

HARP Chronic Heart Failure Service – Information for clients

The Chronic Heart Failure Service helps you manage your Cardiac condition. Our team is made up of nurses, physiotherapists, care coordinators and a cardiologist. We will assess your health and other needs and teach you how to manage your condition. We offer a special exercise program for people with cardiac conditions. People who use this service often tell us that they manage better and do not worry so much about their condition.

How can this service help you?

Our service is based on the best medical science about heart disease.

A member of the team will call you and make a time to visit you at home. The team member will be an experienced cardiac nurse or physiotherapist. When they visit you they will

- Talk to you about your heart condition and other needs
- Explain to you how you can tell if your condition is getting worse and what to do.
- Teach you about your condition and how to manage it
- Ask you to watch how much you drink, weigh yourself each day and limit how much salt you eat
- Develop a plan for your care with you

If you agree, they will talk to your local doctor about your care.

Our physiotherapist will show you exercises you can do safely at home at our centre. They will make you stronger and help you with your day to day activities.

If you don't have a cardiologist, our cardiologist from The Royal Melbourne Hospital can see you at our community clinic. The doctor will provide expert advice and treatment.

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 have other medical and support needs, our staff will tell you about services that could help you. We may need to share information about you with other teams and services. Our staff will discuss services with you each time. We will only refer you if you agree.

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 can use this service?

This service is available to you if you:

- have a diagnosis of Chronic Heart Failure
- have had one unplanned admission to hospital in the last year
- live in the City of Melbourne, Moonee Valley, Moreland or the Broadmeadows part of Hume

- would benefit from care coordination

How to access the service?

RMH staff will tell you about the service while you are hospital. If you agree, we will phone you when you return home and arrange to visit you at home.

Our service is available 8:00am to 5:00 pm Monday to Friday.

The Cardiac team works from Merri Community Health Services at 93 Bell Street, Coburg. Please phone Reception on 9350 4000 and ask to speak to the HARP Cardiac Team.

Contact

Practitioner / Patient notes

Merri Community Health
Services
9350 4000

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

HARP Complex Care| HPCD07.01 | HARP Manager | Expiry August 2018



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