

Rush University System for Health

Phase II Virtual Cardiac Rehabilitation Program

After a patient has had a major cardiac event, the healing and recovery process can take several weeks. Recovery typically begins with phase I rehabilitation, where the patient receives in-patient monitoring and exercise sessions. Once the patient is discharged, they are eligible for the phase II virtual cardiac rehabilitation program. The program allows patients to receive the care they need from the comfort of their homes.

Once a referral for phase II virtual cardiac rehabilitation is received, it is reviewed by the medical director for consideration. Based on the patient's preference, as well as their self-motivation and medical conditions, they may be eligible for the virtual cardiac rehabilitation program. If eligible, the patient will be contacted by a nurse navigator and will receive instructions on how to download the Virtual Health Partners app. Once the app is downloaded, the patient will use it to complete a background and wellness survey.

Based on the survey results, the cardiac rehabilitation team will create an individualized treatment plan detailing the patient's diagnosis, cardiovascular risk factors and medications. Educational curriculum on nutrition, exercise, smoking cessation and stress management will be included with the plan.

For approximately 12 weeks, the patient will have virtual appointments with their cardiac rehab team to monitor steps, heart rate and diet. Nurse navigators will track the patient's progress, analyze data, answer questions and make recommendations for improvement. The medical director will share the patient's health record with the referring provider.

Virtual group sessions are also available in a HIPAA secure, open forum. Patients can meet with the medical director in a group setting once or twice a month for 35 minutes.

Patients must have a computer or mobile device and Internet service to enroll in the virtual cardiac rehabilitation program.

Key benefits of virtual cardiac rehab

- Reduces 12-month rehospitalization by 34%
- Improves 5-year life expectancy
- Reduces the risk of a future cardiac event and reverses the progression of heart disease
- Increases access to care for patients in rural areas and cities outside of Chicago
- One-on-one sessions with a licensed physical therapist and registered dietician
- Patients have 24/7 access to their cardiac care team

Our Providers



Melissa J. Tracy, MD
Medical Director,
Cardiac Rehabilitation

Rush Physical Therapy Virtual Health Partners

Location

Rush Oak Park Hospital
520 S Maple Avenue
Ground floor
Oak Park, IL 60304

Referrals

For internal Rush providers, please place an order in Epic to Cardiac Rehabilitation.

For referrals outside of Rush, please send a fax to (708) 660-2156.

The Rush Phase II Virtual Cardiac Rehabilitation Program is accredited and certified by:

