

HARP Cardiac Coach Service – Information for clients

Summary Points to Remember

- Cardiac Coach Program helps people with heart disease to better manage their health so they reduce their risk of heart problems
- We do this through regular phone calls. We call this coaching
- Your coach is a specialist cardiac nurse or a dietitian
- Your coach will call you every four to six weeks to check your progress, give you information and teach you skills to manage your condition
- This service is part of the Cardiology Department at The Royal Melbourne Hospital

What does the Cardiac Coach Program do?

After you go home the coach will phone you within two weeks. The coach will explain the service to you and assess your health and other needs.

After that, the coach will call you about every four to six weeks to talk to you about:

- Lifestyle – diet, exercise, smoking and how you are feeling
- Blood Pressure and Cholesterol levels
- Changes in your medication
- Why it is important for you to see your GP regularly
- Information and tips about how you can improve your health
- How you can learn to manage your condition well
- Help you make a plan for a healthy lifestyle and reduce your risk of further heart problems

The coach can advise you about pain management and care of your wound if you have had heart surgery.

People who have used this service often tell us they are better able to manage at home and they understand their condition better and feel less anxious.

Other services that can help you

The service is part of a larger program called HARP Complex Care. It is provided by The Royal Melbourne Hospital, cohealth, Merri Community Health Services and Bolton Clarke working together.

If you live outside the RMH area, we can refer you to services close to your home.

If during your care you have other medical and support needs, the coach will tell you about services that could help you. If you agree, we can help you to arrange these. We will only refer you if you agree.

We may need to share information about you with other teams and services. We will talk to you about the information we need to share and how it will be used. We will only share your information if you agree. You can put limits on the information we share and who we share it with.

Who is Eligible?

You are eligible for the Coach service if you:

- have been admitted to hospital with a heart condition
- want to improve your health
- have access to a telephone

Contact

Your coach

Practitioner / Patient notes

Name:

Phone:

<https://www.thermh.org.au/health-professionals/clinical-services/community-services/harp-complex-care>

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