

Adventist Health 港安

Hong Kong Adventist Hospital
香港港安医院

Heart Program Phase II

二期心脏复康计划



A Building a better quality of life following heart disease

Phase II Heart Program is an educational program as well as an exercise program, designed to improve your quality of life following a heart attack or any other heart problem.

After experiencing a heart attack, you may feel tired, depressed, concerned about the future, and very apprehensive about beginning an exercise program. By taking part in a carefully supervised exercise program under the guidance of the Phase II Heart Program Health Care Team, you may well ensure your survival, and be on the way to enjoying a better quality of life.

A What is the Phase II Heart Program?

The Phase II Heart Program is a customized program of both education and exercise. The goals of the Phase II Heart Program are to help you regain strength, to prevent your condition from worsening, and to reduce your risk of further heart problems in the future. This all adds up to increased survival, and a better quality of life.

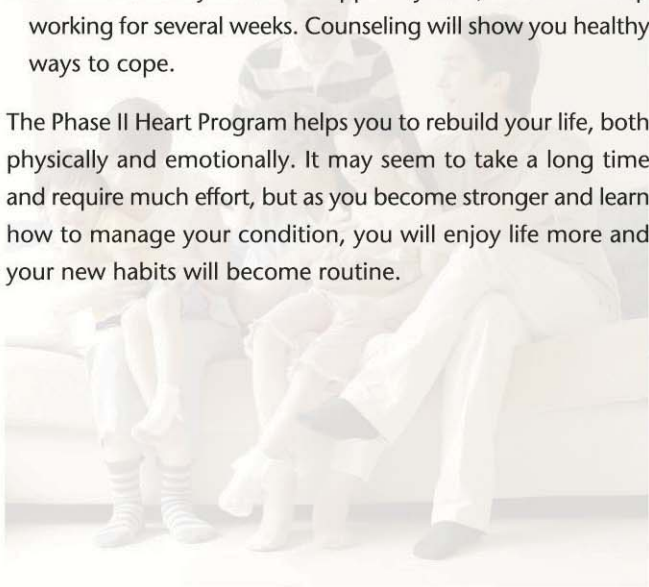
A The Phase II Heart Program has four main components:

+ Medical Evaluation: A thorough evaluation provides your health care team with an assessment of your physical abilities, medical limitations, and necessary knowledge of any other conditions you may have. Your team explores any possible cardiovascular disease risk factors, such as stroke and high blood pressure. These findings enable your team to tailor an effective and safe Phase II Heart Program for your individual situation.



- + **Physical activity:** Bed rest is no longer recommended for all significant heart problems. The Phase II Heart Program improves your cardiovascular fitness, through walking, cycling, rowing, jogging, and other endurance activities. You will also undergo strength training to improve your muscular fitness. There is no need for concern, even if you have never exercised before, as your Phase II Heart Program team will design a program that is safe and compatible with your level of ability.
- + **Lifestyle education:** Guidance with diet and nutrition will help you to shed excess weight and teach you a healthier lifestyle, enabling you to make better food choices aimed at reducing your fat, sodium, and cholesterol levels. Advice will also be given on how to break unhealthy habits, such as smoking. You will also learn how to manage pain and fatigue, that may accompany your heart condition. You will be given every opportunity to ask questions about such issues as medications, and allowed sexual activity.
- + **Psychosocial support:** Adjusting to a serious health problem often takes time. You may experience depression or anxiety, lose touch with your social support system, or have to stop working for several weeks. Counseling will show you healthy ways to cope.

The Phase II Heart Program helps you to rebuild your life, both physically and emotionally. It may seem to take a long time and require much effort, but as you become stronger and learn how to manage your condition, you will enjoy life more and your new habits will become routine.



Who can benefit from the Phase II Heart Program?

In years past, this type of program was only recommended for younger patients who required assistance to return to their usual work, following a heart attack or cardiac surgery.

Today, with improved programs and close medical monitoring, the Phase II Heart Program is a beneficial option for patients of all ages, and many forms of heart disease.

If your medical history includes any of the following conditions, you may benefit from the Phase II Heart Program:

- + Heart attack
- + Coronary artery disease
- + Heart failure
- + Peripheral arterial disease
- + Angina
- + Cardiomyopathy
- + Certain congenital heart diseases
- + Coronary artery bypass surgery
- + Valve replacements

The Phase II Heart Program may not be appropriate for everyone with one of the above conditions. Your Health Care Team will evaluate your situation carefully, and decide if and when you should commence the program.

