

WHO CAN BENEFIT FROM OUR HEARTWORKS PROGRAM

As part of Bridgeway's Cardiac Rehabilitation Program, our interdisciplinary team works with patients recovering from heart disease or heart surgery. This program specifically targets patients with the diagnoses of **CHF, Ischemic Heart Disease, Hypertension, Atrial Fibrillation, CABG and/or Aortic Valve Repair or Replacement.**

Patients who have the following needs can benefit from this program as well:

- Skilled nursing and therapy services following cardiac surgical procedures
- More frequent monitoring and assistance by nursing than can be provided at home
- Skilled therapy services at least 5 times a week

YOUR CARDIAC REHABILITATION TEAM

Our professionals work together to create a **custom-designed recovery plan** for you. The interdisciplinary team is comprised of, but not limited to:

- Attending physicians
- Consulting specialist physicians
- Registered nurses
- Nurses aides
- Pharmacists
- Physical therapists
- Occupational therapists
- Licensed nutritionist
- Social worker



Bridgeway
Care & Rehabilitation Center

at Hillsborough

395 Amwell Road
Hillsborough, NJ 08844
908.281.4400

at Bridgewater

270 Route 28
Bridgewater, NJ 08807
908.722.7022

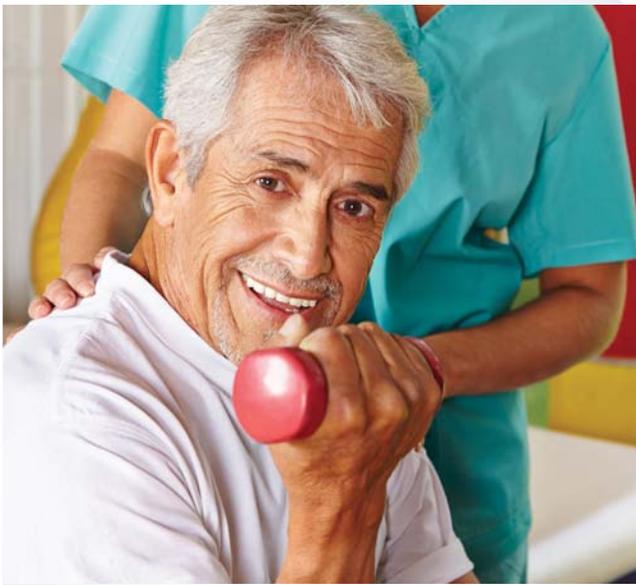
www.BSHcare.com

*Heartworks
Cardiac Rehabilitation
Program*



Bridgeway
Care & Rehabilitation Center

A CONTINUUM OF CARE...
GENERATIONS OF CARING



OUR HEARTWORKS CARDIAC REHABILITATION PROGRAM

During your stay at Bridgeway, your therapy program will be **tailored to meet your individual needs**. Our Cardiac Rehabilitation Program includes:

- Techniques for body mechanics and energy conservation
- Edema management
- Continence strategies
- Ambulation, gait and balance
- Improving strength and endurance
- Activities of daily living

In addition, therapists will evaluate your need for assistive devices to help improve independence, work with you and your family to develop an in-home exercise program, and provide safety education for you to use after discharge to home.

NURSING PROGRAM

Our **award-winning nursing staff** works to make your transition to home as timely and seamless as possible by monitoring your condition 24/7 and working closely with you, your physicians and rehabilitation team to carry out your custom-designed recovery program. You will receive education about your cardiac surgery after-care program, such as medication management, effective pain management, symptom recognition, and wound care instructions.

NUTRITIONAL GUIDANCE

Your nutritionist will provide **education on a heart-healthy diet** including:

- How to limit and identify sources of saturated fats, trans fats and cholesterol
- Ways to include heart-healthy fats, fiber and plant-based options in daily meals
- Portion control and meal planning guidelines for gradual weight reduction, if weight loss is a goal



PREPARING FOR NEXT STEPS/DISCHARGE

You will work with a licensed social worker, who will help you plan for a **smooth transition to home or to your next place of care**.

Your social worker will:

- Learn about your lifestyle, routine, and personal support system
- Be responsible for communicating information about your stay at Bridgeway to your primary care physician, and/or cardiologist, if you so choose
- Give bi-weekly updates to the clinical team to assist with creating a care plan that ensures safe discharge recommendations

LEARN MORE ABOUT US

Visit www.BSHcare.com to request additional information and schedule a tour at one of our award-winning facilities.