

The Heart Function Service at Austin Health has three main components:

- **The Heart Function Clinic**
- **The Heart Function Rehabilitation Program**
- **The Heart Function Outreach Nursing Service**

The Service aims to ensure that you receive the most up-to-date treatment to help you lead a longer, more active and enjoyable life.

The Heart Function Service at Austin Health cares for people with heart failure.

What is heart failure?

"Heart failure" means that the heart is weaker than normal and cannot pump blood as well as it used to. It is also known as congestive heart failure, chronic heart failure, or "CHF".

Heart failure can cause symptoms such as shortness of breath and fatigue that may make it harder to carry out normal daily activities. If there is a chance you have heart failure you may be referred to the Heart Function Service for assessment and treatment.

HEART FUNCTION CLINIC

The specialist medical and nursing staff in the Heart Function Clinic will provide:

- A comprehensive assessment of your heart function
- A review of your medication
- Health and lifestyle advice.

You may only need one visit to the Clinic; in some cases, however, follow-up visits may be required.

You may be referred to the Clinic by your local doctor, or after a hospital stay.

HEART FUNCTION REHABILITATION PROGRAM

The Heart Function Rehabilitation Program is held in the gym at the Austin Hospital.

This is an eight-week program with:

- Exercises to increase your strength & endurance
- General nutrition and heart health information
- Individual advice from the program's physiotherapist, nurse and dietician, as required.

HEART FUNCTION OUTREACH NURSING SERVICE

If needed, you may be referred to a specialist Heart Function Outreach Nurse.

The Heart Function Outreach Nurses are based at the Austin Hospital, and also at the Banyule, Darebin and Nillumbik Community Health Centres. These home visits aim to help you increase your understanding of your illness, medications and self-care.

RESEARCH IN HEART FAILURE

Major advances in the treatment of heart failure over the past 15 years have resulted in major improvements in life expectancy, symptoms, and quality of life for people with this condition. The Heart Function Service is actively involved in research into a wide range of potential treatments and gives you the chance to take part in research projects.

The Heart Function Service needs to work in collaboration with your local doctor, who will need to be involved in your treatment program."



STAFF MEMBERS

Associate Professor David L. Hare
Senior Cardiologist / Director of Research
Department of Cardiology

Associate Professor Louise Burrell
Senior Clinician Medical Unit 4
Head Cardiovascular Research Group
University of Melbourne

Dr Piyush Srivastava
Cardiologist
Department of Cardiology

Ms Jackie Gibcus
Heart Function Liaison Nurse
Chronic Disease Management Unit
Mobile: 0418 510 326

Ms Kim Gray
Coordinator/Physiotherapist
Heart Function Rehabilitation Program
Tel: 9496 5461

Ms Sue Clark
Cardiac Nurse
Heart Function Rehabilitation Program
Tel: 9496 5752

Ms Deidre Toia
Research Co-ordinator
Department of Cardiology
Tel: 9496 3652

Ms Sonia Brockington
Dietitian
Nutrition Department
Tel: 9496 5011



CHRONIC DISEASE Management Program

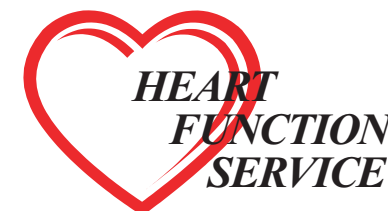
The Heart Function Liaison Nurse Service and the Heart Function Rehabilitation Program are funded by the Chronic Disease Management Project as part of the Victorian State Government Hospital Admission Risk Program (HARP).

Produced by:
© [Heart Function Service]
[August 2003]
Leaflet sponsored by:



Date for review: [August 2005]

Heart function services available to you



Austin Health