Advancing age per se, is not a contraindication to beginning the Phase II Heart Program, even patients of 65 years and older are likely to benefit from such a program. In many cases, older cardiac patients have more to gain than their younger counterparts.



4 What will you do during the Phase II Heart Program?

The Phase II Heart Program does not follow a 'cookie-cutter' approach. You may have friends or relatives whose Phase II Heart Program is different to yours.

The Team will tailor a program for you, based on your specific health situation. Most Phase II Heart Programs last about six weeks, and during that time, you may work with cardiologists, nurses, dieticians, physiotherapists, and Lifestyle Educators.

In general, here's what to expect during the three basic phases of the Phase II Heart Program:

The Phase II Heart Program is commenced while you are still in the Adventist Hospital. You may begin with non-strenuous activities, such as sitting up in bed, range-of-motion exercises, and self-care such as shaving. You then progress to walking and limited stair climbing, and eventually you will engage in the kinds of activities you'll encounter once you are back home.



- + **Early recovery:** This part of the Phase II Heart Program begins when you leave the hospital, and generally lasts from 5 to 6 weeks. During this time, you will gradually increase your level of activity, usually under the close supervision of your Phase II Heart Program team. Your team may suggest exercises you can safely do at home, such as walking and gentle calisthenics. You also learn about healthy eating, quitting smoking, coping with your condition, resuming sexual activity, and finding social support.
- + **Late recovery:** This represents a long-term maintenance program, i.e. a third phase of the Heart Program; a community-based program, and something to follow for the rest of your life. At this stage, you probably will have developed your own exercise routine at home. You can however continue to exercise at the hospital and remain under medical supervision, especially if you have specific health concerns. Education regarding nutrition, lifestyle and weight loss may continue, as well as counseling. For best success, make sure your exercise and lifestyle practices become lifelong habits. The peer support group, H.E.A.R.T. Club, will welcome you to join and learn heart-healthy behaviour, dietary improvement, and cessation of bad habits such as smoking. As you meet other people who have gone through an experience similar to your own, you will increase your knowledge and make new friends.

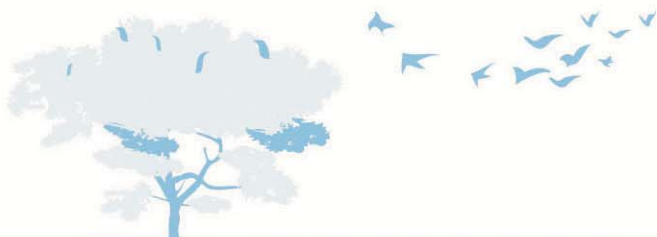


A In the long run, what will you get out of the Phase II Heart Program?

Although you may be reticent to commence the Phase II Heart Program when you are not feeling well, we guarantee you will benefit in the long run. The Program will relieve your fear and anxiety, and you will return to an active lifestyle with more motivation and energy to do the things you enjoy.

If you have had a heart attack or undergone cardiac surgery, or if you have any other heart condition, ask your doctor about joining the Phase II Heart Program.

Valuable benefits from the Phase II & III Heart Programs include an improvement in your overall quality of life. Almost certainly, you will come out of these Programs feeling healthier and happier than before.



4 改善心脏病愈后的生活素质

二期心脏复康计划是一项教育与运动并重的计划，专为帮助曾患心脏病或有其他心脏问题的人而设。

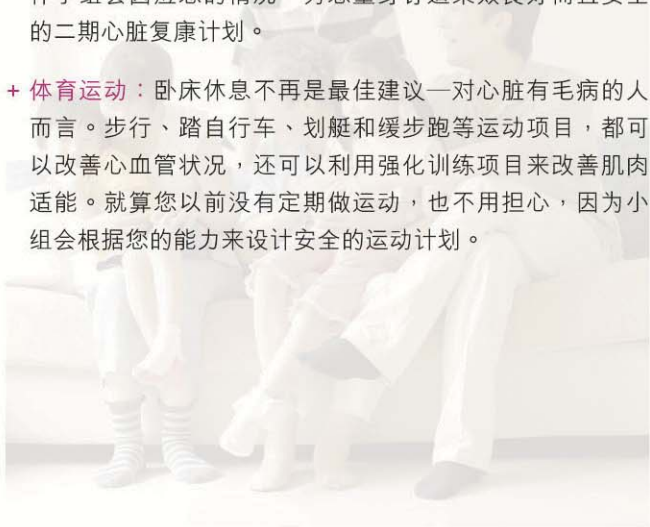
经历心脏病后，您也许变得容易疲累，感到沮丧和忧虑，甚至害怕做运动。参加二期心脏复康计划，我们的健康关怀小组会悉心地指导您有系统地做运动。这不仅让您的健康得到保障，更可以助您提升生活素质。

