



The hospital-based cardiopulmonary team is the **HEART AND SOUL** of Waterbury Hospital's program.

Our mission is to treat each patient as a unique individual with sensitivity and compassion, while sharing the benefits of our extensive medical training and experience. Rest assured that we will work very closely with your primary care physician, Pulmonologist and/or Cardiologist to make sure you receive the very best care possible.

Healthy Hearts and Lungs AT ANY AGE

Understanding your personal risk factors, learning about treatments and translating this knowledge into action isn't always easy. In fact, as a heart attack, angina, angioplasty or open-heart surgery patient, it may seem a bit overwhelming. This guide to cardiopulmonary services at the Reed Cardiology Department at Waterbury Hospital is designed to give you an overview of your testing, treatment and rehabilitation options. Along the way you will learn that recovery from, or coping with, heart disease is within your reach.

ADDITIONAL SERVICES AVAILABLE

Volunteer Visitation Program

- Former clients visit hospitalized patients and share their personal experiences
- Volunteers are given special training prior to visiting inpatients

Healthy Hearts Club

- Comprised of former and present patients
- Offers education and support to members
- Meets monthly
- Includes trips, educational lectures, and activities throughout the year
- Newsletter available



THANK YOU
for choosing the
Reed Cardiology Department



**WATERBURY
HOSPITAL**

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DESIGN: AGO ADVERTISING ASSOCIATES



Reed Cardiology Department



Hearts
Don't Wait



**WATERBURY
HOSPITAL**

Reed Cardiology Department



Meet Our Team

For over 30 years, the cardiopulmonary team at Waterbury Hospital has been providing cardiac and pulmonary patients with exceptional, individualized medical services from diagnosis to rehabilitation. The Reed Cardiopulmonary staff consists of registered nurses, advance practice nurses (APRN), physical therapists, invasive and non-invasive cardiopulmonary technicians, exercise specialists, respiratory therapists and technicians, registered echocardiography technicians, nuclear medicine technicians, EKG technicians, and department assistants. A Cardiologist/Interventionalist performs special procedures and angioplasties.

The following services are provided by the Reed Cardiology Department

INVASIVE CARDIAC TESTING AND INTERVENTION

Cardiac Catheterization

- Performed by a Cardiologist
- Evaluates heart function and looks for blockages or irregularities in the coronary arteries that impede blood flow
- RN's and invasive technologists assist Cardiologists
- An intravenous line will be inserted
- Sedation will be given in the cath lab
- Results are known immediately
- Recovery time is two to eight hours

Coronary Angioplasty/Stent

In many cases...

- Usually performed immediately following catheterization
- A balloon-tipped catheter is advanced to the blocked blood vessel
- A stent may be inserted if necessary by the physician
- Expect at least an overnight stay



NON-INVASIVE HEART TESTING

Echocardiogram

- Provides information about the structure of the heart, valves, and strength of the heart muscle
- Performed by an ultrasonographer

Trans-esophageal Echocardiogram

- Internal ultrasound of heart's structures
- Performed by a Cardiologist; assisted by an RN and ultrasonographer
- Patient swallows an ultrasound probe
- Sedation may be administered
- Brief recovery is necessary

Stress Testing TREADMILL ONLY

- Determines exercise ability and symptoms with exercise
- Performed by an APRN or Cardiologist, with assistance of cardiovascular technicians

Nuclear Stress Testing

- Performed by APRN or Cardiologist
- Patient walks on a treadmill or receives intravenous medication to "stress" the heart
- Nuclear images are obtained to assess blood flow to the heart

Pulmonary Function Test

- Measures air movement in and out of lungs
- Performed by a respiratory therapist or technician

Exercise Physiology Test

- Patient walks on a treadmill while breathing into a mouth piece
- Determines lung's ability to use oxygen properly with activity
- Performed by a respiratory therapist or a technician

Holter Monitor

- Cardiac monitor is worn for 24 hours
- Patient records any symptoms
- Results are interpreted by a Cardiologist

Pacemaker Clinic

- Clinic is monitored by RN
- Pacemakers are checked over the phone, using a transmitter, or when patient comes into the clinic

CARDIOPULMONARY REHABILITATION

Inpatient Cardiac Rehabilitation (Phase I)

- If possible, hospitalized patients are visited by one of the members of the rehabilitation team before discharge
- Team provides information about outpatient cardiac rehabilitation

Outpatient Cardiac Rehabilitation (Phase II)

- Nationally accredited program
- Increase stamina and learn how to live well with heart disease
- Gain confidence to continue activities
- Staffed with RN's, exercise specialists, respiratory therapists
- Heart-monitored exercise sessions
- Education topics include: heart disease, medications, reducing risk factors, smoking cessation, other topics
- Supportive environment
- Nutritionist available
- Physician referral necessary
- Covered by most insurance companies after a cardiac event
- Program is tailored to address individual physical or emotional needs

Cardiac Rehabilitation (Phase III)

- Supervised exercise environment
- Educational sessions available
- Flexible schedules
- Usually self pay (nominal monthly fee)

Pulmonary Rehabilitation

- Monitored exercise program
- Education about lung disease
- Increase stamina, learn proper breathing techniques
- Insurance may cover
- Physician referral is necessary

