



Heart Month



The Stats

Get your tape measure! It seems that there is a higher risk for heart disease and stroke for people with larger waist measurements – more than 35 inches for women and more than 40 inches for men, according to the American National Institutes of Health. StatsCan reported in 2014 that 40% of Canadians reported being overweight or obese.

This might help explain why heart disease and stroke cause 29% of all deaths in Canada and cause more deaths every year than all cancers combined.

The Solutions

Cardiac rehabilitation (CR) is often recommended for people who have had a heart attack or heart surgery, or who have heart disease. Most CR programs include medical assessment, physical activity, lifestyle education and psychosocial support strategies that can assist with depression, anxiety and returning to work. It is certainly possible for people who have had a heart attack or who have heart disease to work productively. However, to return to work, the client may need to overcome concerns that resuming work would increase the risk of a heart event. Also, the workplace or job might need to be modified to accommodate restrictions or limitations.

Workplace Accommodations

Proactive Case Management

A Banyan Work Health Consultant can provide information, support and encouragement to the client to fully participate in a CR program, and can assist with the transition from a CR program to a home and/or community exercise program, thereby increasing the likelihood of continued adherence to a healthier lifestyle. This is particularly important as the Heart and Stroke Foundation notes that only 38-56% of CR participants are obtaining their recommended level of exercise one year after exiting their program, and that women participate in CR programs at only half the rate of men. As women are 16 per cent more likely than men to die after a heart attack, their engagement in CR programs is crucial.

Work Health Consultants can also assist with identifying and arranging elements of a return to work plan that accommodates ongoing functional restrictions and limitations. Work Health Consultants usually have the end goal of arranging and expediting the client's sustainable return to work. For a client who has had a heart attack or who has heart disease, this typically includes a focussed consideration of workplace accommodations.

Specialty Services

Twenty Additional Services to Enhance Your Case Management Outcomes

Reactivation

Banyan's Reactivation program assists a client to return to a lifestyle conducive to normal daily activities. The program builds on mental and physical stamina to resolve barriers and other negative influencing factors impacting return to work. The goal of the program is to prepare clients for a return to gainful employment.

Work Demands (Physical) Analysis

When specific physical job related information is required for a return-to-work, a Physical Work Demands Analysis is a useful tool to provide a detailed breakdown of the physical demands of a specific job, to determine whether a job is potentially suitable for an individual given his/her physical abilities and/or restrictions.



- Case Management solutions geared towards resolution.
- Innovative and creative interventions for complex files.
- Assisting individuals in sustainable **return-to-work** strategies.

To learn more about work-based solutions, visit our website at: www.banyanconsultants.com

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