

## **Rugby Cardiac Rehabilitation Department**

# **Discharge Information for Rugby patients, following a heart attack**

### **Introduction**

This booklet aims to give you some basic information to help you in the early stages of your recovery from your heart attack, before your local Cardiac Rehabilitation Department contacts you.

A Cardiac Rehabilitation Nurse will contact you within 2-3 working days of you leaving hospital. Your individual needs will be assessed and you will be offered a programme of advice and support. An appointment will be arranged for you to be reviewed by one of the Cardiac Rehabilitation nurses. We also offer a structured programme of heart information sessions and a supervised exercise programme.

### **Cardiac Rehab Nurses at Rugby St Cross Hospital**

- Jo Holdsworth, Programme Manager
- Mary Morton, Cardiac Rehabilitation Nurse
- Sue Barnard, Cardiac Rehabilitation Nurse
- Sarah Reynolds, Cardiac Rehabilitation Nurse

### **When you get home**

- Take things easy for a few days. Get plenty of rest and try and avoid having too many visitors.
- Get up and dressed and limit yourself to some light household activities; avoid any heavy lifting.
- Get into a routine with your medications.



## Patient Information

- Arrange for your discharge letter to be taken to your GP.
- Try and eat healthily.

## Driving

The type of heart attack you've had and the tests performed in hospital will determine how soon you can drive again.

Unless told otherwise, you can drive your car in four weeks and in some cases this can be as soon as one week. Please discuss this with the ward staff or Rehabilitation Nurse before driving.

You must inform your insurance company that you have had a heart attack.

## Chest Pain Management

Before you leave hospital you should be given a GTN (Glyceryl Trinitrate) spray. Please make sure you understand how to use it. If you are unsure please ask a member of the ward staff.

## What to do if you get chest pain

- Stop and rest.
- Sit down or lean on something.
- Take your GTN spray (1-2 puffs under your Tongue, close your mouth) or tablets.
- Wait 5 minutes.
- Has the chest pain gone?
- If not, take your GTN spray or tablets again.
- Wait 5 minutes.
- Has the chest pain gone? **If not, dial 999**

## Patient Information

### **For further information contact:**

Rugby Cardiac Rehabilitation Department

Hospital of St Cross

Barby Road

Rugby

CV22 5PX

Tel: 01788 663463

Fax: 01788 663740

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 01788 663463 and we will do our best to meet your needs.

The Trust operates a smoke free policy

#### **Document History**

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