



Virtual cardiac rehabilitation

Allowing cardiac patients to rehabilitate anywhere in Queensland.





About this program

The Heart Foundation identified that cardiac rehabilitation reduces readmission within the first year after a cardiac event by 56%.

One in two people who do not complete cardiac rehabilitation do not return back to their normal work capacity after a heart attack, and one in four don't return to work at all – making it vital whether a person lives close to a healthcare provider or not¹.

Mater is proud to offer a rehabilitation option for those who have undergone a cardiac procedure or had a recent hospital admission for a cardiac related

event however may not live in close proximity to a rehabilitation provider or not physically be able to travel to complete rehabilitation on a regular basis.

Mater's virtual cardiac rehabilitation program is available to all private patients who have been admitted to hospital for a cardiac procedure or event and have rehabilitation benefits included in their private health insurance.

1 Heart Foundation 2018, 'Cardiac rehabilitation factsheet' [Online] Available at: mater.li/HFCardiacRehab

Who would benefit?

The Heart Foundation defines patients with the following as eligible for cardiac rehabilitation:

- Heart attacks (stemi and non-stemi)
- Revascularisation procedures, including coronary bypasses and stents
- Coronary artery disease, including stable angina
- Cardiovascular disability, particularly heart failure and cardiomyopathy diseases
- Heart diseases/transplants
- Valve devices including the replacement and repair of pacemakers and implantable defibrillator
- Heart electrical rhythm problems such as Atrial Fibrillation.



How it works

Following a cardiac procedure or a diagnosis of Coronary Artery Disease, you may be referred to Mater's virtual cardiac rehabilitation program to support your recovery and heart health. Once enrolled, you will receive login details to access Mater's secure digital platform, where all rehabilitation sessions and related activities can be completed in the comfort of your own home.

All that is required to participate in virtual rehabilitation is a stable internet connection and enough room to turn in a full circle with arms outstretched.

Our education team includes:

- Occupational therapists
- Exercise physiologists
- Physiotherapists
- Dietitians
- Cardiac rehabilitation nurses
- Pharmacists
- Diabetes educators.

What does it cost?

There is no out of pocket expense for private patients who have been admitted to hospital for a cardiac procedure or event and have rehabilitation benefits included in their private health insurance.

Mater's virtual rehabilitation platform, allows users to monitor their health data such as blood pressure, glucose levels, and heart rate. It also contains education modules specific to each cardiac condition.

Virtual rehabilitation includes a total of 10 sessions. Two 1:1 assessment appointments with a Mater cardiac rehabilitation clinician as well as eight group virtual rehabilitation sessions across 4 or 8 weeks with an accredited Mater clinician. Rehabilitation sessions are held via Teams and include virtually supervised exercise sessions and education.



Virtual rehabilitation phone applications

Scan QR code to download the right app for your device.

**Teams App →
Apple App Store**

For all Apple devices.



**Teams App →
Play App Store**

For all other devices.





Booking details

Your initial appointment has been booked for:

Date: _____

Time: _____

All Mater virtual cardiac rehabilitation is proudly delivered by Mater Private Hospital Townsville's Allied Health department in consultation with cardiac specialists.

Mater Private Hospital Townsville



Allied Health Department

25 Fulham Road, Pimlico QLD 4812



07 4727 4650



07 4727 4669

Please send your referral to:  alliedhealthadmin@mater.org.au

mater.org.au

Mater acknowledges consumer consultation in the development of this patient information.

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