



Cardiac Rehabilitation

A Comprehensive Approach to Rebuild Heart Health

Who is a candidate for Cardiac Rehabilitation?

Anyone with a cardiac diagnosis can benefit from cardiac rehab. Examples include a history of:

- Stable angina
- Heart attack
- Bypass or Valve Surgery
- Angioplasty/Stent Placement
- Heart or heart/lung transplant

What is a Comprehensive Cardiac Rehab Program?

The Cardiac Rehabilitation Program at Northwest Health System is an individualized program of exercise and education. It is designed to safely improve the strength of the patient while providing critical education on ways to improve heart health and reduce chances for future complications.

Phase I starts during hospitalization and includes:

- Education about heart disease, lifestyle modification and home instructions
- Low-level exercise such as walking
- Encouragement to participate in outpatient cardiac rehab after discharge

Cardiac Outreach

Cardiac Outreach nurses are available to assist you after open heart surgery. The registered nurses will contact you after you are discharged from the hospital to plan for suture removal and/or incision assessment. They also are available to answer your questions. The nurses will collaborate with your physician and help you begin cardiac rehabilitation when you are ready.

Phase II usually begins one to three weeks after hospitalization. It includes:

- Attending exercise sessions three times a week for up to 12 weeks
- Working with a multidisciplinary team to achieve your optimal level of health and fitness
- Being monitored and medically supervised
- Learning how to live heart-healthy

Wellness Program

- Move closer to independence with exercise and lifestyle management
- Remain under medical supervision
- Receive periodic blood pressure checks

Our well-trained staff consists of:

- Physicians
- Registered Nurses
- Registered Dietitians
- Certified Diabetes Educators
- Registered Respiratory Therapists

Often patients are diagnosed with both diabetes and heart disease. Our American Diabetes Association nationally recognized education program is an important aspect of delivering the appropriate care. Patients and their families learn how to address healthy eating habits, medication management, stress control and special exercise needs to improve their quality of life.

Cardiac Rehabilitation & Dietitian Staff may be reached at:

Bentonville

2900 Medical Center Parkway
Medical Office Building, Suite 200 • 479-553-2000

Springdale

601 W. Maple Ave.
Jones Clinic, 6th floor • 479-757-3609

Northwest Cardiology



Ahmad A. Elesber, M.D.
Fellowships: Cardiology & Interventional Cardiology at Mayo Clinic College of Medicine



Michael Green, M.D., F.A.C.C.
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Shaun Senter, M.D., M.S.
Fellowships: Cardiovascular Medicine at, Cleveland Clinic Hospital, Cleveland, Ohio
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Members of Northwest Health System Medical Staff

W.D.M.D. Internal Medicine & Heart Clinic



William Michael Allen, M.D., F.A.C.C.
Fellowship: Cardiology at U.S. Air Force Wilford Hall Medical Center at Lackland Air Force Base in San Antonio, Texas

Independent Member of Northwest Health System Medical Staff

1-877-40-HEART (1-877-404-3278)



THE HEART HOSPITAL NETWORK

NORTHWEST HEALTH SYSTEM
Bentonville • Springdale



Advancing Heart Care

Northwest Medical Center - Bentonville
3000 Medical Center Parkway
Bentonville

Northwest Medical Center – Springdale
609 W. Maple Ave.
Springdale



CHARTING THE COURSE FROM HEART ATTACK TO RECOVERY

Progressive Cardiovascular Care Right Here at Home

If you think you need to travel hundreds of miles for advanced cardiovascular care, you should know that Northwest Health System's Heart Hospital Network is performing many progressive procedures. The Heart Hospital Network has taken Northwest Arkansas (NWA) heart and vascular care to the next level by combining, advancing and standardizing our hospitals' processes, resources and expertise.

In February 2010, Northwest Medical Center – Springdale achieved the first Chest Pain Center Accreditation with PCI in NWA. In December 2010, Northwest Medical Center – Bentonville also achieved Chest Pain Center accreditation. This prestigious recognition by the Society of Chest Pain Centers means that we follow the nationally acclaimed organization's gold standard for the education, treatment and management of cardiovascular conditions.

