



ASCVPR

# Newsletter October

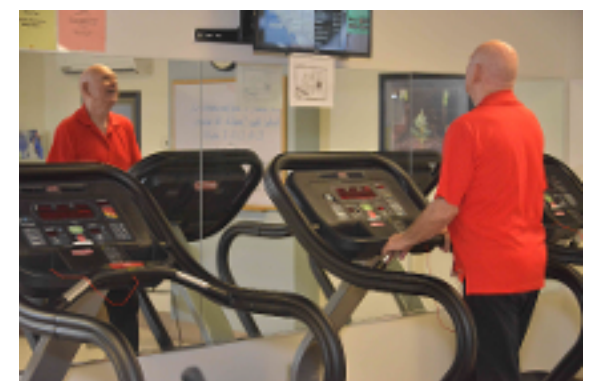
**Highlighting Havasu Regional Medical Center's Cardiac and Pulmonary Rehab Program**

## THE BRIDGE TO BETTER HEALTH

The original London Bridge did not fall down; it was dismantled block by block, each piece numbered and shipped to Lake Havasu City where it was reassembled block by block to span “The Channel” linking downtown with “The Island.” And, like that famous bridge, Havasu Regional Medical Center (HRMC) Cardiac and Pulmonary Rehab is trying to help patients build a new life—one block at a time.

HRMC Cardiac Rehabilitation (Phases II and III) opened in late 2008. Patients were greeted by two full time clinical staff members and typical gym equipment: Star Trac treadmills, Schwinn AirDynes, NuSteps, Monark ergometers and dumbbells. The number of monthly patient visits in the nearly eleven years has increased from ninety to over five hundred during “snowbird season”. Patients exercise at specific times on Mondays, Wednesdays and Fridays, and attend education classes on Monday. Rehab staff conduct the educational sessions using videos, PowerPoints and interactive discussions in a separate classroom setting. Each Monday is a single topic, with classes offered at several time slots during the day.

Most patients chose to attend the session either right before or immediately following their exercise. Topics presented: Home Exercise, Stress 7 Coping, DASH Diet, Cardiac Anatomy & Physiology, Signs & Symptoms, Nutrition, Risk Factors and Cardiac Medications (taught by one of HRMC’s pharmacists).





### HRMC added Pulmonary Rehabilitation Program in 2010

Pulmonary Rehab Phase II and III (and a third staff member) was added in 2010. The program structure is similar to that used for cardiac patients; patients exercise on Tuesdays and Thursdays at specific times, with classroom education offered on Tuesdays. Subjects covered include Pulmonary Nutrition, Home Exercise, Emotional Well-Being,

Oxygen Therapy, Coping with Lung Disease, Preventing Infection, and Energy Conservation. During the winter months, we have had as many as 200 patient visits; a big jump from the 18 visits recorded during our inaugural month!



### Referrals come from local Cardiologists and Pulmonologists

Most of our referrals come from local Cardiologists and Pulmonologists. However, outside facilities have been proactive about seeking rehab for their Lake Havasu patients. The result is that we not only see patients with the more common diagnoses (stents, COPD, etc), but we have also cared for a few LVAD and transplant patients (heart and lung). We appreciate their confidence and the extra training many of these institutions have provided.

Like all cardiopulmonary rehab programs, we are very hands-on. Living in a smaller city gives us a

real-life opportunity to foster healthy lifestyle choices. Bags of potato chips, cookies and candy have all found their way back to grocery store shelves after an unsuspecting patient's chance encounter with a rehab staff member! We have attended birthday parties, lunches and other celebrations in honor of our patients. We have oohed and aaaahed over countless family photos. All seemingly innocuous gestures. But they go hand in hand with exercise, nutrition guidance and lifestyle modifications as the bricks that form a bridge to better health.



# ASCVPR FALL MEETING

**SATURDAY, OCTOBER 19, 2019**

**Banner Heart Hospital - Mesa, AZ**

**Registration begins at 9:30**

**Meeting runs from 10:00 am to 1:00 pm**

Join us for our quarterly meeting either in-person or via Live Streaming (NEW)

Instructions will be sent for Live Streaming access after RSVP'ing.

## **Learn about TAVR patients and Cardiac Rehab:**

Our speaker will discuss TAVR (Transcatheter aortic valve replacement) as a less invasive alternative to traditional valve replacement surgery that is already being used successfully in high-risk patients. This discussion will address the recent move beyond high-risk patients and explore the importance of cardiac rehabilitation. Participants will learn about considerations for low-risk patient populations, the work up process, and recent clinical trial data.

**We will also hear from the AACVPR National Conference Meeting attendees  
and have our quarterly business meeting!**

### **COST:**

**Free for AACVPR Joint Affiliate and ASCVPR Associates.**

**\$20 for non-AACVPR Joint Affiliate, non-ASCVPR Associates, and guests.**

**(Payable by cash or check)**

**Free for LIVE STREAMING option**

**NOTE: CEs only available to those who attend in-person event.**

**Lunch and refreshments will be provided to those who RSVP to attend.**

**RSVP at: <https://ascvpr-fall-meeting.eventbrite.com>**