

# Information for patients taking part in cardiac rehabilitation classes

## Cardiac Support Services

### Other formats

**If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.**

At a time appropriate to your recovery you will have the chance to join a cardiac rehabilitation exercise and education programme.

The cardiac rehabilitation team will lead you through a variety of exercises to help you improve your heart health and build up your physical ability over the course of the programme. Each session is suitable for all abilities as it is taken at your own pace.

Please inform us if you are unable to attend. We will assume you wish to be discharged after two non-attendances without notification. You are entitled to eight sessions with us.

## Important things to remember

- Wear comfortable clothing and shoes. Your toes must be covered so please do not wear sandals
- Don't forget to eat a light breakfast /lunch and please bring a bottle of water with you – it's important to keep hydrated.
- If you are diabetic, please check your blood sugar before breakfast. Bring your blood sugar machine with you as well as a snack.
- There are changing rooms available if required.
- If you have a prescribed GTN spray or any inhalers, you must bring them with you.
- For safety reasons we ask that you stay with us for at least 15 minutes after the exercise session. Tea and coffee facilities are available at some sites and we sometimes run education sessions at this time.
- There is a cost of £3 per session payable to reception.

- **If any of your medication has changed or there is any change in your condition, please tell us at the start of the session.**
- **If you feel any pain, feel faint, dizzy or short of breath whilst exercising, please inform a member of the rehab staff immediately.**

## **Phase 4**

On completion of the programme you will be encouraged to continue with exercise on the phase 4 programme. This aims to promote independent and safe exercise that you can maintain on a regular basis.

Please speak to the team for more details.

**You will be allocated a “main” site for your programme but if you would also like to attend other sessions, please ask.**

**Initial assessment/date/time/site .....**

.....

**Start date/time/site .....**

.....

## **Service contact details**



The support service is available Monday to Friday 9am - 5pm.

If you need help for minor accidents or unexpected health problems, please call 111 (free from landlines and mobile phones).

They can offer help if you:

- Need medical help fast but it's not a 999 emergency.
- Think you need to go to A&E or need another NHS urgent care service.
- Don't know who to call or you don't have a GP to call when you need health information or reassurance about what to do next.

## Further information

For further information, please visit our website at:

[www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk)

### Useful links:

#### **British Heart Foundation (BHF)**

Telephone: 020 7935 0185

Website: [www.bhf.org.uk](http://www.bhf.org.uk)

Heart Information Line: 08450 70 80 70

#### **Cardiomyopathy Association**

Telephone: 01923 249977

Website: [www.cardiomyopathy.org](http://www.cardiomyopathy.org)

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail: [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple. Alternatively, it may be possible for us to arrange an appointment in your area.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the ward staff or the PALS team in the first instance.

'Patient Opinion' comments forms are on all wards or online at [www.patientopinion.org.uk](http://www.patientopinion.org.uk).

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