

Cardiac Referral Pathway for Service Providers

Supporting the Transition from Cardiac Rehabilitation Programs to
Community Based Health and Wellbeing Programs in Melbourne's Inner North West

REHABILITATION PROGRAMS

CARDIAC REHABILITATION

Royal Melbourne Hospital – Cardiac Rehabilitation
Free group education and exercise program (6 Weeks)
Royal Park Campus – Wednesdays 9:00am
Moonee Ponds - Tuesdays 10:30am
T: (03) 9342 8061 CardiacRehab@mh.org.au

St Vincent's Hospital Cardiac Rehabilitation Programs
Group education and exercise program
Cardiac Rehabilitation Program (8 Weeks)
Heart Failure Rehabilitation Program (Twice weekly for 12 weeks)
T: (03) 9231 2973 www.hipcentral@svhm.org.au

HEART FAILURE REHABILITATION

St Vincent's Hospital Cardiac Rehabilitation Programs
Group education and exercise program
Heart Failure Rehabilitation Program (Twice weekly for 12 weeks)
T: (03) 9231 2973 www.hipcentral@svhm.org.au

Melbourne Health
Chronic Heart Failure Program/Heartwise
A Hospital Admission Risk Program (HARP)
Goal based self-management support to reduce risk of further hospitalisation
T: 9342 4530 www.mh.org.au

Royal Melbourne Hospital City Campus
Heart Failure Exercise and Education Program
12 week (flexible) program once or twice weekly. Mainly younger patients but age 18-80 accommodated. Transplant waiting list and athletes with CHF included
T: 9342 8059 or E: monica.kerlin@mh.org.au

PRIVATE CARDIAC REHABILITATION (Private Health Insurance)

Brunswick Private Hospital www.brunswickprivate.com.au
Education and Cardiac Rehabilitation (6-12 week program)

Dorset Rehabilitation Centre www.dorsetrehabilitationcentre.com.au
Education and Cardiac Rehabilitation (Twice weekly program)

Epworth Private Hospital (Richmond) www.epworth.org.au
Education and supervised light exercise (6 week program)

HOSPITAL ADMISSION RISK PROGRAM (HARP)

Melbourne Health HARP
Goal based self-management support to reduce risk of further hospitalisation (HARP) T: 9342 4530 www.mh.org.au
Chest Pain Program
Cardiac Coach Program - Telephone based support
Chronic Heart Failure Program/Heartwise

St Vincent's Health HARP
Goal based self-management support to reduce risk of further hospitalisation
T: 1300 131 470 www.hipcentral@svhm.org.au
Health Management Coaching Program – state wide telephone based support
Chronic Disease Management Program

HOME BASED

Home Exercise Program for chronic disease with need for ongoing exercise with
Hospital Admission Risk Program (HARP)
St Vincent's Health T: 1300 131 470 www.hipcentral@svhm.org.au
Melbourne Health T: (03) 8387 2333 www.mh.org.au

Rehabilitation In The Home
St Vincent's Hospital, Sub-Acute Ambulatory Care Service
T: (03) 9231 2324 www.hipcentral@svhm.org.au

**What does your client need to assist and support them
to manage their health and wellbeing?**

COMMUNITY BASED HEALTH & WELLBEING PROGRAMS

LOW INTENSITY

Chair based exercises
Leisure centres & community health services

HEAL Programs Healthy Eating Activity and Lifestyle (HEAL) www.essa.org.au
Available at Merri Community Health Services www.mchs.org.au
Service Access T: (03) 9388 9933

Nutrition advice
Contact your local community health service

Life! Programs www.lifeprogram.org.au

Planned Activity Groups (PAG)
Contact your local community health service or local council

MODERATE

Community Health Services
cohealth (formerly Doutta Galla, Western Region and North Yarra Community Health Services)
Sites across Northern, Western and Central Melbourne
T: (03) 9411 4333 (Collingwood, Fitzroy and Melbourne CBD)
T: (03) 9377 7100 (Flemington, Moonee Ponds and Niddrie)
www.cohealth.org.au
· General Exercise Groups · Allied Health Services

Merri Health
Local Government Areas: Moreland & Darebin
Service Access T: (03) 9388 9933 www.mchs.org.au
· Exercise Physiology Services, includes cardiac specific as required (time limited)
· Allied Health Services

North Richmond Community Health Service
Local Government Areas: Yarra
T: (03) 9418 9800 www.nrch.com.au
· General Exercise Groups · Allied Health Services

Access Health and Community
Local Government Areas: Yarra & Boroondara
T: (03) 9885 6822 www.iehealth.org.au
· General Exercise Groups · Allied Health Services

Pronia (formerly known as Australian Greek Welfare Society)
Based in Brunswick. Referrals accepted from broader region
T: (03) 9388 9998 www.agws.com.au
· Cardiac Education & Exercise Program (6 weeks) Greek speaking

