

Cardiovascular Rehabilitation

Contact Telephone Number 0151 600 1001 (press option 3)



*Excellent, compassionate and Safe care for **every patient**, every day*

“If there was a pill that cost very little, reduced cardiac deaths by 27 percent, improved quality of life, and reduced anxiety and depression, every cardiac patient in Europe would be expected to take it. There is no such pill, but taking part in a cardiovascular rehabilitation programme can provide all these benefits. In the UK, only a small number of those in need are offered the chance to take part.”

Professor Bob Lewin
European Society of Cardiology, 2005

You have been invited to attend a Cardiovascular Rehabilitation Programme, through Liverpool Heart and Chest Hospital in Knowsley Community.

The cardiac rehabilitation team consists of Cardiac Specialist Nurses, Exercise Physiologists, Exercise Instructors, and an Assistant practitioner.

This booklet will give you some information to help you get the most benefit from the programme, and help you understand what to expect from the sessions.

On your first visit you will have an assessment to ensure your individual needs are being met. You will be asked to perform a simple walking test, and based on the results, any other limitations, and your specific goals, we can design your programme. We currently offer you a choice of 3 venues:

- **Whiston Town Hall, Old Colliery Road, L35 3SX**
- **Kirkby Leisure Centre, Cherryfield Drive, 32 8SA**
- **Knowsley Leisure and Culture Park, Longview Drive, Huyton, L36 6EG**

Your Cardiovascular Rehabilitation programme is an opportunity for you to increase the success of your long term plan by being able to channel new strategies and ideas to improve your quality and length of life.

Name:

Start Date: (/ /)

Graduation Date: (/ /)

Venue:

We advise that you contact us if you are unable to attend a scheduled rehab session. If you do not attend two consecutive sessions without letting us know we will assume that you no longer wish to attend the programme and discharge you from the service.



Freedom of consent

I agree to voluntarily participate in the Cardiovascular Rehabilitation Programme. I understand that I am free to deny any consent if I so desire, both now and at any point in the programme. I acknowledge that I have read this form in its entirety or it has been read to me, and I understand my responsibility in the Cardiovascular Rehabilitation Programme in which I will be engaged. I accept the risks, rules and regulations set forth. Knowing these, and having had an opportunity to ask questions that have been answered to my satisfaction, I consent to participate in the Cardiovascular Rehabilitation Programme.

Name: _____

Signature: _____

Date: (/ /)

Why do you attend Cardiovascular Rehabilitation?

Cardiovascular rehabilitation (or 'cardiac rehab') is a programme of education and exercise, which aims to help patients with certain heart conditions and patients who have suffered a stroke to improve their lifestyle and their health. Cardiovascular rehabilitation is not compulsory but taking part has been found to improve quality of life and reduce the chance of readmission to hospital. (For more information see the British Heart Foundation website: www.bhf.org.uk)

Supervised exercise programme aims

- To provide supervision/advice regarding suitable exercise and physical activity levels (intensity, duration, type, frequency and progression rates).
 - To promote self-confidence and independence, and increase awareness of symptoms and the appropriate action that needs to be taken when symptoms occur.
 - To provide a monitoring service, to detect any adverse response to exercise or clinical status in general – with appropriate feedback to referring physician/consultant/GP.
 - Dependent upon clinical status, to aid the patients return to previous occupational vocational/recreational activities and modify as necessary, or find suitable alternative activities.
 - To develop and help the patient implement safe and effective exercise and recreational activities as part of their lifestyle on a long-term basis, following graduation from the supervised classes.
- We also offer you a comprehensive education programme including physical activity, nutrition, stress, signs & symptoms recognition, risk factors, medication, goal setting, sexual health and weight management.
 - It is common for many individuals to experience some type of anxiety or depression following the shock of a heart attack, cardiac event or a stroke. Evidence suggests that anxiety and low to moderate levels of depression may be alleviated by regular physical activity, coupled with attendance and availability of a psychological wellbeing referral programme.

About you

During your attendance you may be asked to complete some questionnaires including quality of life, psychological wellbeing and your experience during your stay with us. By completing these questionnaires you will enhance our understanding of your needs and will benefit from a specific programme that best suits your needs.

Patient consent for exercise

Confidentiality

During your exercise session personal information may be overheard by other patients. This may include but is not limited to blood pressure, heart rate, blood sugar, weight and review of medications. We may discuss additional educational material regarding your treatment while you are exercising. If you require a private consultation please ask a member of staff.

You are entitled to read any letters or correspondence about you that are sent between medical teams. If you require copies please request them from a member of staff.

