

## Before Starting the Program

You will need a referral from a health professional to attend. This can come from a Cardiac Nurse at TUH or from your General Practitioner (Doctor).

## Where Is the Program Held?

Kirwan Health Campus  
138 Thuringowa Drive  
Kirwan QLD 4817

## When Is the Program Held?

**Education Classes:**  
9am to 10am - Monday and Wednesday

**Exercise Classes:**  
Times are arranged with your  
Exercise Physiologist.



## Need More Information?

**Contact the Cardiac Rehab Nurse**  
Townsville Community Health Service

**Phone:** (07) 4433 9046  
**Fax:** (07) 4433 9501  
**Email:** TCHS-CROP@health.qld.gov.au

**Address:**  
PO Box 1596  
Thuringowa Central QLD 4817

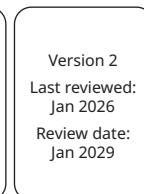
# Cardiac Rehabilitation Outpatients Program (CROP)



Standard 2  
Partnering with  
Consumers



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

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

## Who Can Join the Program?

**This program is for you if you have any of the following:**

- One or more risk factors for cardiovascular disease
- Had cardiac surgery
- Had a heart attack
- Have a cardiac stent
- Have a pacemaker
- Have an irregular heartbeat.

## The Education

The first part of the program is CROP education, which includes 10 sessions, each lasting one hour presented by health professionals. These sessions are held every Monday and Wednesday at 9am.

### The presentations include information on the below:

- 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

Participants are encouraged to bring a support person to the education lessons.

## The Exercise

The second part of the program is on exercise, which includes up to 12 hour long sessions led by an exercise physiologist.

You'll start with a 1 on 1 assessment, where your exercise physiologist will design a personalized plan tailored to your needs.

Group exercise sessions take place before and after the education sessions. Your exercise physiologist will confirm your session time and let you know when you can start.

## Before Attending Your Exercise Physiology Appointment:

- Eat breakfast and take usual medications
- Wear closed in shoes and comfortable clothing
- Bring water bottle and towel

If you are prescribed GTN spray or tablets, please bring them with you.

## 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
- Diabetic Educator
- Pharmacist

We can adjust the program to suit your needs and provide information for self learning as required.