

Client consent for Healthy Heart Program (Cardiac Rehabilitation)

The healthy heart program is a four week exercise and educational program. The sessions are conducted by Cardiac nurse educators and an Exercise Physiologist.

Exercise sessions:

- Are in a group setting but are adaptable to my individual ability.
- The Borg scale is utilised to ensure that I am exercising safely.
- Exercise levels are gradually increased over the sessions depending on my progress and recovery.
- Please inform staff if you have any signs or symptoms that might indicate you becoming unwell or are experiencing adverse changes to your heart rate and/or blood pressure, such as dizziness or chest discomfort.
- Information shared by participants should be kept confidential within the group to protect their privacy.

Please put a tick in each box if you agree:

- I agree to tell the rehabilitation staff if I am feeling unwell while exercising. I understand that emergency equipment and trained staff are available to help me if needed.
- I agree that exercise carries a risk of injury such as musculoskeletal injuries.
- I agree that exercise carries a risk of adverse effects occurring such as chest pain, dizziness, rapid heart rate, changes in blood pressure, angina and in rare cases cardiac arrest.
- In the unlikely event I do require resuscitation this will be provided by trained staff, unless I have an Advanced Care Directive in place and a copy of this document has been provided to Healthy Living NT staff.
- I understand that I have the right to change my mind regarding my participation in the Healthy Heart Program.
- I hereby give consent to voluntarily undergo exercise and education sessions to improve my cardiovascular health as part of the Healthy Heart Program (Cardiac Rehabilitation) at Healthy Living NT.

Client Name: _____

Client Signature _____ Date ___/___/_____



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Healthy Living NT
is the trading name of the
Diabetes Association
of the Northern Territory
Incorporated.

Healthy Living NT
is the registered NT
licence holder for
Life. Be in it.

