ROLES AND RESPONSIBILITIES
CARDIAC REHABILITATION NURSE
IN IJN

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CRN
Cardiac rehabilitation is a monitored process of recovery where heart patients are given counseling, dietary advice and physiotherapy.
This helps patients resume a normal active life as soon as possible after heart attack or other heart conditions.
AIM OF CARDIAC REHABILITATION

- To educate and counsel inpatients if possible with families about recovery process and prevention.

- To help patients regain strength to prevent their condition from worsening and to reduce the risk of future heart problem.
To promote psychosocial recovery to enable patients to live productively and with confidence.

To maximize physical recovery after cardiac event by providing exercise program.
ROLE AND RESPONSIBILITIES

The nurses has multiple roles in cardiac rehabilitation.

The nurse acts as:-

- A counselor,
- A coach
- An educator.
In IJN the cardiac rehabilitation nurse:-

- Will provide education and advise from their procedure or complication.

- Get them fully prepared to return to their daily live activities.
Cardiac Rehabilitation Education

- Adult
- Paediatric
GROUP COUNSELING SESSION
PEDIATRIC COUNSELING SESSION
CANDIDATE FOR CARDIAC REHABILITATION

IN PATIENTS

- Post myocardial infarction.

- Following procedure
  
  Eg: Coronary Angiogram / Angioplasty
  
  PPM / ICD Implantation

- For surgery.
Cardiac rehabilitation begins even while the patient is still in the ward and continuous after discharge.
IJN CARDIAC REHABILITATION PROGRAM

Phase 1 - Education Program (inpatient)

Phase 2 - Early Convalescence (outpatient)

Phase 3 - Continuation from Phase 2
OTHER RESPONSIBILITY

Quit Smoking Clinic

Anesthesia Clinic

Assist in Phase 2 Cardiac Rehabilitation Programme.
Phase 2 Program
The phase 2 program is for our patients as outpatient. After discharged they will be scheduled for this exercise in Physiotherapy Department.
Starts within 1 - 2 weeks after discharge.
Sometimes pending on patient’s condition
Eg: post myocardial infarction after 1 month
PICTURE OF THE PHASE 2 PROGRAM
Cardiac Rehabilitation Program Is Very Important For All Patients. Kindly Give Cooperation And Let’s Work This Out Together As A Team.