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HEARTS IN MOTION: COMMUNITY-BASED CARDIAC REHABILITATION PHASE 3 AT ECO GRANDEUR

Dr. Anie Farhana
Ngimron & Dr.
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For many cardiac survivors, recovery does not end at hospital discharge, it begins a new chapter of rebuilding strength, confidence, and purpose. In that spirit, the Department of Rehabilitation Medicine (Cardiac Rehabilitation Division), in collaboration with the Mobile Community Services team under KRIS (KPT Prihatin Komuniti Sejahtera), organised the Community Cardiac Rehabilitation Phase 3 Program on 18 June 2025 at Surau Eco Grandeur, Bandar Puncak Alam.

This meaningful event marked the next milestone for 40 cardiac survivors who had successfully completed the intensive eight-week, hospital-based cardiac rehabilitation program at Pusat Perubatan UiTM Sungai Buloh. It signified their transition from supervised



PARTICIPANTS during registration and health screening.

recovery to community-led empowerment, supported by family, peers, and health professionals.

Cardiac rehabilitation is a structured, multidisciplinary program designed to improve recovery, prevent recurrent cardiac events, and promote lasting lifestyle change. Phase 3 focuses on maintaining these gains—encouraging participants to take charge of their health through regular exercise, heart-healthy habits, and ongoing risk factor management within their

own communities.

The morning began with a community health screening led by the KRIS mobile team, offering blood pressure and glucose checks alongside health education booths. Excitement filled the air as participants joined an Explorace challenge, combining fun and fitness through a series of interactive stations that tested endurance, coordination, and teamwork, mirroring the physical and psychological resilience essential in cardiac rehabilitation.

MEMORABLE photo with program committee members and all participants.



KRIS team conducting health screening.

A key highlight of the program was a health talk by Dr. Anie Farhana Ngimron, Rehabilitation Physician from Hospital Al-Sultan Abdullah (HASA) UiTM, titled “Heart Disease

and Rehabilitation.” Dr. Anie shared insights on understanding coronary artery disease, recognising early warning signs, and the pivotal role of rehabilitation in

preventing recurrence. Her message—“Recovery is a partnership between discipline and hope”, resonated deeply with the audience.

Adding a personal touch, one cardiac survivor shared his journey following coronary artery bypass surgery. He recalled his early struggles with mobility and fear, and how, through persistence and structured rehabilitation, he regained strength and returned to full-time work. His story stood as a living testament to the transformative power of rehabilitation and community support.

The day concluded with a prize-giving ceremony for the Explorace winners and a closing address



by Ustaz Izzat Basri, Chairman of Surau Eco Grandeur. He expressed heartfelt appreciation for UiTM's initiative in bringing health education into community spaces, highlighting how faith, fellowship, and wellness can coexist harmoniously.

This event reflects UiTM's ongoing mission to extend specialised rehabilitation services beyond hospital walls, bridging medical care with community empowerment. By fostering continuity of care and nurturing self-efficacy, programs like CRP3 help cardiac survivors reclaim independence and live active, fulfilling lives.

As cardiovascular disease remains the



PARTICIPANTS performing aerobic exercise adapted for cardiac survivors, led by the Cardiac Rehabilitation Team.

leading cause of death in Malaysia, initiatives such as CRP3 remind us that prevention begins in our own neighbourhoods. The Department of

Rehabilitation Medicine extends sincere gratitude Surau Eco Grandeur Committee for their unwavering support and hospitality.