

## PATIENT LEARNING PRIORITIES

### Cardiac Rehabilitation

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Most people who have had heart problems have many questions. During your initial visit to Cardiac Rehab, we want to address those concerns that are uppermost in your mind.

**Please check the three topics that are of most importance to you at this time.**

- Activity progression during recovery
- Chest pain/use of nitroglycerin
- Cholesterol management
- Diabetes Management
- Emotional adjustments after heart problems
- Heart anatomy and function/disease process
- Heart attack and healing
- Home exercise program
- Losing weight
- Medications
- Your personal risk factors
- Return to work
- Sexual activity and your heart
- Smoking cessation
- Stress/Type-A personality and your heart