Use of medical records

The information that is obtained while you are a participant in the Cardiovascular Rehabilitation Programme will be treated as privileged and confidential. It is not to be released or revealed to any person except your physicians without your written consent. The information obtained, however, may be used for statistical analysis or scientific purposes with your right to privacy retained.

Monitoring

Your blood pressure will be monitored as required. You agree to report to the rehabilitation staff any unusual, new or worsened symptoms associated with your exercise programme. These include but are not limited to unusual shortness of breath with low level activity; pain, pressure, tightness, heaviness in the chest, neck, jaw, back, and/or arms; unusual

fatigue with exercise; unusually fast, slow or irregular heart rate; faintness or dizziness

Risks

There exists the possibility of certain changes occurring during exercise sessions. These include abnormal blood pressure; fainting; irregular, fast, or slow heart rhythm; and in rare instances, heart attack; stroke or death. Every effort will be made to minimize those risks by provision of appropriate supervision during exercise. Emergency equipment and trained personnel are available to deal with unusual situations that may arise

Do

It is important that you report any unusual symptoms that you experience before, during or after exercise. (You may help assure the safety and well-being of others in the programme if you would also report any unusual symptoms you notice in others)

Follow all recommendations made by staff concerning the limits on any exercise or health-related activities that you may be encouraged to do

Do not

- Withhold any information pertinent to symptoms from any staff member
- Exceed your target heart rate
- Exercise when you do not feel well
- Exercise within 2 hours after eating, using tobacco products or have consumed alcohol.

Session information



The session will last for approximately 2 to 3 hours.

You will need to bring with you:

- A bottle of water
- If you have a GTN, inhaler, a blood glucose monitoring kit or an epi-pen please bring them with you to the class even if you do not use them on a regular basis
- Reading glasses.

Please wear suitable exercise clothes such as flat, non-slip shoes and loose fitting clothes.

You may be seen by the nurse for some pre-exercise checks, such as blood pressure, heart rate or blood sugar.

What will happen in the classes?

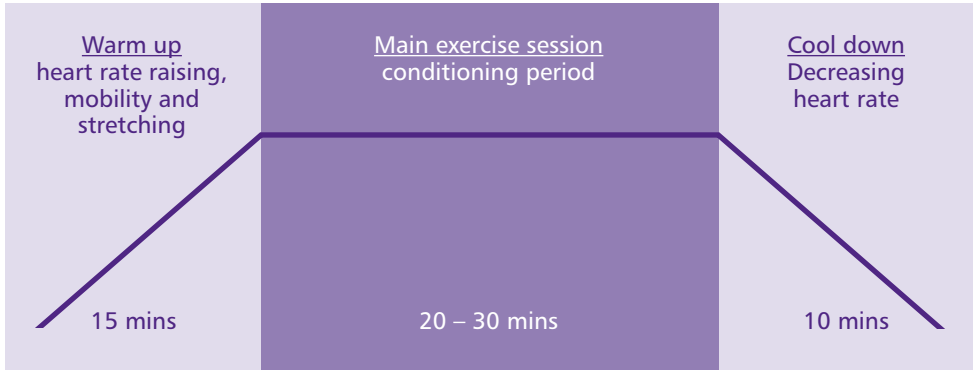
Your class may follow the following format:

- Put on your heart rate monitor
- Pre exercise check (blood pressure and heart rate)
- Warm up (15 mins)
- Main exercise session (20 – 30 mins)
- Cool down (10 mins)
- Post exercise check (blood pressure and heart rate)
- Education session
- Question time if needed
- We will ask you to stay for at least 10 minute after the session for us to make sure that you recover fully from the exercise sessions.

Before you start or during your exercise session please ensure you inform a member of staff if you have:

- Any change in symptoms e.g. new or worsening chest pain / angina
- Any change in medication

Structure of exercise class



- Any test results / investigations e.g. exercise test / blood tests
- Any new or worsening joint problems e.g. back or knee pain
- Any general feeling of being unwell e.g. fever, sore throat
- Any other queries, questions or difficulties that you think may be relevant
- Need to leave early.

Warm-up

The warm up is a vital part of your session, and has important safety implication.

By gradually increasing the demand on your heart, it reduces the risk of rhythm disturbances and angina, as it ensures that your heart has a good supply of oxygen before you start exercising.

1. Heart rate raising

The first 5 minutes should consist of gradual heart rate raising activity, such as marching on the spot, gentle walking or low-resistance cycling. It should start very gently and increase the intensity slowly.

2. Joint mobility

The second 5 minutes the heart rate raising activity should be interspersed with some joint mobilising exercises such as shoulder rolls, arm circles, hip circles, heel digs and toe taps.

