



**MEDICARE CERTIFIED
& ACHC ACCREDITED**



CARDIAC PROGRAM

NHC's Cardiac program is dedicated to helping patients achieve optimal quality of life by teaching skills necessary for self management of their cardiac conditions.

Our Multidisciplinary team consisting of registered nurses and physical and occupational therapist will set up an individualized care plan in consultation with the physician that will promote behavioural skills & techniques individualized to every patient.

PATIENTS WHO WILL BENEFIT MAY HAVE ONE OR MORE OF THE FOLLOWING

- Angina
- Congestive heart failure
- Atherosclerosis
- Coronary Artery Disease
- Cardiac Arrhythmia
- Myocardial Infarction
- Cardiomyopathy
- Pitting Edema
- Cardiovascular Disease
- Shortness of Breath

OUR CARE TEAM WILL

- Educate on appropriate diet and weight change
- Educate on energy and oxygen conservation
- Educate on signs and symptoms of disease prevention
- Educate on medications for symptoms control & side effects
- Individualized exercise program to increase endurance
- Prevent edema and skin breakdown by assessments every visit
- Prevent falls and improve home safety
- Prevent hospitalization and emergency room visits

Excellence in Home Health Care
Phone (804) 330-5433 Fax (804) 330-5423
www.NHC.life

