

Where

All classes are held at the Jim Pattison Outpatient Care and Surgery Centre.

Go to the Ground floor Education Room (Rooms 136/137) near the Patient Education Centre.

For more information

If you would like more information about our program, please call us or have someone who speaks English call. One of our Punjabi speaking staff will call you back.

604-582-4550 extension 763859



Jim Pattison
Outpatient Care and Surgery Centre
9750 - 140th Street, Surrey, BC

Parking

Pay parking is available on site. Enter off Green Timbers Way or 140th Street.

Please note: Parking machines accept credit cards, debit cards, and cash.

Transit Options:

www.translink.ca / 604-953-3333

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #256591 (November 2019)
To order: patienteduc.fraserhealth.ca

Cardiac Rehabilitation Education Program in Punjabi

Jim Pattison
Outpatient Care and Surgery Centre



Cardiac Rehabilitation Education Program

Schedule at a glance

Mondays

First visit only	4:30 to 5:30 p.m.
Meet a health professional	5:30 to 6:30 p.m.
Education session	6:30 to 7:30 p.m.

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Who is this program for?

This program is for people who:

- ✓ speak Punjabi
- ✓ have limited English
- ✓ are living with heart disease

All education sessions and teaching materials are in Punjabi.

All health professionals in the program speak Punjabi.

All through the program, we address specific dietary, cultural challenges and unique stresses experienced by South Asians.

This program is for you if:

- You have had a heart attack, heart surgery, or angioplasty and stent.
- You have been told by your doctor that there is a good chance you could have a heart attack

You can attend any part of the program without a doctor's note or referral.

When is the program offered?

Mondays (except for statutory holidays)

5:30 p.m. to 7:30 p.m.

For the first visit only, please come 1 hour early (at 4:30 p.m.) for orientation.

Meet with Health Professionals

From 5:30 to 6:30 p.m., you can choose to meet with any one of the following health professionals. You do not need to make an appointment.

Meet with a **pharmacist** to talk about all your medications.

Meet with a **nurse** to:

- Check your blood pressure.
- Ask about health concerns and symptoms.
- Talk about the impact heart problems have on everyday life and relationships.
- Ask about community supports and resources.

Meet with an **exercise specialist** to:

- Talk about what activities and exercises are best for you.
- Help plan an exercise routine.
- Ask about the rehabilitation exercise program.

Meet with a **dietitian** to:

- Help with planning heart healthy meals.
- Learn about low-fat, low-salt, and low- cholesterol foods.
- Learn how to read food labels.

Education sessions

Sessions are from 6:30 p.m. to 7:30 p.m.

Each week, we teach a different topic. Each education session is repeated every 6 weeks.

You can start attending at any time. You don't need to wait for the first topic to start. You don't need to register for the sessions.

Session Topics

Risk Factors

Heart Tests and Procedures

Cardiac Medications

High Blood Pressure

Nutrition

Stress Management

High Cholesterol

Diabetes Management

Exercise

Sexuality

Cardiac Event and the Family

Depression

Advance Care Planning