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## **MEDIA RELEASE**

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# **PARTICIPANTS GRADUATE FROM CHRONIC HEART FAILURE PROGRAM**

People with chronic heart failure have graduated from an exciting new program aimed at reducing their admissions to hospital.

Wimmera Health Care Group ran the program over an eight week period.

Co-ordinator Kate Hodge, said that other aims of the innovative new program were to help people with chronic heart conditions to better manage their symptoms and to encourage them to exercise more regularly.

“We had a dietician, social worker, pharmacist, general practitioner and other key professionals talking to the group about how they could better manage their condition. We also spent an hour each week running a monitored exercise session for our participants” she said.

Ms Hodge said that the program focused on improving the quality of life for people with chronic heart conditions. Participants now have a greater knowledge of the impacts that diet, stress management, exercise and other factors can have on their condition. “They have come away from the program with the tools to better manage their chronic heart failure at home” she said.

The inaugural program was so positive that there will be another chronic heart failure program starting up on 23 September 2008.

People interested in learning more about the chronic heart failure program or the Hospital Admissions Risk Program (HARP) in general are urged to contact Kate Hodge at Wimmera Health Care Group on ph. 5381 9107.

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Chronic heart failure program participants:  
Back – John Bennett, Michael Verber (from Warracknabeal), Richard Morphet (from Yanac), Loris Miller and co-ordinator Kate Hodge  
Front – Anna Luciani, Bill Raku Raku and Daphne Glare



Valvular surgery patient Richard Morphet (on exercise bike) from Yanac with clinical nurse specialist Deidre Harrington, made a 250 km round trip from Yanac each week to attend the program