

CARDIOPULMONARY REHABILITATION

Patient Learning Priorities

Like most people with heart problems, chances are that you have a number of questions & concerns. We want to be sure to provide you the education & information that is most important to you. Please review the list of topics below and **check-off five** that are of greatest interest to you at this time. Feel free to add other questions or topics that are not on the list.

CHECK HERE	TOPICS	FOR STAFF USE
	Activities do's/don'ts during recovery	
	Alcohol and my heart	
	Angina: what & why	
	Atrial Fibrillation	
	Blood pressure: my numbers, good or bad?	
	Blood sugar: my numbers, good or bad?	
	Bypass graft surgery	
	Cardiac cath procedure	
	Cardiac rehab: what, why & how	
	Cardiac risk factors: which do I have?	
	Chest pain: what to do?	
	Cholesterol: my numbers, good or bad?	
	Coping with heart problems	
	Coronary arteries: normal/abnormal	
	Diabetes and my heart	
	Eating for a healthy heart	
	Emergency plan for home	
	Emotional changes after heart problems	
	Exercising for a healthy heart	
	Family support & struggles	
	Heart attack & healing	
	Heart disease: what & why	
	Heart failure: what & why	
	Heart test: what I had, what it means	
	Heart valves: problems & treatment	
	Inactivity and my heart	
	My heart problem	
	My heart symptoms	
	My heart medicines	
	Planning for emergencies	
	Pulse: when and how to count it	
	Sexual activity and my heart	
	Smoking: why & how to quit	
	Stress and my heart	
	Travel with heart disease	
	Weather precautions for outdoor activities	
	Weight and my heart	
	Work questions	