

## Before beginning the program

You will need a referral from a health professional to attend.

An assessment with an Exercise Physiologist will be arranged with you.

## Where is the program held?

Kirwan Health Campus  
138 Thuringowa Drive  
Kirwan QLD 4817

## When is the program held?

Monday and Wednesday mornings  
(except public holidays).

You will need to attend the education session and exercise session.

## Exercise

Times are arranged with your Exercise Physiologist.

## Education

9:00am – 10:00am

## Want more information?

Contact the Intake Officer  
Townsville Community Health Service

**Phone:** 4433 9500

**Fax:** 4433 9501

**Email:** THHS-Kirwan-Intake@health.qld.gov.au

PO Box 1596  
Thuringowa Central QLD 4817

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# Cardiac Rehabilitation Outpatients Program

A guide for patients and families of the  
Townsville Hospital and Health Service



Queensland  
Government

## What is the Cardiac Rehabilitation Outpatients Program (CROP)?

CROP is an education and exercise program designed to help you to return to a healthy and enjoyable life.

## Who can attend the program?

If you have any conditions listed below (or similar) this program is for you.

- You have one or more risk factors for cardiovascular disease
- You have had cardiac surgery,
- You have had a heart attack
- You have a cardiac stent
- You have a pacemaker.

Participants are encouraged to bring their partner or a friend as a support person.

## Who is involved?

There are a number of health professionals involved in the CROP program, these include:

- Clinical nurse
- Exercise physiologist
- Occupational therapist
- Dietitian
- Psychologist
- Indigenous Health Worker.



## What is involved?

- An assessment by the CROP Coordinator
- An assessment by the Exercise Physiologist
- A 6-week program of one hour of exercise and one hour of cardiac education every Monday and Wednesday morning (except public holidays).

## Your responsibilities

- Eat breakfast and take usual medications
- Wear closed in shoes and loose comfortable clothing
- Bring a bottle of water and towel
- If you are prescribed Anginine or Nitro Lingual spray, please bring it with you.

## The education

The presentations by health professionals include information on:

- Heart disease
- Cardiac risk factors
- Healthy eating
- Returning to daily activities and work
- Exercise as part of a healthy life
- Medication and management of chest pain
- Stress management
- Cardiovascular Disease and Diabetes.

## The exercise

The exercise program is a supervised program that takes place in the gymnasium at the Kirwan Campus.

Your Exercise Physiologist will design a tailored exercise program to suit your individual needs and abilities.

