# HARP Cardiac Service – Coach and Chest Pain

## (Hospital Admission Risk Program)

### Referral Pathway

<table>
<thead>
<tr>
<th>Coach</th>
<th>Chest Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who is eligible:</strong></td>
<td><strong>Who is eligible:</strong></td>
</tr>
<tr>
<td>- Recent admission for a cardiac event with an intervention for IHD (CAGs or PCI)</td>
<td>- Present to ED with chest pain found to be: Non-ischemic or atypical i.e. GORD following investigation</td>
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<tr>
<td>- Angiogram confirms cardiac risk factors and IHD</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who is not eligible:</th>
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</tr>
</thead>
<tbody>
<tr>
<td>- Unable to participate in a phone conversation</td>
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</tr>
<tr>
<td>- Frailty or complex co-morbidities prevent exercise</td>
<td>- Chest pain as a result of ischaemic event</td>
</tr>
<tr>
<td>- Awaiting IHD intervention (CAGS or PCI)</td>
<td></td>
</tr>
</tbody>
</table>

### Presentation to ED and/or admission to hospital with symptoms of a cardiac event

- **Acute cardiac event with confirmation of IHD on Angiogram**
- **Confirmed non-ischemic chest pain:**
  - Atypical Chest Pain i.e. GORD
  - Poorly managed angina

### Diagnosis of CHF on Echocardiogram = HARP Chronic Heart Failure (refer to Cardiac - CHF brochure)

### HARP Coach Service includes:

- Phone coaching service throughout Victoria
- Post discharge support to reduce coronary risk factors:
  - Lifestyle education i.e. diet, smoking, exercise
  - Support/monitor weight, BP, cholesterol levels
  - Medication adherence, titrate support via GP
  - Mood monitoring and support
  - Post CAG: pain management, wound care advice
  - Support to access other services as required

### HARP Chest Pain Service includes:

- Phone coaching service throughout Victoria
- Education to manage future chest pain:
  - Chest pain management education
  - Management of GORD (presentation of atypical chest pain i.e. reflux)
  - Medication compliance / GP review support
  - Needs assessment, service access support

### Accessing the service

- **Wait times:** Clients are contacted within 3 days of referral receipt, first appointment is within 10 working days
- **Cost:** Nil
- **Referral:** HARP Liaison and Cardiac Nurses proactively screen and recruit eligible RMH inpatients for consent to HARP. HARP Cardiac Nurses **0400 358 158**, or HARP Liaison below
- **Referrals to include:** medical history, medications, current management plan and reason for referral.

### Contact

- HARP Liaison **(03) 9342 4530 or 0438 049 347**
- [MH-HARPreferrals@mh.org.au](mailto:MH-HARPreferrals@mh.org.au)

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