Walking Groups:
Heart Foundation Walking Groups run by peers
T: 1300 362 787 www.heartfoundation.com.au

Neighbourhood Houses – Find your local Neighbourhood House

CHALLENGING

Living Longer, Living Stronger Programs
COTA
T: 1300 13 50 90
<http://cotavic.org.au/programs-events/strength-training/>

Lift for Life – resistance training programs
T: 1300 211 311
www.liftforlife.com.au

St Vincent's Cardiopulmonary Maintenance Program (8 weeks)
T: (03) 9231 2324
www.hipcentral@svhm.org.au

HOME BASED

Post Acute Care (PAC)
Community based nursing, personal & home care within 28 days of hospital discharge
Melbourne Health PAC T: (03) 8387 2333
Inner Melbourne PAC (IMPAC)
T: (03) 9418 9954

Royal District Nursing Service
Home based nursing care
T: 1300 33 44 55 www.rdns.com.au

St Vincent's At Home
Home based nursing services
T: 9231 3817

Community Health Services
Contact your local community health service

LOW INTENSITY, MODERATE & CHALLENGING - Leisure Centre Gym Programs:

Moonee Valley City Council:
· Healthy Ageing Exercise Programs <http://mvcc.vic.gov.au/for-residents/disability-and-older-adults/healthy-ageing-programs.aspx>
· Leisure Centres <http://mvcc.vic.gov.au/experience-moonee-valley/swimming-pools-and-leisure-centres.aspx>

City of Melbourne Recreation Centres <http://www.melbourne.vic.gov.au/community/sports-recreation/pages/recreation-centres.aspx>

City of Yarra <http://www.yarracity.vic.gov.au/services/Yarra-Leisure/>

Active Moreland Aquatic and Leisure Facilities <http://www.activemoreland.com.au/aquatic-and-leisure-centres/>

WELLBEING

Beyond Blue www.beyondblue.org.au
Lifeline Crisis telephone counselling T: 1300 13 11 14
ABC Wellbeing Relaxation Resource
QUIT Stress Management and Relaxation Resources
QUIT Smoking Cessation Support T: 137848
Baker IDI Health Fact Sheets and Healthy Recipes
Eat For Health www.eatforhealth.gov.au/

University of the Third Age Social & Walking Groups <http://www.u3a.org.au/Social>
Heart Foundation www.heartfoundation.com.au Living Well With Heart Disease Resources
Cardiomyopathy Peer Support Groups <http://www.cmaa.org.au/support-meetings.html>
Real Time Health Speaking From Experience Video Resources T: (03) 9534 7222
Carerlinks North free information and assistance for carers T: 1800 052 222
COTA Victoria Active Aging Programs and Events T: 02 6154 9740
Health InfoNet Australian Indigenous Heart Health Resources

It is Good Practice to:

INFORMATION PROVISION
Provide consumers with relevant information to assist access to services

HEALTH LITERACY
RECOGNISE the needs and preferences of consumers, **TAILOR** communication and information provision to the consumer's situation and **CHECK** that information has been delivered and received effectively

INFORMED CONSENT
is obtained and documented prior to sharing consumer information with another service

REFERRAL
Consumers are involved in decision making about the services they receive and referrals made to other services

Referrals are facilitated and assistance with navigation of the service system is provided

INTERPRETER REQUIREMENTS or communication needs are highlighted in the referral

Timely **REFERRAL ACKNOWLEDGEMENT** is provided to the referrer

A **DISCHARGE SUMMARY** is sent to the client's GP, Cardiologist and other primary care provider as nominated by the consumer

EMPOWER consumers to adopt self-management strategies and maintain lifestyle changes

ONGOING MAINTENANCE of lifestyle change to decrease risk of future cardiovascular events

Assess and support action on **PSYCHOSOCIAL DETERMINANTS** of health

ENCOURAGE consumers to **TAKE CHARGE OF RECOVERY** through

- Regular GP check ups
- Setting recovery priorities
- Taking prescribed medications regularly
- Maintaining emotional and physical health
- Talk to GP about chronic disease care plan
- Talk to GP about mental health plan and referral to a counselling service

For further information: [Guidelines on Feedback to General Practitioners for Community Health Services \(2011\)](#)

Trigger points for written feedback include acknowledgement of referral, assessment results and planned intervention, progress reports (if ongoing treatment) and discharge (including outcomes of intervention).

Feedback to General Practice: Consistent, timely and appropriate feedback (with client consent) to General Practice is necessary for maintaining high quality multi-disciplinary care.

ONGOING CARE IN THE GENERAL PRACTICE SETTING

National Health Services Directory



www.nhsd.com.au

Health Pathways Melbourne

Username: connected
Password: healthcare



<https://melbourne.healthpathways.org.au>

INW PCP Physical Activity Directory for Older People



www.inwpcp.org.au/resources

Better Health Channel (For consumers)



<https://www.betterhealth.vic.gov.au/>