



“Really helped me to understand what happened to my heart.”

Program 1: Manage my heart, medications and diet sessions

- 10.30am: How the heart works
- 11.15am: Knowing my medications
- 12pm: How to improve my diet.

Program 2: Manage my emotions, stress and fitness

- 10.30am: Understanding my emotional reactions
- 11.15am: Learning to manage stress
- 12pm: How to safely exercise.

Program session details are provided overleaf.

When

The seminars take place on Thursday mornings with registration at 10.15am. Please check with the RPH Cardiac Rehabilitation Team for the latest schedule of dates.

Booking is essential

Call 9224 1308 or email rph.cardiac.rehabilitation@health.wa.gov.au

Cost

Seminars are free of charge for approved patients and their support person.

Where

Seminars are run at RPH A Block on Level 4 in the Brian Vivien Lecture Room.

“Now my partner and I can work together on a healthier lifestyle.”

Please note: for Deaf or hearing impaired people or those who speak English as a second language, we offer face to face, one-on-one sessions in a clinic setting with a qualified interpreter.

Heart Health Seminars



Heart Health Seminars provide the knowledge you need to modify your lifestyle to reduce your cardiovascular risk factors, and manage your heart health.

Heart Health Seminars are free information sessions run by the Cardiac Rehabilitation team at Royal Perth Hospital (RPH) to provide assistance for cardiac patients.

Heart Health Seminars provide targeted cardiac health information delivered by RPH specialists in a relaxed group environment, with opportunities for further one-on-one discussions with cardiac nurse specialists.

The group seminars provide practical advice and guidance to help you and those supporting you to understand your heart condition and manage your risk factors and lifestyle.

The information sessions are grouped into two seminar programs.



Seminar Program 1: Manage my heart, medications and diet

How the heart works

Provides a better understanding of how your heart event occurred and how to recognise future heart event symptoms, including:

- › how heart attacks happen
- › how to reduce your risk in the future
- › difference between angina and heart attacks.

Knowing my medications

Provides practical knowledge to help navigate the maze of medications used to manage heart problems, including:

- › generic names of your medicines
- › why you are taking those medicines
- › how to manage your medications appropriately.

How to improve my diet

Provides practical knowledge on how to adapt your current diet to better address potential heart problems, including:

- › how healthy your current diet is
- › key dietary risk factors for heart disease
- › strategies to choose healthy food.

Seminar Program 2: Manage my emotions, stress and fitness

Understanding my emotional reactions

Enables you to identify, understand and manage emotional reactions to your heart problems, including:

- › common emotional reactions to heart problems
- › a range of basic coping strategies
- › where/how to access additional support if required.

Learning to manage stress

Provides practical techniques to manage your stress levels, including:

- › symptoms of stress
- › practical breathing and relaxation techniques
- › stress management techniques for home.

How to safely exercise

Provides practical knowledge on how to exercise for your heart health including:

- › importance of regular exercise after a heart event
- › types of exercises recommended for your circumstances
- › exercise intensity for your circumstances.

