Welcome to our annual newsletter. As medical director of the OHSU Phase II Cardiac Rehabilitation program, I am happy to share some of the features that we have added over the last two years that have made our program truly sensational. Besides the excellent exercise-based classes incorporating aerobic, strengthening and stretching activities, we now also include:

- Dietician on-site to provide individual nutritional counseling
- Mindfulness-based Stress Reduction classes
- Social Worker on-site to provide initial counseling and community resources
- Facebook Group “OHSU Healthy Hearts” – a social network group focused on Preventive Cardiology
- Heart to Heart Cardiac Support Group – meets once a month, open to patients and family members
- Healthy Hearts Exercise Program - a free service for graduating patients as well as spouses and caregivers of current patients to encourage continued adherence to exercise
- A robust cardiac rehab website filled with educational resources, including an online educational video series with OHSU experts

These additional services are a benefit when you or your patient participate in our program. There is no additional charge for these offerings. If you have any questions regarding Phase II Cardiac Rehab, please free to contact us at any time.

Wishing you happiness and good health!

Michael Shapiro
Phase II Outpatient Cardiac Rehabilitation has been through many changes over the past year. But one thing is certain – we have an incredible program to offer our patients!

As Clinical Supervisor, my background includes a B.S. in Exercise Science, PhD in Physiology and 17 years experience as a Physician Assistant. My job in cardiac rehabilitation is to ensure that the clinical aspects of care, including education, are consistent with evidence-based guidelines. I strive for continual program improvements based on clinical outcomes as well as patient satisfaction. I work to help interface between the medical director, the patients and their providers to ensure a seamless road to recovery.

Our multidisciplinary team of professionals is dedicated to providing the best possible care to your patients with cardiac disease. Please consider referral to cardiac rehabilitation for any of the following diagnoses:

- Heart attack (within the previous 12 months)
- S/P Heart Transplant (within the previous 12 months)
- S/P Coronary Artery Bypass Surgery
- S/P Heart Valve Replacement or Repair
- Congestive Heart Failure (patients with left ventricular ejection fraction of 35% or less and NYHA Class II to IV symptoms despite being on optimal heart failure therapy for at least 6 weeks)
- Stable Angina
- S/P Stent
I am the Operations Supervisor for the OHSU Cardiac Rehabilitation program. I have a Bachelors of Arts in Human Physiology and Spanish from the University of Oregon. I started my career at OHSU in 2007. For the last five years, I have been working within the Rehabilitation Services department and for the past two, specifically, with the Cardiac Rehabilitation program.

My role as the Operations Supervisor is to optimize the patient experience in Cardiac Rehab. I assist them with the challenges of the insurance process and work diligently with my staff to ensure that they have access to the care they need in a timely manner. We offer 4 classes three times per week which consists of comprehensive and consistent exercise and lifestyle counseling for individuals who are recovering from a cardiac event, surgery, heart failure, or angina. Our goal here at the OHSU Cardiac Rehabilitation program is to improve quality of life and reduce recurrences of cardiac events. We encourage positive and healthy lifestyle changes that patients can embrace to live a longer and healthier life.

Please let me know if I can assist you with any insurance questions or concerns or if you are interested in touring our fantastic facility at the Center for Health and Healing!

503 418-9472

Happy Cardiac Rehab Week!
Christina Diestler
I have worked at OHSU as a registered dietitian (RD) since 2011, initially working on inpatient units, including 11K, and currently seeing patients in our outpatient nutrition clinic and working with Cardiac Rehab. I also write a monthly nutrition post for the OHSU blog, 96,000 Square Miles. Prior to moving to Portland, I worked as an RD in Tucson after completing two degrees at the University of Arizona (in Nutritional Sciences and Sociology).

In my role at Cardiac Rehab, I meet with each participant weekly to discuss nutrition and heart healthy eating. I love planning and cooking healthy meals for my own family, so discussing food and nutrition in Cardiac Rehab is something I absolutely love being a part of. I find it so rewarding to get to know each participant and work with them as they make gradual, realistic changes to improve their cardiovascular health. I meet with participants in an informal setting while they exercise, obtaining brief diet histories, setting goals, answering nutrition-related questions. I also work with them to help them reduce their fat and sodium intake while increasing intake of more nutritious foods such as vegetables, fruits, and whole grains. I frequently share heart-healthy recipes and provide samples of whole grains to help take the mystery out of healthy eating. It’s very rewarding to see such an improvement in participants’ food choices over the duration of their time in Cardiac Rehab, but mostly I love seeing them become more empowered by having the knowledge to make healthier choices.

