

WHAT DOES COACHING FOR HEART HEALTH INVOLVE?

All coaching sessions are conducted over the telephone. The coach will contact you on a regular basis (at least every two months). The coach will determine your knowledge of:

Your risk factors

Targets for these risk factors

Lifestyle factors that affect your health.

Together with the coach you will determine areas where you could use some help. The coach will work with you to set goals focusing on these areas to be achieved by the next session. You will be graduated from the program when you have achieved the majority of your risk factor targets.

CONTACT DETAILS

CONTACT THE CARDIAC COACH

Telephone (Direct):

03 9076 6519

Telephone (Switch)

03 9076 2000

Pager: 4280 / 5214

Fax: 03 9076 2162

Heart Centre

The Alfred Hospital

Commercial Road

Melbourne



September 2010

VCS G10332

AlfredHealth



Phone: 9076 6519

Fax: 9076 2162

**Hospital Admission Risk Program
(HARP)
Specialised Chronic Disease Stream**

WHAT IS COACHING FOR HEART HEALTH?

Coaching for Heart Health is an initiative in the secondary prevention of coronary heart disease. The aim of the program is to get you, the patient, to drive the process of achieving and maintaining your risk factor targets set by the National Heart Foundation association with your cardiac coach and GP.

This will reduce the chance of you having a future heart event.

The risk factors that are focused on include:

- Healthy eating habits
- Regular physical activity
- Cholesterol levels
- Blood sugar levels
- Blood pressure
- Smoking
- Alcohol
- Medication Management

WHAT ARE RISK FACTORS?

There are recognised factors which contribute and hasten the development of cardiovascular disease. These are called risk factors.

Some risk factors (modifiable risk factors) can be influence through lifestyle change and medical treatment, while others (non- modifiable risk factors) such as gender, age and family history, we can not change. In these cases, it is even more important to do something about the risk factors you can reduce.

The more risk factors you have the greater your chance of having a heart attack.



HOW DOES COACHING FOR HEART HEALTH WORK?

The cardiac coach (a qualified dietitian) will conduct an initial assessment with you before you are discharged from hospital. This involves the coach gaining more information regarding your risk factors such as physical activity, cholesterol levels etc. One to two weeks later the coaching sessions begin.

HOW LONG DOES COACHING FOR HEART HEALTH LAST?

This will depend on how long it takes to achieve the risk factor targets, however the average time in the program is 6-12 months.

