

## Coach

### Who is eligible:

- Recent admission for a cardiac event with an intervention for IHD (CAGs or PCI)
- Angiogram confirms cardiac risk factors and IHD

### Who is not eligible:

- Unable to participate in a phone conversation
- Frailty or complex co-morbidities prevent exercise

## Chest Pain

### Who is eligible:

- Present to ED with chest pain found to be:
  - ⇒ Non-ischemic or atypical i.e. GORD following investigation

### Who is not eligible:

- Unable to participate in a phone conversation
- Chest pain as a result of ischaemic event
- Awaiting IHD intervention (CAGS or PCI)

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.

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

## Contact

HARP Liaison (03) 9342 4530 or 0438 049 347

[MH-HARPPreferrals@mh.org.au](mailto:MH-HARPPreferrals@mh.org.au)