

## **Cardiac Rehabilitation Department - Hospital of St Cross**

# **Heart Failure Cardiac Rehabilitation Programme**

### **Why have I been referred to Cardiac Rehabilitation?**

After your recent heart failure clinic appointment for your heart, you have been identified as someone who may benefit from attending Cardiac Rehabilitation.

### **What is Cardiac Rehabilitation?**

We offer a variety of services including:

- Individual activity assessments;
- Individual exercise (home) programmes;
- Group exercise classes;
- Dietary advice;
- Heart Information sessions including: Living with heart failure, medications, physical activity/fatigue management & goal setting, healthy eating, managing mood & anxiety and local groups;
- Psychology services.

You can choose to take up all of the services, a few, or none at all.

The cardiac rehabilitation sessions are delivered by a team of practitioners including Exercise Specialist in conjunction with Cardiac Rehab Nurses and the Heart Failure Specialist Nurse.



## Patient Information

### **Where and When?**

#### **Cardiac Rehabilitation Department, Hospital of St Cross, Rugby**

The exercise classes will be held on Wednesday morning

Between 9.30am and 12.30pm

9.30am to 11.00am                      Gym based sessions

11.00am to 11.30am                    Heart Failure Education talk

11.30am to 12.30pm                    Balance and stability session

(You will be given an appointment time within this 3 hour time slot to the session that best suits your needs).

Your programme will last for a minimum of 12 weeks.

### **Staff members**

#### **Cardiac Rehabilitation Nurses:**

Jo Holdsworth, Mary Morton, Sue Barnard, Sarah Reynolds

#### **Heart Failure Nurse Specialists:**

Lisa Hinnitt, Stephanie Kirkland and Melanie Geddes

#### **Exercise Specialists:**

Kirsty Barsby,

#### **Dietician:**

Jenny Briafield

### **What does the fitness assessment involve?**

Before you start the exercise programme, your current activity levels will be assessed either by using a walk, bike or arm bike assessment or functional assessment. We do this so that we can work out what level of exercise is best for you. The whole assessment will last for about one hour. You won't be exercising all of this time and the level of the assessment will be based on your capabilities, so try not to worry before hand.

## Patient Information

Once you have completed the programme we will then repeat your initial assessment, to show you how you have improved.

### **What happens after your programme of heart rehabilitation has finished?**

At the end of the programme your progress and goals that you were set will be reviewed. We may then offer you a further sessions if you feel you haven't reached your goals. During your time with us you will be encouraged to try some exercises at home as well as attending the hospital exercise classes once a week. This means when you have finished your sessions at the hospital you should be confident enough to continue exercising at home. There is also the opportunity to continue with the cardiac exercise classes under the supervision of fully qualified instructors in the community. These continuing classes are held throughout the week in a variety of settings and there will be a small charge for these.

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

Current evidence demonstrates that patients who attend a cardiac rehabilitation programme feel much better, both physically and psychologically and are able to manage their condition better.

### **What if I feel nervous about exercising?**

Don't worry; the programme is individually tailored to meet each person's needs. It can focus on how to manage your activities around the home to returning to work.

For more information on this, contact the Cardiac Rehabilitation Department on 01788 663463.

**Cardiac Rehabilitation Dept**

**Rainsbrook Wing Level 2**

**Hospital of St. Cross**

**Barby Road**

**Rugby**

**CV22 5PX**

**Tel: 01788 663463 (direct line, answer phone available)**

## Patient Information

### Safety

It is vitally important that you let one of the members of staff know:

- If you have been unwell since the last class;
- If you have had any change in your symptoms;
- Or if any of your tablets have changed.

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

The Trust operates a smoke free policy.

<b>Document History</b>	
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