4 甚么是二期心脏复康计划？

二期心脏复康计划教育与运动并重，以改善生活素质为目的，让您渐渐恢复体力，避免身体情况变坏。同时，减少心脏再次出现问题，或令生命受到威胁的机会。

4 二期心脏复康计划内容可分成四个范围：

- + **体格检查**：即全面体格检查，包括体能和医疗极限评估、卫教，例如中风、高血压等心血管病的危险因素。健康关怀小组会因应您的情况，为您量身订造果效良好而且安全的二期心脏复康计划。
- + **体育运动**：卧床休息不再是最佳建议——对心脏有毛病的人而言。步行、踏自行车、划艇和缓步跑等运动项目，都可以改善心血管状况，还可以利用强化训练项目来改善肌肉适能。就算您以前没有定期做运动，也不用担心，因为小组会根据您的能力来设计安全的运动计划。



+ **生活方式指导**：只要习得良好的生活方式和饮食习惯，您自然会知道该如何选择食物，帮助降低血脂和胆固醇水平，减少吸收钠质，而且摄取适当的营养。同时，小组会纠正您的不良生活习惯，甚至建议戒除，例如抽烟；又会教您如何处理痛楚、疲倦等问题，这些都有利于心脏健康。另一方面，小组还会协助您解决心脏疾病带来的各种问题，例如药物和性生活等。

+ **情绪支援**：当身体出现严重问题，心理往往需要一段时间来调适。另一方面，社交生活和工作可能因为病情而受到影响，情绪也容易变得低沉和沮丧。您可以通过辅导，学习如何处理这些情绪。

二期心脏复康计划帮助参加者解决心理和生理上的各种问题，重新投入生活。参加计划虽然要付出一定的时间和体力，但当您变得强壮，又会管理自己的健康时，就可以适应有规律的生活方式，而且更享受生活。

A 二期心脏复康计划的服务对象

以前，计划的服务对象都是较年轻的病人。这是因为年轻病人在心脏突发或手术后，往往很快便重投日常工作；不过，计划内容已经被改良，配合专业医疗人员的细心指导和监察，现在的二期心脏复康计划适合任何年龄和不同类型的心脏病患者。

如果您曾经有以下任何一项病历，可以考虑参加二期心脏复康计划：

- + 心肌梗塞
- + 冠心病
- + 心衰
- + 周边动脉疾病
- + 心绞痛
- + 心肌病
- + 特定的先天性心脏病
- + 冠状动脉搭桥手术
- + 心瓣膜置换术



不是所有曾患上上述疾病的人都适合参加这计划。所以，健康关怀小组会仔细和适当的评估，以决定您是否适合参加。

还有，年龄不是参加这个计划的决定性因素，即使年届六十五岁或以上的病人都适合参加。有病例显示，许多年长病人参加计划后得到明显的果效。

4 二期心脏复康计划的程式

二期心脏复康计划是一个量身订造的复康计划。健康关怀小组会因应每位参加者的健康状况和需要，设计合适的计划。即使您的亲友都参加了这计划，内容也不会千篇一律。二期心脏复康计划一般为期六周，由心脏科专家、护士、营养师、物理治疗师和生活指导员从旁监察、指导和协助。

心脏复康计划一般可分成三个阶段：

二期心脏复康计划在您住院期间就可以展开。您可以在床上练习仰卧起坐、全关节运动等一些温和的运动，也会接受自理能力训练（例如剃须），然后开始练习步行和上下楼梯，还会学习一些简单的动作，为出院作准备。

+ 早期复康：这阶段由出院开始，一般为期五至六周。在健康关怀小组的密切指导下，您的活动量会渐渐增加，活动的难度也会提高。同时，小组会建议一些适合在家练习的运动，例如步行和简单的柔软体操等，以增加锻炼机会。通过教导饮食习惯、自我管理和戒烟等知识，小组可以助您重新开始性生活及寻找社交支援。



