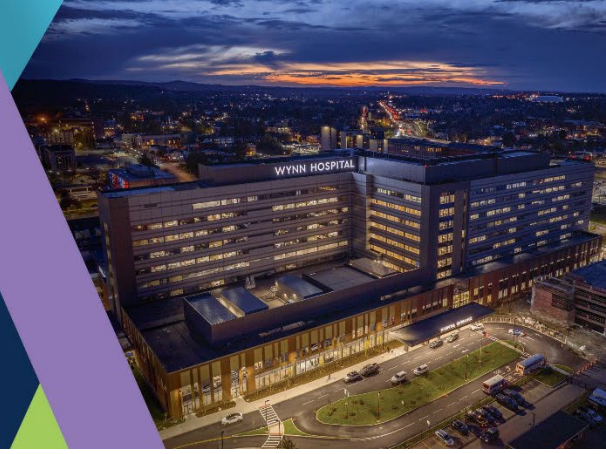


# Just the Facts

MVHS & WYNN HOSPITAL

There's so much happening in healthcare in our region – at times it's hard to stay updated! That's why Just the Facts is being reinvigorated. This weekly publication, published on Tuesdays, will provide you with the latest information about MVHS and the Wynn Hospital!



## TOPIC FOR TUESDAY, FEBRUARY 11, 2025:

### Department Spotlight: Cardiac Rehabilitation Services

Cardiac rehabilitation is a physician-referred program consisting of monitored exercise with risk factor modification education. The goal of rehabilitation is to restore the optimal physical, psychological, occupational and social wellbeing of the participant.

The Cardiac Rehabilitation Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

#### **What does the Cardiac Rehab Department do and what kind of patients are treated?**

Cardiac Rehab provides patient risk factor modification education and monitored exercise (up to 36 visits) to cardiac patients who have had:

- Cardiac Myocardial Infarction (MI)
- Percutaneous Coronary Intervention (PCI)
- Coronary artery bypass grafting (CABG)
- Valve repair or replacement
- Pre- and post-heart transplant
- Cardiomyopathy.

#### **How many employees work in Cardiac Rehab?**

There are eight employees (one exercise physiologist and seven registered nurses), plus two Utica University students and two volunteers.



### **Where are you located?**

Faxton Campus on the main level in the Rehab wing.

### **Did you know?**

- In addition to February being American Heart Month, February also has the following cardiac-related recognition weeks:
  - Cardiovascular Professionals Week is February 9 - 15
  - Cardiac Rehab Week is February 9 - 15
- MVHS received the prestigious designation of HeartCARE Center: National Distinction of Excellence from the American College of Cardiology (ACC) and was the first in New York State to earn this recognition and one of only 36 hospitals nationwide to achieve this designation.