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30 Years of heart health

Hearts are racing with excitement in the Cardiac Assessment Unit at Bowral & District Hospital as they gear up for their 30th birthday celebration next week which will include a cake, fun heart quiz and afternoon tea for staff.

The first patient clinic opened in 1986 and offering cardiac diagnostic and cardiac rehabilitation services including exercise stress testing clinics, a permanent pacemaker clinic and a cardiac rehabilitation program.

Bowral & District Hospital General Manager Valerie Jovanovic said the establishment of the CAU was an important step for the Hospital and the community.

“The need for the Unit was initially identified by local medical specialists and supported through the local community,” said Ms Jovanovic.

“Today, we have an expert team in cardiac diagnostics, cardiac rehabilitation and chronic disease management, making the clinic one of the busiest in the area.

“I want to congratulate the team on providing 30 years of quality care to the local community support of our patients,” she said.

Clinical Nurse Consultant Diane Jacobs said the Cardiac Assessment Unit was committed to patient care and best practice.

“Our Unit offers high quality services as well as excellent patient support programs,” Ms Jacobs said.

“The Cardiac Rehabilitation Program is available to those who have had a recent heart event such as a heart attack or heart surgery and includes cardiac assessment, exercise, education, lifestyle advice, psychological support and heart disease risk factor modification.

“The Pacemaker Clinic sees approximately 500 people with pacemakers, each attending for checks every three to six months and our Exercise Stress Test Clinics have seen more than 12,500 patients since opening.

“Our patients also have access to Hearts in the Highlands, an independent support group for people living with heart problems, their partners and friends.

“The group meets monthly at the Cardiac Assessment Unit with a guest speaker and supper afterwards and we are very grateful for the continued support of the group.

“We are very proud that we have reached this milestone and look forward to celebrating with staff and patients in the Unit,” she said.

The celebration coincides with National Heart Week (1 – 7 May) which shines a spotlight on Australia's heart health. This year's theme is about cardiac rehabilitation and how it can save lives.

Cardiac rehabilitation is a medically supervised program that helps you recover from heart attack, heart surgery and other procedures by providing education, counselling and exercise programs to improve your wellbeing and reduce the risk of future heart problems.

For more information visit www.heartfoundation.org.au