Cardiac Rehabilitation and Your Heart

Give Your Heart Some Extra TLC

Have you recently experienced a cardiac event? Have you been diagnosed with heart disease? Committed to our mission of providing our patients with comprehensive health care, Lawrence General Hospital has broadened the scope of our cardiac care program by adding cardiac rehabilitation to our growing list of outstanding services.

The American Heart Association recommends cardiac rehabilitation programs for patients of all ages who have recently had a heart attack or who have chest pain, coronary artery disease, or heart failure. The programs also benefit people with recent heart surgery, such as bypass surgery, heart transplantation, and heart valve, pacemaker, or other heart procedures.

At LGH, our cardiac rehabilitation program offers an exercise regimen specific to your physical abilities and goals. Our experts will also guide you in making lifestyle modifications that will help you manage your heart condition, raise your spirits, and support you as you get back to enjoying life.

Research shows that cardiac rehabilitation programs help heart patients live longer, while reducing the risk for a future heart attack, and enhance a patient’s emotional well-being. Read on to find out how LGH’s new cardiac rehabilitation program can make your life better.
Heal Your Heart with Personalized Treatment

The cardiac rehabilitation program at Lawrence General Hospital offers individualized exercise plans, as well as education, counseling, and behavioral intervention. Each patient’s unique treatment plan includes a description of his or her diagnosis; the type, amount, frequency, and duration of the cardiac rehabilitation services provided; and the goals set under his or her individualized plan.

Once established, the treatment plan is reviewed and signed by the patient’s physician every 30 days. During the program, the patient is closely monitored by a registered nurse/exercise specialist who is not only experienced in cardiac rehab, but also in basic life support and advanced cardiac life support.

Within LGH’s brand new cardiac rehabilitation program, you will find:

- **Exercise equipment.** Machines including treadmills, a recumbent bike, an elliptical machine, Airdyne bikes, a NuStep cross trainer, an arm ergometer, and free weights.

- **Convenient class times.** They begin as early as 7:15 a.m. and end at 4:30 p.m. Classes meet three times per week, on Mondays, Wednesdays, and Fridays.

- **Convenient access.** The Cardiac Rehabilitation Department is located on the ground level of the Doctor’s Medical Building, on the LGH campus.

Cardiac rehabilitation is covered by Medicare and most health insurance plans. LGH’s program complies with the American Association of Cardiac and Pulmonary Rehabilitation, the Centers for Medicare and Medicaid Services, The Joint Commission, and the American College of Sports Medicine.

**CONNECT WITH US!**
Call the Cardiac Rehabilitation Department at 978-946-8399 or visit [www.lawrencegeneral.org/cardiacrehabilitation](http://www.lawrencegeneral.org/cardiacrehabilitation) to learn more about our program.
As announced by Governor Deval Patrick, the Obama administration has approved $628 million to support the Patrick-Murray administration’s initiative to improve patient care and reduce health care costs at seven Massachusetts “safety net” hospitals that serve low-income patients. This sets the stage for a new round of ideals that build on the success of health care reform in Massachusetts.

Lawrence General Hospital is proud to be a part of this initiative. The Hospital is eligible for up to $14.4 million in funding for up to three years. The funding is dependent on whether the Hospital achieves specific goals related to health care delivery system transformation. LGH is an ideal candidate for this funding due to our cost-effective model of high-quality care already in place.

LGH would focus these dollars on exciting initiatives benefiting the patients of the Merrimack Valley region by:

- Working closely with the Greater Lawrence Family Health Center to coordinate care
- Improving primary care and specialty care access
- Reducing unnecessary Emergency Center visits
- Reducing unplanned readmissions
- Creating an Integrated Care Organization
- Developing a system for better management of patient data

We’re pleased to announce that LGH’s comprehensive plan for Delivery System Transformation Initiative funding for FY12 has been formally approved by Centers for Medicare/Medicaid Services, earning the Hospital its first sum of $7.1 million to fund these health care initiatives.

This is a very exciting time for LGH. We look forward to sharing our progress with you, and we appreciate your continued support of our efforts to enhance access to affordable, quality health care for our community.

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Community Medical Associates:

**One Practice** Caring for Your Entire Family

Community Medical Associates is a patient-oriented and family-centered primary care medical practice serving the Merrimack Valley and southern New Hampshire. Board certified family medicine physicians who specialize in the total health care of individuals and their families are available for you and your family every day, here on the first floor of the Lawrence General Hospital campus.

On CMA’s website, [www.lawrencegeneral.org/cma](http://www.lawrencegeneral.org/cma), you will find:

- Open Access Scheduling™, which means your appointment is made on the day and time that works best for you. Same-day and next-day appointments are also available for your convenience.

- The CMA Patient Portal, which allows patients to request an appointment, prescription refills, and test results. Patients may also communicate with physicians about nonurgent medical issues.

CMA is now part of the Lawrence General Hospital family, and we look forward to working with the CMA physicians to help them expand primary care options for the Merrimack Valley region.

**DID YOU KNOW?** CMA provides you with access to a physician 24/7. A designated physician from CMA is on call for emergencies from 5 p.m. to 8 a.m. Make an appointment by calling 978-946-8550 or visiting [www.lawrencegeneral.org/cma](http://www.lawrencegeneral.org/cma).
LGH RECEIVES AN 'A'

Lawrence General Hospital continues to prove that quality health care can be attained through a local regional medical center without the inconvenience of traveling into Boston for care.

In a Boston Globe report of 62 Massachusetts hospitals, LGH scored an "A" when it was ranked among Boston's signature teaching hospitals in health quality scores. The scores were based on 26 criteria, including nurse staffing levels and processes for preventing infection and medication errors.

COMMUNITY VALUE FIVE-STAR AWARD

Lawrence General Hospital was recently named a Community Value Provider by Cleverley + Associates, a health care financial consulting firm specializing in performance enhancement strategies. LGH is honored to be identified again as one of the highest scoring facilities in the country in quality of care and cost savings for consumers.

Our Award-Winning Website Is Easy to Use and Informative

Lawrence General Hospital’s new website received the 2012 Lamplighter Award of Excellence from the New England Society for Healthcare Communications (NESHCo) at the annual Lamplighter Awards ceremony during the NESHCo regional conference in Boston.

LGH’s website has many new features, including:

- Improved, simple navigation for users
- A free online health library
- Key information available in English and Spanish
- Live ER wait times fed directly and securely
- A physician finder feature

With page views topping 550,000 since it went live in June 2011, "LGH’s website is an example of the best and brightest work produced in our area," says Lee Reynolds Crouch, APR, president of NESHCo.

VISIT US ONLINE! Experience all that Lawrence General Hospital’s website has to offer by visiting www.lawrencegeneral.org from your computer, tablet or smartphone.