

Cardiac Rehabilitation (CR)

This is a recognised national programme aimed at helping people with cardiovascular disease and a variety of heart conditions. You will attend a programme if you have had a heart attack, heart surgery, had stents (angioplasty) or cardiac device fitted, if you have been diagnosed with heart failure or other heart conditions as it is part of your treatment.

It is delivered at different stages of your recovery:

The **first** stage takes place whilst you are in hospital where you and your relative or carer will chat with the Cardiac Rehabilitation Nurse or a ward nurse on the following topics:

- ❖ Your diagnosis and procedure
- ❖ Your medical risks (such as diabetes, high blood pressure and high cholesterol)
- ❖ Your lifestyle risk factors. (unhealthy diet, excessive alcohol intake, physical inactivity and smoking)

If all of the above risks are not controlled and modified they can increase your chances of developing heart disease, heart attacks, strokes, kidney disease and heart failure.

Cardiac rehabilitation will provide education regarding:

- ❖ What is a healthy diet and how to maintain a healthy weight
- ❖ Recommended alcohol units and the benefits of being physical active
- ❖ How to manage your stress and anxiety
- ❖ Benefits of quitting smoking and offering support
- ❖ Benefits and the necessity of attending cardiac rehab as part of your treatment and recovery.
- ❖ The importance of taking your prescribed medications
- ❖ Inform you of the important signs and symptoms to be aware of during your recovery process - these will also be detailed in your discharge pack

Cardiac Rehab is a vital part of your **treatment** and **recovery** along with taking any medications regularly that have been prescribed and adopting healthier lifestyle choices. It is proven to benefit and improve your quality of life and can positively affect your cardiovascular survival and disease occurrence.

When you are discharged from hospital, you will be referred to your local CR programme (the second stage) and your Consultant, GP and all your health care professionals will reiterate the importance of you attending.

These programmes are organised and supervised by a full team of health professionals and they are tailored to meet your individual needs. You will be offered education sessions to help advice and support you to manage your lifelong condition.

It can also help you regain your confidence by knowing what steps to take to help yourself and reduce your risk of further problems, which may involve adopting some lifestyle changes to protect your heart.

The physical activity component within the clinically supervised programme includes the delivery of structured exercises to assist you to resume your activities of daily living, occupational activities and leisure pursuits

Patients who do not attend a CR programme are 3 times more likely to be re-admitted into Hospital within the first 6 months.

After you have completed your programme you **may** be referred locally for a further physical activity programme and this will assist you with maintaining a healthier lifestyle

Your local Hospital or community Cardiac Rehab programme is located at

You will be contacted either by phone or letter inviting you to attend your 1st appointment with your Cardiac Rehab Team where you can ask any questions, discuss any worries you may have, and to plan your individual care and treatment. You will also be advised on the local venues available to you and full details of the programme.

If you have not been contacted by them within 5 working days on _____

Depending on where you live and your medical status you **may** receive an initial home visit from the Cardiac Rehab nurses.

If you have any general queries specifically relating to cardiac rehabilitation please call the Cardiac Rehab Team on 0151 600-1636, Monday –Friday 8am- 5.00 pm (excluding Bank Holidays) Please note that calls may not be retrieved until the next working day

Please DO NOT leave any messages if you are unwell please contact your GP or local walk in centre immediately.