Northwest Health System has been a leader in heart and vascular care for years. In fact, the region's first open-heart surgery was performed here in 1986. In 2010, a multi-million dollar capital investment in equipment, technology and facility renovations has allowed us to continue the tradition.

The collaborative efforts of Northwest Medical Center – Bentonville and Northwest Medical Center – Springdale within the Heart Hospital Network provides cardiovascular services comparable to those found at the most prestigious heart and vascular centers in the Arkansas-Oklahoma-Missouri region and the nation.

Faster, More Accurate Diagnosis and Treatment

Heart Hospital Network's model synergy results in a more "seamless" delivery of care that can mean much better outcomes for patients. Implementing advanced technology, increased efficiencies and the recent cardiovascular advancements help ensure that patients and families receive safe, quality care in a timely manner.

The network's capabilities include:

- Enhanced testing, reporting and diagnoses via sophisticated CVIS (cardiovascular information system).
- Sophisticated cardiac imaging systems and minimally invasive surgical technology.
- Specially-trained staff, including Registered Cardiovascular Invasive Specialists. Northwest Health cath lab team members comprise a significant percentage of Arkansas' registered specialists.
- Comprehensive cardiac outreach, education and rehabilitation services to restore patients' quality of life post-cardiac event.

Education

The Heart Hospital Network emphasizes education throughout the community. We partner closely with the American Heart Association to raise awareness for the prevention and treatment of heart disease. Annually, we conduct screenings and risk assessments for area employers and at local health fairs. A variety of education and risk assessments are available under the Health Resources section of www.northwesthealth.com/hearthospital.

Risk Factors

Knowing your risk of heart attack and stroke can help you better manage your heart health.

- Smoking – call 1-800-QUIT NOW (1-800-784-8669)
- High cholesterol
- Obesity
- Stress
- Lack of exercise
- Related health conditions
- Family history

Know the symptoms

Call 9-1-1 immediately if you have any of these symptoms:

- Severe pressure, fullness, squeezing, pain or discomfort in the center of the chest that lasts for more than a few minutes
- Pain or discomfort that spreads to the shoulders, neck, arms or jaw
- Chest pain increasing in intensity
- Chest pain not relieved by rest or by taking nitroglycerin
- Sweating, paleness or clammy skin
- Shortness of breath
- Nausea or vomiting
- Dizziness or fainting
- Unexplained weakness or fatigue
- Rapid or irregular pulse

Women may also experience:

- Unusual chest or stomach pain
- Nausea or dizziness
- Shortness of breath and difficulty breathing
- Unexplained anxiety, weakness or fatigue
- Heart palpitations

Life Line Technology

A majority of NWA's EMS partner agencies are now able to transmit EKGs from the ambulance to the hospital while en route. Receiving 12-lead EKGs from the field allows Emergency Department physicians to evaluate a patient's cardiac condition, and if necessary, notify the interventional cardiologist and cardiac cath lab team prior to the patient's arrival at the hospital. The on-call cardiologist is also able to view the EKG via bluetooth transmission on a smart phone or computer anywhere. Therefore, the cardiologist can diagnose and make a treatment plan before the patient arrives in the ER and sometimes before the cath lab team arrives at the hospital.

Door-to-Balloon Performance

Great improvements in our "door-to-balloon" performance are due to the Heart Hospital Network's commitment to analyze and advance the team's ability to safely and efficiently save heart muscle

By adopting and modifying standardized protocols and procedures, the Heart Hospital Network has significantly decreased "door-to-balloon" times. Both facilities are well under the nationally recognized goal of 90 minutes from the moment a patient arrives at the hospital. Many times, the Heart Hospital Network, with the help of area EMS, actually provides care "from the onset of symptoms" to balloon within the 90-minute timeframe. Achieving this level of performance significantly improves clinical outcomes and provides easier recover for patients.

Your heart-health resource:

Choose The Heart Hospital Network for advanced cardiac services with compassionate care. Learn more about the dedicated, experienced cardiologists by calling our cardiac information line: 1-877-40-HEART (404-3278), or search the Find-a-Physician section at www.northwesthealth.com.

