

Patient Information

## Cardiac Rehabilitation Department Hospital of St Cross, Rugby

# Self-Management Plan Following Cardiac Rehabilitation

Name.....

Diagnosis .....

Treatment .....

Date.....

The purpose of this record is to help you become more involved in your own health care. It offers you a place to keep a record of your treatment and progress, and it is a way to track any changes in your care. It's your own personal record for you to keep up to date.

Coronary Heart Disease (CHD) is a long term condition which can increase your risk of having another cardiac event i.e. angina or heart attack. CHD is managed with lifelong medication and by identifying your **individual** risk factors and modifying them where possible.

## Risk Factors

A risk factor is something that increases your risk of developing Coronary Heart Disease (CHD).

Risk factors that you **cannot** change:-

- Age
- Sex
- Ethnic origin
- Family history

Risk factors that you **can** change or control:-

- Smoking
- High blood pressure
- Physical inactivity
- Unhealthy diet
- High cholesterol
- Diabetes



# How can you reduce your risk?

### 1. **STOP smoking**

Smoking is one of the major causes of CHD and increases the risk of having a heart attack.

### 2. **Controlling blood pressure (BP)**

Aim for BP 130/80 mmHg or below. You should have this checked with your GP every 6 months if it is in range or more frequently if it is not.

### 3. **Increasing physical activity**

Government guidelines encourage people to be physically active for 20 to 30 minutes per day to the point of slight breathlessness<sup>[1]</sup>.

### 4. **Eating a healthy diet**

Aim to eat at least 5 portions of fruit and vegetables per day. Reduce saturated fat, salt and sugar intake. One portion of oily fish per week and one portion of white fish per week.

### 5. **Lowering cholesterol**

Aim for a 40% reduction in your non HDL cholesterol. Your GP will check this after 12 weeks and if you are on target it will be rechecked annually.

### 6. **Alcohol**

Have 2 alcohol free days a week. 14 units or under of alcohol for both men and women.

### 7. **Diabetes**

It is important to have strict control of your blood sugar levels. Aim for HBA1C of 48 to 59. Aim for blood sugars of 4 to 7mmols.

### 8. **Stress**

Stressful situations can encourage people to have unhealthy lifestyle behaviours such as overeating, smoking and drinking too much. Improving Access to Psychological Therapy (IAPT) is a service for people who are feeling stressed, anxious, low in mood or depressed or you can contact your GP for advice.

## Your Individual Risk Factor Management Plan

It can be difficult to change your lifestyle but setting SMART goals will help in achieving your aims. If you need any help setting these goals your Cardiac Rehabilitation Nurse can help you.

<b>S</b> pecific <b>M</b> easurable <b>A</b> ttainable <b>R</b> ealistic <b>T</b> imely		
Risk factor	Aim	Progress / comments
Risk factors	Aim	Progress / Comments
Risk factors	Aim	Progress / Comments
Risk factors	Aim	Progress / Comments

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# Baseline information on completion of your Cardiac Rehabilitation

### Date:

**BP:** .....

*Normally under 130 (upper value) and under 80 (lower value)*

**Pulse:** ..... Irregular/regular (please circle)

*Normally 60-100 beats per minute*

Ensure your GP checks your BP and Pulse every 6 months if they are in your target range, but they should be checked more regularly if not under control as your medications may need adjusting.

Your GP will gradually increase some of your medication doses until your maximum tolerated dose or target dose is reached<sup>[2]</sup>

### Cholesterol:

Total cholesterol..... Non-HDL.....HDL .....

Triglycerides.....Ratio .....

Check cholesterol 12 weeks post cardiac event then yearly if in target range.

**HDL – High Density Lipoproteins** - known as “good cholesterol” because it gets rid of “bad” cholesterol from your blood vessels.

**Non-HDL (non-high density lipoproteins)** - delivers cholesterol from the liver cells around your body. This is known as “bad” cholesterol because if you have too much it can stick to the walls of your blood vessels and stay there.

**Triglycerides** - our blood contains another type of fatty substance called triglycerides. This can also contribute to narrowing of the artery walls, which can increase your risk of heart disease.

### Blood Sugar Levels:

HBA1C..... (Range 48 to 59)

Organise a diabetic check with practice nurse at least yearly.

Self-Management plan following cardiac rehabilitation [www.uhcw.nhs.uk](http://www.uhcw.nhs.uk)

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### **Other things to consider:**

- Flu jab (repeat yearly)
- Heart Start
- Dietitian referral
- Lipid referral
- Smoking cessation
- BHF magazine and membership form
- Psychology referral/IAPT

## Medication

Any allergies to medication? \_\_\_\_\_

Pre-Payment Prescription form – [www.nhsbsa.nhs.uk/ppc](http://www.nhsbsa.nhs.uk/ppc) or telephone 0300 330 1341.

