

Discharge Summary

Patient Name: John Doe

Date of Birth: January 1, 1970

Admission Date: March 1, 2023

Discharge Date: March 30, 2023

Referring Physician: Dr. Smith

Summary of Care

John Doe was admitted to the Cardiology Rehabilitation Program to improve cardiac function following a myocardial infarction. During his stay, he participated in a comprehensive rehabilitation program that included exercise therapy, nutrition counseling, and psychosocial support.

Progress

Throughout the program, Mr. Doe demonstrated significant improvement in cardiovascular health metrics, including:

- Increased exercise tolerance
- Improved heart rate variability
- Enhanced overall strength and endurance

Discharge Instructions

The patient is advised to follow these recommendations post-discharge:

1. Continue prescribed medications as directed.
2. Engage in regular physical activity, aiming for at least 150 minutes of moderate exercise weekly.
3. Attend follow-up appointments with the primary care physician and cardiologist.
4. Maintain a heart-healthy diet, monitoring sodium and saturated fat intake.

Follow-up

Mr. Doe is scheduled for a follow-up appointment on April 15, 2023, with Dr. Smith. Please contact our office if any concerns arise before this date.

Prepared by: Jane Doe, RN

Date: March 30, 2023