I see patients in the OHSU Adult Nutrition Clinic, and can be reached at 503-494-8636.

Tracy Severson, RD, LD
I serve as the Rehab Navigator at OHSU focusing on the Continuum of Care for patients on their journey of recovery from Stroke, Traumatic Brain Injury, or Spinal Cord Injury. Kerri has worked with patients in Community Mental Health, Substance Abuse and Primary Medical Home. Kerri has lived in Portland since 1999 when she became a transplant from the Midwest to escape the snow.

The following are services I can provide for you and/or your patients;

- Screening and Brief Intervention, Referral to Treatment (SBIRT)
- Support and problem-solving with caregivers and family
- Assistance with adjustment to new diagnosis/injury and related changes in self-image, family life, work
- Mental health recommendations and referrals
- Information and referrals for community-based services
- Grief and loss support
- Basic Needs referrals (housing, crisis)
- Linkage with SW services in the pt’s home community
- Psychoeducation

if you and/or your patient would like to come and see me, call 503-494-3151 and request an appointment with Kerri!
Kimberly Carson, MPH, eRYT is a health educator who has specialized in integrating mindfulness and yoga into the medical setting for over 15 years. She currently teaches Mindfulness-Based Stress Reduction (MBSR) through March Wellness, the Knight Cancer Institute and the DAYA Foundation. Before moving to Portland, Kimberly taught MBSR at Duke University Medical Center, University of North Carolina Hospitals and the University of Florida. She has also conducted innovative research into the application of mindfulness-based programs as adjunctive treatments for various conditions. In addition to research and clinical service, Kimberly also directs professional trainings on both coasts. Kimberly loves enjoying the beauty of the natural world, hiking, dancing, having adventures with her family and friends, and discovering the mysteries of life.

During the Stress Reduction Breath by Breath class, patients are introduced to various breath-focused mindfulness practices designed to cultivate ease and help highlight patterns that may be causing tension in the body and mind. Each class is a combination of education, instruction and reflection regarding breath practices, gentle adaptive movements and mindfulness meditations. By practicing simple and accessible tools for quieting the nervous system, cardiac rehab patients learn how to integrate stress reduction methods into their day to day experience. As the system begins to de-escalate out of the well-rehearsed stress response, the opportunity arises to discover how we can exasperbate our stress levels through unnoticed internal patterns. These patterns may be in how we hold the body physically or certain habits of the mind or emotional heart. Mindfulness-based methods have been shown to reduce various physical and psychological symptoms, pain levels and to increase coping abilities across a wide variety of patient groups.

Through August of 2014, the Stress Reduction Breath by Breath classes are being offered twice a month on Thursday mornings. These one hour classes are being offered free of charge for patients.

To find out more about the Stress Reduction Breath by Breath class, please call or email Kimberly (503-245-9642 or kimberly@yogaofawareness.org). To find out more about Kimberly, visit her website www.yogaofawareness.org.
With a combined 20+ years of experience in Cardiac Rehabilitation exercise therapy, Brad and Trevor strive to make a daily difference for patients with heart disease. Utilizing a variety of aerobic exercise equipment, as well as light resistance training, patients build their stamina, strength, and improve their quality of life.

The Cardiac Rehabilitation clinic is located on the first floor of Center for Health Healing. The gym space provides an outstanding supportive environment for patients who may have had little success with consistent exercise activity in the past. Patients attend small group exercise classes for an hour three days per week. In addition to exercise, patients are also provided weekly education with a focus on lifestyle management and risk factor reduction.

Cardiac Rehabilitation is covered by most insurance with a pre-authorization and qualifying heart diagnosis. Program length is typically up to 36 sessions or three months. This duration helps to develop consistent exercise habits and improves long-term adherence.

Cardiac Rehabilitation helps patients regain their confidence and provides them with a foundation for safe continued exercise at home or at a fitness center in the community.

Come and see us anytime on the 1st floor of the Center for Health & Healing!

Happy Cardiac Rehabilitation Week!