

Rehab Weeks Suggestion List

From: Jan Williams RN BSN- Hastings

We are celebrating Cardiac and Pulmonary rehab weeks at the same time. We will have a drawing for some shirts & cook books and also provide our patients with fruit. If I get enough, we will give the women heart pins (& the guys can take one for their wife/significant other. Put up posters and just have fun with it.

From Paulette Kuhlman- Lincoln

We are planning, in order to celebrate CR week, a follow up assessment for previous CR participants on February 28th. For a small fee, individuals will come in, visit with the nurse for 15 minutes, the exercise staff for 15 minutes and the dietitian for 15 minutes. We will also offer finger stick lipid screening for a small fee. Goals will be reviewed; brief education, encouragement and support will be provided. The participant will get their BP and pulse checked, and weight. This type of program could be modified and offered at every CR program in NE

From Pam Robertson- Lincoln

We plan a week of celebration with our patients. We have activities planned for MWF that include word puzzles, diet quizzes, hula hoop contests, etc. Everyone who takes part in the events can put their name in for special door prize drawings. We do this for both Cardiac and Pulmonary rehab weeks. Since this celebration is directed towards our current patients, it would be nice to do something to also make the general public aware of the services provided in so many communities across Nebraska. Since we all do some type of outcome collection- we could make report cards to send to our referring MD's, we could thank them for the referrals over the past year and let them know about the positive outcomes you have collected. An example could be: During 2008 the total weight loss in the cardiac rehab program was 722 pounds. We do not JUST provide exercise but we also provide education and guidance with each of the patients to modify their eating behaviors.

From Karla Beller BS, RRT Norfolk

Cardiac rehab week we are looking at doing some different classes on M-W-F such as stretching / Therabands one day and then some fun classes such as step aerobics (without the step) using our WII system. Tuesday or Thursday plan a symposium for all cardiac rehab graduates and current patients. We would utilize our cardiologists for speakers.

From Gayla Oakley- Albion

We have a WII and will have a bowling tournament during rehab week. We will have some type of question challenge game. We also provide apples all week. It would be interesting if we could come up with something between programs, a challenge of some type, but would take some planning.

From Joanie Manning- York

1. **Evening of Cardiology – I get speakers from either BHI or NHI to come out and do a workshop at Chances R from 1800 to 2100 for area doctors and nurses. They receive 2 contact hours. This is the 6th year I have done this and I usually have 100 attend. This year BHI is coming – the date is February 11th and the cost is \$15.00. If any one is interested in attending and you did not receive a brochure in the mail – let me know and I will get one to you.**
 2. **We hold a “Valentine’s Day party for all patients that have been in CR the past year and those who are active in Wellness. We provide a meal for them and have some type of entertainment.**
 3. **For CR week we have a display in the cafeteria.**
 4. **For our area we have treats throughout the week.**
 5. **We have a large display in the York News Times that has pictures of staff at work. This runs the week of CR.**
 6. **We have a radio spot during CR week.**
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Monica Vandergriend - Lincoln

At Madonna Rehab hospital and ProActive we will be promoting heart health awareness all month, as well as cardiac rehab week. We will have 4 informational poster boards on display at both Madonna rehab hospital and at ProActive. They will rotate between the two locations all month. The informational boards will cover: Risk Factors, CAD, Heart Healthy Foods, Women and Heart disease, and Heart Failure. We will be providing a lunch and learn opportunity for staff at Madonna on Heart failure.

Here at ProActive we’ll have massage raffles, and sell red hearts to staff to raise money for the AHA. We will draw for a massage for one of our active participants, and hand out cookbooks, and stress ball (hearts). Main campus has other fun activities planned including a jeans day incentive for staff.

Sharon Nejedly RRT Pulmonary Rehab- North Platte

Have a small flyer that on one side had signs of a heart attack and what to do and on the other side had signs of a stroke and what to do, laminated and give them out to our Cardiac & Pulmonary clients on their rehab week. Also try to have newspaper coverage; they could print that flyer for the public. I also thought about having Pulmonary challenge Cardiac for the most miles walked on their respective weeks. We have a framed picture of all the secret ingredients in cigarettes and smoke that we could put in the paper for Pulmonary week. Pretty impressive. Cardiac could put something in the paper facts about fat in the diet or something.

From several other programs

Many have shared educational programs, open houses, meals as part of their activities during rehab week. Educational programs may be just for patients who have been in rehab or if they are open to the public.