+ 后期复康：第三阶段以小区支持为基础，且需要持之以恒。这时候，您应该已经养成了在家里做运动的良好习惯，如有需要，也可以经医生指示定期回医院练习。在这阶段，小组会继续从营养饮食、生活模式和减重等方面辅导您。如果您可以持之以恒，养成良好的生活习惯和定期做运动，将会得到最理想的果效。

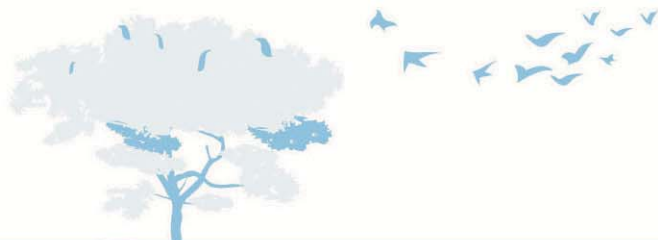
除此之外，您还可加入病人自助组织H.E.A.R.T.，认识有相似经历的朋友，并且从中学习各种有用的健康知识、改善饮食习惯和戒除陋习等。

A 参加二期心脏复康计划的长远而言

二期心脏复康计划的第二和第三阶段能够减轻不安和焦虑，重拾过去活跃的生活模式，甚至让您改善整体生活素质，更有活力和生趣。就算果效在参加初期不明显，只要坚持下去，一定可以让您生活得更加健康和愉快。

如果您曾经患上心脏病或其他心脏问题，又或接受过心血管手术，请向医生查询应否参加二期心脏复康计划。

如欲取得更多有关的资料，请联络香港港安医院香港心脏中心查询。



Map 路线图



Bus 巴士

- 6, 15, 66 Central Bus Station 中环巴士总站
76 Causeway Bay 铜锣湾
19, 41A, 63 North Point 北角

Minibus 专线小巴

5, 24M

Taxi 计程车

Available to and from the front entrance of Hospital
乘计程车可直达本院大门前

Parking 停车场

Parking is available for a fee for patients and visitors
本院设有收费停车场于病人及其家属使用

Hong Kong Heart Centre at Hong Kong Adventist Hospital 香港港安医院香港心脏中心

- Address 地址 : 40 Stubs Road, Hong Kong
香港司徒拔道40号
Phone 查询电话 : (852) 2835-0578
Fax 传真 : (852) 3651-8800
E-mail 电邮 : hkahinfo@hkah.org.hk
Website 网站 : www.hkah.org.hk

The First Hong Kong Hospital to be Accredited by JCI in 2006
Trent Accreditation since 2000

全港首间荣获国际JCI评核认可医院 (2006)
英国国家卫生服务「卓越」评核认可 (2000)

N-0903



Heart Program Phase II

A Heart Program Phase II package

A	Week													
	1	2	3	4	5	6	7	8	9	10	14			
Physiotherapist Supervised Exercise Training	✓	✓	✓	✓	✓	✓								
Heart Health Education by Cardiovascular Nurse	✓		✓			✓								
Dietitian Assessment and Education	✓			✓										✓
Lifestyle Managing Class							✓	✓	✓	✓				
Post-Program Assessment - Exercise Stress Testing - Blood Tests (CBC, RET, LET, Lipid Profile, CRP) - Consultation by Cardiologist														✓
Price (HK Dollars)														\$11943

Booking and Enquiry

For further information, please contact us on 2835 0578 or visit our website at www.hkah.org.hk.

Important Information

Hong Kong Adventist Hospital reserves the right to make alterations to the price list without prior notification.



A 二期心脏康复计划

A	周数													
	1	2	3	4	5	6	7	8	9	10	14			
物理治疗师监督下接受运动训练	✓	✓	✓	✓	✓	✓								
心血管科护士教导心脏健康的知识	✓		✓			✓								
营养师评估饮食习惯和教导饮食秘诀	✓			✓										✓
生活模式管理课程							✓	✓	✓	✓				
计划后检查														
- 运动压力测验														
- 血清学检测（全血图、肾功能检查、肝功能检查、血脂、C-反蛋白试验）														✓
- 由心脏专家为病人辅导														
费用 (港币)														\$ 11943

预约及查询

如欲进一步了解上述内容，欢迎致电2835 0578与本院职员联络或浏览本院网站www.hkah.org.hk。

注意事项

香港港安医院保留更改及删改上述资料的权利，而无须另行通知。



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