

This leaflet provides information about the 'Put a Spring In your Step' (SIS) Cardiovascular and Pulmonary Wellness Program at Springs Medical. Please speak to your General Practitioner (GP) or the SIS Coordinator for further details.

Do you want the best out of life? Do you want to improve your skills at managing your own health, so you can spend more time doing what you love? Then spring into action with the 'Put a Spring In your Step' Program.

How do I get Involved?

Your health professional has recommended that you join our SIS program. This is a program for people with a chronic medical condition and involves exercise and education. If your GP has referred you to the program the SIS coordinator will be in contact with you soon to book an initial assessment. If you have not discussed this with your GP but you are interested in finding out more, ask your GP if you are suitable for referral to the SIS program.

Cardiovascular and Pulmonary Rehabilitation

The 'Put a Spring In your Step' (SIS) Program will run Cardiovascular Wellness and Pulmonary Wellness groups through a 12 week rehabilitation program. The Cardiovascular Wellness group will be available to patients with Angina, Hypertension, Heart Failure, Ischemic Heart Disease and other cardiovascular risk factors. The Pulmonary Wellness group will be available for patients with COPD and/or Asthma or any other chronic pulmonary conditions. Some patients will fit into both criteria. There will be some cross over with exercise and education for the two groups. Your General Practitioner (GP) and the SIS coordinator will recommend a suitable program for you.

This program will give you tools, tips and advice that will help you manage your chronic condition. You will get a better understanding on how your condition affects your body and mind and how diet, exercising and catching up with friends, family, or doing activities you love helps to improve your quality of life.

Evidence shows cardiovascular and pulmonary rehabilitation is one of the most effective interventions to improve function, reduce symptoms, disability and hospitalisation for people with a chronic cardiovascular or pulmonary condition (Heart Foundation and Lung Foundation).

Aims of the Program:

- To increase your strength, exercise capacity and the distance you can walk.
- To improve your quality of life.
- To increase your confidence and ability to self-manage and cope with your condition
- To keep you out of hospital

Initial Assessment:

This will take about one hour. During this visit, you will have an initial assessment which will include taking Blood Pressure, Heart Rate, Weight, Height, and some basic tests to assess baseline exercise capacity. At the first visit the program will be explained to you in more detail and you will have the opportunity to set some goals for the 12-weeks.

Stage 1 (Weeks 1 – 6):

During weeks 1-6 (Stage 1) there will be 2 exercise sessions per week in groups of 8-10 people with a similar chronic illness to yourself. These sessions will be with a Senior Exercise Physiologist in a local fitness facility. An individual exercise program will be designed for you. It will be gentle at first and each time you will be asked to do a little more. You will also be encouraged to follow a home exercise program, so that when the 6 weeks are up you will know how to continue your exercise program at home or in the fitness facility through weeks 7-12 (Stage 2) and beyond.

During Stage 1 there will also be 1 education session per week delivered by Allied Health professionals at Springs Medical. The sessions will include information about your condition and how to self-manage your

health with a chronic disease nurse, pacing yourself with exercise and breathing techniques with a Physiotherapist, healthy eating with a Nutritionist, Medications with a Pharmacist, living with a chronic illness with a mental health nurse or psychologist and an evaluation and of the program with the SIS coordinator which will incorporate tips to keep you motivated and empowered to continue on your wellness journey. You are welcome to bring your partner, carer or a friend to the education sessions at no cost.

Stage 2 (Weeks 7 – 12):

During Stage 2 you will be asked to keep a diary (provided) of your self-managed exercise sessions. You will also have the opportunity to touch base with the Exercise Physiologist and SIS coordinator throughout weeks 7-12 via phone, email, and/or in person to track your progress.

At the end of the 12 weeks you will have another assessment, and be given an exercise plan to continue. A letter will be written to your GP to give an update on your progress and completion of the program. You will be encouraged to see the SIS coordinator or Chronic Disease Nurse 6 and 12 months post completion of the program for an assessment and review of your goals and management plan. The aim is to continue with healthy lifestyle adjustments through the program and beyond to stay fit and improve health and wellness.

Where will the program be held?

The program will be held across the Hepburn Shire for residents in Hepburn Shire and/or patients of Springs Medical. There will be groups in Daylesford, Trentham, Creswick and Clunes. The exercise sessions will be held in local fitness facilities across the shire.

Cost

Fees are as follows:

- Each low-medium income* client will pay a maximum of \$108 for the 12 week group (\$9 per week)

- Each high income client* will pay a maximum of \$216 for the 12 week group (\$18 per week)

-Transport to and from home can be included in these fees.

-Partners / carers are welcome to attend the education sessions at no cost

The SIS coordinator will discuss fees and transport with clients at initial assessment and determine the fee payable by participants. If you are a concession card holder or experiencing financial difficulty please discuss with SIS coordinator.

Private Health Funds and Department of Veteran Affairs may reimburse some costs – eligible clients should consult their Private Health Fund or DVA as appropriate.

*

	Low – Medium Income	High Income
Individual	≤ \$81,194	> \$81,194
Couple	≤ \$108,543	> \$108,543
Family (one child)	≤ \$111,941	> \$111,941
	(plus \$6,104 per additional child)	

What do I need to bring?

- Wear comfortable clothing and footwear to exercise in
- Water
- Snack for after class
- Glasses and hearing aids (if you need them)
- Mobility Aids (if you need them)
- Medications such as Ventolin or Anginine or GTN (if you need them)
- Oxygen (if you need it)

How do I get more information?

Please make an appointment with your GP for further information or contact the SIS coordinator

Karina Crannitch

SIS Program Coordinator

P: 03 5348 2227 F: 03 5348 1447

M: 0488 313 151

E: sis@springsmedical.com.au