

# Cardiac rehabilitation

Physiotherapy Department



Patient information leaflet

As part of your treatment, the medical and nursing professionals strongly suggest that you attend the cardiac rehabilitation programme. This will help you get better quickly and improve your health.

## **What is Cardiac Rehabilitation?**

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- A programme of exercise and information for people with heart disease.
- It will help you to recover and get back to as full a life as possible after a heart problem.
- You will learn how to look after your heart.
- You will learn how to exercise safely.

## **Why should I attend the programme?**

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Research shows that people who attend a cardiac rehabilitation programme reduce the chance of a heart problem re-occurring and you will be less likely to die from coronary heart disease.

## **How can it help me?**

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- Improve your physical fitness.
- Return to work and resume your social activities.
- Reduce levels of anxiety.
- Better understanding of your heart condition.

## Who benefits from cardiac rehabilitation?

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Anybody with coronary heart disease.

- If you had a coronary angioplasty (sometimes called a balloon or stent).
- If you had heart surgery.
- If you had a heart attack.
- If you have stable heart failure.

## How do I join?

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The rehabilitation team needs a referral for you to be able to join.  
Referrals can be made from:

- Cardiac Rehab Nurse if you were an inpatient at the Royal Surrey.
- Frimley Park Hospital if you had your treatment there.
- If you had your treatment at another hospital you will need to ask your GP to refer you.
- Your GP or your Royal Surrey Cardiology team.

Referrals should be sent to the Physiotherapy Department,  
Royal Surrey County Hospital, Egerton Road, Guildford, GU2 7XX  
or faxed to **01483 464017**.

## What will the programme mean for me?

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### Step one:

- To attend a group talk where we provide you with advice and information. Usually 1–4 weeks after discharge from hospital or as soon as you feel able to attend.

### Step two:

- You will have a one to one assessment with a physio or nurse. We will assess your exercise ability, discuss your risk factors and answer any questions or concerns you may have.

### Step three:

- Coming to exercise classes for up to 8 weeks.
- You will be given a programme of exercises to suit you.
- We will show you exercises you can do at home.
- You will learn lots about your heart problem. There is a talk at every class.
- You will meet other people with a heart condition.
- We will teach you how to exercise at the right level.
- We have exercise classes at the Royal Surrey and also at The Wilfrid Noyce Centre in Godalming.

## I'm not sure if I should sign up?

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We suggest that you attend step one and two and we can discuss your individual needs.

## What should I do if I do not receive an invite?

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- Contact the cardiac rehab team to check if your referral has been received.

## References

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- British Heart Foundation
- NSF for Coronary Heart Disease
- The National Audit Of Cardiac Rehabilitation (NACR)
- NICE Guidance. Myocardial Infarction: cardiac rehabilitation and prevention of further cardiovascular disease. Nov 2013

## What other patients thought about the programme

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*"Excellent. The programme has definitely made a difference and everyone who has the chance to take the course should".*

**Tom, 73**

*"I was very apprehensive about doing the course. Now I have completed all eight classes and I am so pleased that I took part. I would definitely recommend it".*

**Danny, 41**

*"Very good. Thoroughly enjoyed the sessions, they get you into pattern of exercise that you can maintain. Would definitely recommend".*

**Susan, 85**

*"Exercising in a friendly group is helpful and also learning that you need to go at sensible pace. Setting up for a regular routine after the course".*

**Bill, 69**

*"Gave me confidence to do more exercise without getting dizzy".*

**Alistair 53**

*"I think more people should attend, I really enjoyed it".*

**Mary 76**

*"Thanking you so much, not only have I enjoyed every minute but I also found it to be very informative and very helpful. I look forward to continuing everything I have learnt".*

**Alan, 94**





## Contact details

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### Cardiac Rehabilitation Team

Physiotherapy Department, Level B

**Telephone:** 01483 464153

### To speak to Erin Douglas, Cardiac Rehab Nurse

**Telephone:** 01483 571122 **ext** 6370

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## PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: September 2018

Future review date: September 2019

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**PIN180906–1127b**

