

Cabrini Cardiology Symposium

Ms Michelle Comas

Cabrini Cardiac and Pulmonary Nurse Coordinator

Cardiac rehabilitation: recovery requires effort

Michelle Comas is the nurse coordinator for cardiac and pulmonary rehabilitation at Cabrini's Exercise and Wellness Centre.

Previously, she was an Associate Nurse Manager in intensive and coronary care. Her nursing qualifications include a Bachelor of Nursing and a Graduate Diploma of Nursing in Critical Care (CCRN) from Monash University.

Michelle's career has been centred on cardiology, a passion of hers, where she aims to improve her clients' understanding of their heart conditions through knowledge and exercises.

