



By Carolyn Lee

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Twenty-five years ago the closest cardiac rehabilitation program was found at Melissa Memorial Hospital in Holyoke, Colo. There was nothing to help those recovering from heart surgery or other procedures in Imperial.

RN Cindy Arterburn, an employee at Chase County Community Hospital (CCCH), decided to do something about that.

Last week, CCCH's Cardiac Rehab unit celebrated 25 years of service with snacks and beverages for its clients.

Arterburn, who is the director of the unit, said there have been 10-15 new cardiac rehab clients every year. Add those to the ones already in rehab, and you have roughly over 400 persons helped by the program.

There are about 25-30 patients who presently participate in rehab three days a week.

Clients have had heart attacks, angina, heart surgery, balloon angioplasty or other heart problems.

They walk and ride exercise machines to "strengthen their heart muscles, get active and back to enjoying their lives," Arterburn said.

There are three phases to cardiac rehab. The first is inpatient cardiac rehab.

The goal in Phase II is to build up physical strength and stamina. Persons are eligible for Phase II within two to eight weeks after being discharged from the hospital.

Phase III is the final outpatient phase and is an ongoing maintenance program.

For more information contact Arterburn at (308) 882-7243.