osborne KS 67473



Cardiac Rehabilitation



Phase II and III Programs

www.ocmh.org



Phase II:

Phase II of Cardiac Rehab takes place during the initial home care period. Participants in Phase II are monitored closely on an individual basis by a staff member. Blood pressure and cardiac monitoring are observed. Glucose monitoring is performed if needed and individualized support and instruction is given to each person, according to their needs.

Most Phase II activities are covered by insurance. The Cardiac Rehab staff will verify insurance coverage and plan your care with the help of your doctor. This phase typically lasts from 6-12 weeks.

Phase III:

Centered around wellness, Phase III is a time of independence and of taking responsibility with confidence in your own monitoring of exercise. This can be carried out at home, at a health care facility of your choice or in the OCMH Cardiac Rehab program. For a fee, patients may use the OCMH Cardiac Rehab facilities to exercise during staffed hours.

You are responsible for recording your own heart rate, exercise activities and blood pressure. However, staff would gladly assist you with any questions or concerns.

Things we would like you to know:

- Each participant is given a specific time to come.
- Please arrive 5-10 minutes prior to your scheduled time.
- Please notify the staff if you are unable to attend your session.