Medicine and start date	Family of medicines	Dosage	When I take it M = morning L = lunchtime T = teatime B = bedtime BF = before food AF – after food	Changes Any alterations i.e. dose/frequency or stopped

Beta-Blocker (Bisoprolol, Metoprolol, Atenolol, Sotolol) reduces the workload of your heart and reduces your heart rate

ACE = angiotensin—converting enzyme (Ramipril, Perindopril, Lisinopril) reduces the workload of the heart and reduces your blood pressure.

ARB = angiotensin receptor blocker (Losartan, Candesartan, Valsartan) used to control high blood pressure and treat heart failure

Check any over the counter medications are suitable to take with your prescribed tablets – or ask the pharmacist.







## Patient Information

### Chest Pain Diary

Date and time:	What was I doing?	Symptoms?	How long did it last?	What action did I take?

## Patient Information

### Patient Education Sessions

We advise you and your family or friends to attend these sessions. In these sessions you will have the opportunity to learn about your heart and the best way to manage your condition.

#### **Understanding your Heart Condition:**

In this session you will learn the science behind your heart condition, look at your risk factors and ways to reduce these as well as receiving information on the local Heart Support Group.

#### **Healthy Eating:**

In this session our Dietitian will offer you dietary advice for the prevention and treatment of heart disease.

#### **Coping with your heart condition:**

A chance to learn relaxation and coping techniques to help you deal with the emotional response to having a heart attack or heart surgery.

#### **Physical Activity Guidelines:**

In this session an Exercise Specialist will explain the importance of exercise to your heart condition.

#### **Medications:**

In this session the Pharmacist will explain about the medications you will have been prescribed for long term management of your heart condition.

#### **Heart Start:**

An opportunity to learn simple skills that save lives.

### Rugby Heart Support Group

[www.rugbytakeheart.com](http://www.rugbytakeheart.com)

Rugby Take Heart is a self-help, self-financing group started in the late eighties by people with heart problems to help others in Rugby with the same problems and to provide support & information.

In 1996 through an initiative by the British Heart Foundation (BHF) & the Hospital of St Cross the group became affiliated to the BHF. In January 2000 due to the growth of the group a committee was formed.

Membership to Take Heart is free to anyone living in Rugby and the surrounding area living with a heart condition.

## Patient Information

### **Our Contact Details:**

Cardiac Rehab Department  
Rainsbrook Wing  
Hospital of St Cross  
Rugby  
CV22 5PX  
Telephone: 01788 663463

### **Other useful contacts:**

#### **Age UK**

[www.ageuk.org.uk](http://www.ageuk.org.uk)  
Telephone: 0800 009966

#### **Blood Pressure Association Helpline**

[www.bpassoc.org.uk](http://www.bpassoc.org.uk)  
Telephone: 0845 241 0989

#### **British Heart Foundation**

[www.bhf.org.uk](http://www.bhf.org.uk)  
Telephone: 02075540000

#### **Rugby Take Heart Local Support Group**

Monthly meetings, 3 coffee mornings per year and trips out.  
All welcome please call the Cardiac Rehabilitation Department for further information.

#### **Diabetes UK**

[www.diabetes.org.uk](http://www.diabetes.org.uk)  
Telephone: 0207 424 1000

#### **DSS Benefits Enquiry line**

[www.direct.gov.uk](http://www.direct.gov.uk)  
Telephone: 0800 022 4332 or 0800 169 0169

#### **Heart UK**

[www.heartuk.org.uk](http://www.heartuk.org.uk)  
Telephone: 0845 4505988

#### **Improving Access to Psychology Therapy (IAPT)**

[www.covworkspt.nhs.uk/iapt](http://www.covworkspt.nhs.uk/iapt)  
Telephone: 02476 671090

#### **Quit**

[www.quit.org.uk](http://www.quit.org.uk) Telephone: 020 7539 1700

## Patient Information

### References

- [1] [www.nice.org.uk/guidance/CG181/chapter/1-recommendations](http://www.nice.org.uk/guidance/CG181/chapter/1-recommendations)
- [2] [www.nice.org.uk/guidance/cg172/chapter/1-recommendations#drug-therapy-2](http://www.nice.org.uk/guidance/cg172/chapter/1-recommendations#drug-therapy-2)

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the Cardiac Rehab Dept. at St Cross Hospital on 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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