

Cardiac disease is a common cause of permanent disability in persons age 40 and older. It affects both men and women. At the Hong Kong Adventist Hospital's Rehabilitation Center, we help people with heart problems regain a normal lifestyle, using the technique of progressive exercise and lifestyle adjustments.

Since the start of our Heart Center, the Rehabilitation Center has grown into a full-fledged cardiac rehabilitation facility located on the 7th Floor of the Hospital in a spacious and convenient area. It houses a variety of exercise equipment. The program is staffed with nurses, a dietitian and a physiotherapist.



心臟病會為40歲或以上的人士（不論是男性或是女性）造成永久性的損害。而香港港安醫院的復康中心專門協助心臟病人士以漸進式運動及生活模式管理等方法重新投入正常生活。

自心臟中心落成以來，位於本院7樓的復康中心不單佔地面積廣闊，而且方便易達，加上一系列的復康儀器一應俱全。全體護士、營養師及物理學家已經作好準備，隨時為閣下服務。

Cardiac Rehabilitation Program 心臟復康計劃

Phase 1: In-hospital 第一階段：住院期間

In-hospital cardiac rehabilitation for patients who have suffered a heart attack or have undergone heart procedures. In this phase, patients receive rehabilitation while in the Hospital. Cardiac nurses and physiotherapists begin by sitting the patient up in the chair to perform some basic arm and leg exercises.

專為住院期間或剛接受完手術的心臟病康復者而設。在這階段，心臟科護士與物理治療師會協助他們進行簡單的坐著手腳伸展運動。

Phase 2: Out-hospital 第二階段：出院後

Out-patient cardiac rehabilitation. Once the patient is discharged from the Hospital, their cardiologists may refer their patient to this program. The goal is to learn to exercise properly in order to improve their cardiovascular status, as well as modifying all cardiac risk factors. The duration of Phase Two is anywhere from 4 to 12 weeks, depending on the doctor's orders. In addition to exercise, the program teaches the participants how to manage their heart disease.

為出院後的康復者而設。每一位出院之人士均會被轉介至此計劃。這階段的主要目的是教導他們如何進行適量運動以增強心臟功能，經常留意有否出現心臟病病徵及心臟病的個人護理，維期約4-12星期並由醫生決定。

Phase 3: Lifestyle Management 第三階段：生活模式管理

Lifestyle Management (There is a nominal fee for this program). With their doctor's permission patients come to the Lifestyle Management Center to stop unhealthy habits like smoking. They learn to eat a healthy diet, loose weight intelligently and find the appropriate exercise program. They can also join a support group like the Heart Club.

生活模式管理（象徵式收費）。在這階段，康復者會獲得醫生的允許，在健康生活促進中心戒掉不健康的生活習慣：如吸煙。此外，均衡飲食、控制體重及適量運動亦會在這裏教授。而康復者也可參予心臟學會等支援團體。



Adventist 港
Health 安 Hong Kong Adventist Hospital
香港港安醫院

Address : 40 Stubbs Road, Hong Kong
地址：香港司徒拔道40號

Rehabilitation Hotline : 2835 0558
復康中心熱線：

Fax 傳真：2574 8858

Website 網頁：www.hkah.org.hk

Adventist 港
Health 安
Hong Kong Adventist Hospital
香港港安醫院

Cardiac Rehabilitation 心臟復康計劃