3. Heart rate raising

The final section of the warm up should aim to get your heart rate to 10-20 beats below your heart rate range. The activity should feel light – moderate on the exertion scale (see page below), and you could feel a little breathless and your temperature may increase.



Conditioning period

This is the main section of your session. The exercises will be specifically designed for you and your needs, however if any of the exercises cause you pain or discomfort, please let a member of staff know as they can be altered.

You will be given a heart rate range to work within and you will be asked to rate the feeling of exertion using a simple scale. You will be closely monitored for several sessions, with an aim of exercising independently in a supervised environment.

Cool down (should last 10 mins)

It is important that you leave enough time at the end of your session to perform a cool down, as there is a risk of a drop of blood pressure if you stop exercising suddenly.

The aim of the cool down is to return your body back to its resting state, by gradually reducing the intensity. It should consist of slow walking or moving on the spot and some stretches.

It is very important to keep your feet moving during your exercise session. This is due to changes in how blood flow works during exercise and how these changes may result in blood pressure changes. Therefore, keeping the feet moving in some manner will help keep you symptom free from the effects of changes in blood pressure.

During your exercise session please tell the staff if you experience:

- Any angina, chest discomfort or dizziness
- Any additional joint pain
- If you feel unwell

Telling us how your feel during exercise

During your programme, staff will gauge your exercise intensity in various ways including monitoring of your heart rate, blood pressure and observation. You will be asked to wear a heart rate monitor for a few sessions at the start of your programme. However, certain medications can affect your response to exercise. Therefore, we ask each participant to feedback to staff how they feel with the chart below. This 6 to 20 chart is for you to give us an idea how the exercise is physically making you feel.

You should be feeling for sensations in your body, particularly how hard you feel your breathing and muscles are working – it is gauge of physical work. To help you, 6 would be classed as effort at rest which is nothing, therefore you would be likely to report physical sensations above this number.

Don't worry if you feel unsure about how you feel at first, as experience will improve how you feedback, especially if exercise is new to you, but be as honest as possible. You will be given an exercise programme sheet that is specific to you when you attend your first session. This sheet will have your exercises, your exercise heart training range and space to record your exertion scores. This sheet will be reviewed after each week and exercises can be altered and adapted according to your comfort levels. Also we can tailor your exercises to support your lifestyle, your job requirements and your hobbies.

It may be that you are keen to return to a pastime or a leisure activity such as swimming or golf, and this should be discussed on an individual basis. If you would like some advice on types of exercise, time of sessions, and ways of monitoring yourself please speak to a member of exercise staff.

Exertion scale

6 No exertion at all

7
8 **Extremely light**

9
10 **Very light**

11
12 **Fairly light**

13
14 **Somewhat hard**

15
16 **Hard**

17
18 **Very hard**

19
20 **Extremely hard**

Home exercise

It may be that you are keen to return to a pastime or a leisure activity such as swimming or golf, and this should be discussed on an individual basis. If you would like some advice on types of exercise, time of sessions, and ways of monitoring yourself please speak to a member of exercise staff.

Further exercise

Once you have completed your cardiovascular rehabilitation programme you will have a brief discharge assessment where we will repeat the walking test, allowing us to see if you have increased your exercise capacity.

You will be given the opportunity to access Activity For Life (AFL). This is a 12 week exercise referral scheme based in Knowsley Leisure Centres. It offers you a variety of different exercise classes including gym and pool use. We see AFL as a natural progression, therefore if you feel that you would like to access this scheme, please talk to a member of staff. There are other local schemes such as those below, although this is not an exhaustive list:

- Walks for health
- Pedal away (cycle scheme)
- Individual home plans
- Private gym membership



Further information

More support

We have links with other organisations to help you deal with other aspects of dealing with your cardiovascular help, for example:

- Psychological support (IAPT)
- Weight management (Changes)
- Home environment (IKAN)
- Alcohol services (ASK)
- Smoking cessation (Fag Ends)

Goal setting

Goal setting adds direction and a purpose to your aims and ambitions. Discuss your goals that you would like to strive for during your attendance. You will be assisted with your goal(s) setting using specific, measured, agreed, realistic, and timed/ targeted steps (often referred to as SMART goals) to set you on your way to achieving medium and long term plans.

We hope that this booklet has been useful and that it has answered any queries that you may have. If you have any further questions more specific to your needs please talk to a member of our team.

If you require a copy of this
information in any other
language or format
(eg. Large print)
please contact the
Customer Care Team on
0151 600 1257
quoting the format or
language you require.

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