

# Cabrini Cardiac. Your heart is in good hands.



Cabrini Cardiac offers a broad range of cardiac care from the latest minimally invasive procedures to complex open heart surgery. Our program is fully supported by diagnostic testing, state-of-the-art operating theatres and catheterisation laboratories, an acute cardiac ward and a specialised rehabilitation program.

Whether you have been referred to a specialist by your GP, or come through our emergency department, we understand that the cardiac journey can be complex and overwhelming, which is why we are here to help you every step of the way.

As a cardiac patient at Cabrini, you will receive personalised, high-quality treatment from a caring and compassionate team.

## What is cardiac care?

Cardiologists and cardiothoracic surgeons work closely in the diagnosis and treatment of patients.

**Cardiologists** specialise in treating diseases of the cardiovascular system, mainly the heart and blood vessels. Once a diagnosis has been made, your cardiologist will determine whether interventional cardiology or heart surgery is needed. Common cardiovascular conditions include heart rhythm disorders, coronary artery disease, myocardial infarction (heart attack), heart defects and infections, and related disorders.

**Cardiothoracic surgeons** diagnose and treat organs inside the thorax – in general, the heart and lungs. Conditions may include coronary artery disease (artery blockage), valvular stenosis (blocked or narrowed valves) or congestive heart failure.

## Procedures or surgery

Once a diagnosis has been made, your specialist may recommend a procedure or surgery to achieve the best health outcome. These can include: mitral valve clips, trans-catheter aortic valve implantation (TAVI), pacemaker insertion or replacement and coronary artery bypass surgery.

Cardiac catheterisation labs are a critical part of an acute cardiac service. At Cabrini Malvern, our two versatile and purpose-built labs have sophisticated imaging systems, allowing for minimally invasive cardiac and cardiovascular procedures. The systems are faster and more efficient than conventional models, so patients spend less time on the operating table.

Hybrid theatres, which are becoming more common in major hospitals around the world, match real time imaging with scans taken preoperatively. In Cabrini's hi-tech hybrid theatres, our specialists can pivot, if needed, from a minimally invasive operation to conventional heart surgery. This can be done without moving the patient, as all staff and equipment are already in place.

## All services are onsite

From diagnosis to treatment and rehabilitation – all services are onsite, so everything you need is close at hand.



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To assist with diagnosis, Cabrini has its own cardiorespiratory, medical imaging and pathology departments.

For complex procedures/surgery, there is the security of knowing Cabrini has an intensive care unit, offering highly trained professionals and sophisticated equipment.

Cabrini's acute cardiac ward at Malvern is specifically designed to provide high-dependency, specialised care for a range of cardiac conditions.

Following an inpatient stay, rehabilitation is also provided onsite.

### **Rehabilitation**

Rehabilitation is proven to reduce the recurrence of cardiovascular disease-related issues by up to 35 per cent.

Cabrini's Cardiac Rehabilitation Program provides you with support, education and exercise – to help you get back to your usual activities following a cardiac event.

A cardiac nurse and physiotherapist/exercise physiologist will assess you before the program starts and an exercise program will be tailored for you. We encourage your partner/family to attend the education sessions which cover topics such as cardiopulmonary resuscitation, understanding heart medications, healthy eating and emotional issues.

A maintenance program is also available for those who have completed the Cardiac Rehabilitation program.

### **Find a Cabrini cardiac specialist**

Cabrini cardiac specialists represent the best in their field. Our cardiologists, interventional cardiologists and cardiothoracic surgeons are highly specialised, experienced professionals, committed to providing quality care.

For a comprehensive overview of our cardiac specialists, please visit [cabrini.com.au/find-a-doctor](https://www.cabrini.com.au/find-a-doctor)

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For further information about cardiac services at Cabrini, please visit [www.cabrini.com.au/cardiac](https://www.cabrini.com.au/cardiac) or talk to your GP

