

How do I get started?

To attend the Cardiac Rehabilitation program, a physician must send a referral on your behalf.

If you received cardiac treatment at Hamilton Health Sciences, you may be automatically referred to the CHRC when you leave the hospital.

The CHRC office will inform you if you have an appointment scheduled with our program.

The CHRC Team

Our team works together with you to provide your care. Our multi-disciplinary team includes:

- > Physicians
- > Nurse
- > Dietitian
- > Social Worker
- > Occupational Therapist
- > Physiotherapist
- > Clerks



Contact Us:

Cardiac Health and Rehabilitation Clinic

Hamilton General Hospital
237 Barton St. East – 4 East Wing
Hamilton, ON L8L 2X2

Phone: 905 521-2100 ext. 44388
Email: hhs-chrc@hhsc.ca

Website: <https://www.hamiltonhealthsciences.ca/areas-of-care/programs-and-clinics/cardiac-health-rehabilitation-clinic>



Cardiac Health and Rehabilitation Clinic



Helping you live your best life

What is Cardiac Rehabilitation?

Cardiac Rehabilitation is a program of education, counselling and exercise to help you recover after

- a cardiac event (heart attack)
- a procedure (cardiac surgery, ICD or pacemaker insertion)
- an existing heart condition (heart failure, heart disease)

The Cardiac Health and Rehabilitation Clinic (CHRC) also accepts referrals for patients who may be at high risk for a cardiac event.

Research shows that Cardiac Rehabilitation helps to:

- keep you safe while making you strong
- return you to the activities you enjoy
- improve how you feel in mind and body

Is this program for me?

This program is for you if you want to develop skills to take care of your heart.

This is an outpatient rehabilitation program for patients who have left the hospital.

It is a place for you and your family to learn, get support and make healthy choices so that you can live life to the fullest.

Our program is offered through virtual as well as in-person group classes.



What you can expect from the CHRC:

At the CHRC, you can choose the tools that will help you achieve your goals for a heart healthy life. These can include:

- a health assessment, which may include a stress test
- learning your cardiac risk factors
- goal setting skills to improve your quality of life with heart disease
- a personalized exercise program, and support to exercise at home or with our community partners
- smoking cessation support
- education sessions on topics such as: your heart, medications, heart healthy eating, coping with stress, feeling well, exercise safety, and symptom management.
- Individual counselling with team members, if required