

Patient Information

Cardiac Services

Cardiac Rehabilitation Exercise Programme

Name:.....

We advise you read through this booklet before you start the exercise sessions with us.

This booklet will explain:

- Why exercise and how much to do
- What to expect
- What to bring with you
- How to exercise safely
- Structure of a session
- Education sessions
- Other services we offer

What is Cardiac Rehab?

Cardiac rehab is a service aiming to help you to recover after your cardiac event or surgery. You will have **approximately 10 free sessions of supervised exercise over a 5-6 week period.**



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You will be attending cardiac rehab on:

_____ at _____ and _____ at _____

Your start date will be: _____

The start time will be: _____

Please note that class times are either **Monday and Thursday at 1pm or 2:15pm, or Tuesday and Friday at 9:15am or 10:30am.**

It would be appreciated if you could arrive **10-15 minutes** prior to your allocated class time as the class begins with a group warm-up.

Why should I exercise?

Your heart is a muscle which pumps blood around your body. After a cardiac event or surgery, your heart can weaken. Exercise can help the heart to become stronger so it does its job more effectively. The type of exercises that help the heart muscle the most are called cardiovascular or aerobic exercises such as walking or cycling.

What Should I Aim For?

The Chief Medical Officer Guidelines state that adults should aim to do **150 minutes of moderate intensity exercise a week.**

This works out as **30 minutes** activity on at least **5 days** of the week. Many activities at home will count towards the **150 minutes**, such as brisk walking, cycling, cleaning or decorating.

Exercising for this amount of time in a week seems like a lot, however it is something we will help you **gradually build towards** and boost your confidence over the sessions of cardiac rehab. Exercising at a moderate intensity means you should be working hard enough to feel warmer and breathe slightly faster/heavier than at rest.

BUT it should not be too difficult that you cannot talk and exercise at the same time.



What is Cardiac Rehab? (Continued)

At the start of your programme you will be exercising for **around 20-30 minutes in total**. However as your fitness improves over the weeks, this time will be gradually increased up to **approximately 1 hour**.

Information from your exercise assessment (Cardiovascular or functional) will be used to write you an individualised exercise programme that is best suited to your normal daily activities and your fitness level.

We will monitor your heart rate during the sessions using a heart rate monitor that is fitted like a belt or a finger monitor, for your first 8 sessions.

When you have finished your sessions you will have another assessment to measure your fitness levels and we will compare this to your initial assessment at the beginning.

It is important that if you cannot attend for any reason that you let us know so we can reschedule your sessions.

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If we do not see or hear from you for 2 weeks, you will either receive a phone call or letter that will discharge you from Cardiac Rehab.

For Each Session

Sign in: You will approach the volunteers who will sign the register and ask if you have been unwell since your last visit and if you have had a change in medication or symptoms.

If needed, there are lockers in the changing room for your personal belongings that require **£1 or a trolley token.**

A member of staff or volunteer will then assist you in putting on a heart rate monitor and collecting your exercise programme.

You will then start the exercise session with the rest of the group.

If you are **diabetic** you will have your blood sugar tested before and after the exercise session, alternatively you can bring your own device.

What to Bring with You

- **Glyceryl Trinitrate (GTN) Spray** (if you have one).
- **Inhalers** (if you have asthma/COPD).
- **A sugary snack or glucose tablets** if you have diabetes.
- **A bottle of water.**
- Please do not exercise on an empty stomach, aim to eat a light meal 1-2 hours before your exercise start time.
- Wear comfortable, loose fitting clothing and flat shoes.

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Exercise Safety

- Do not exercise if you are feeling unwell.
- Keep your GTN spray with you. If you have chest pain or feel unwell whilst in the class, please inform a member of staff straight away.
- Try to keep your feet moving at all times when not on a piece of equipment, this prevents any light-headedness.
- Stick to the exercises, levels and times prescribed for you by the staff.
- Don't be afraid to ask! We are here to help.



How to Monitor Exercise Intensity

During your exercise sessions you will be using a scale of how challenging you find each activity as well as taking your heart rate.

When choosing your rating we want you to think about all the feelings of physical and effort i.e. your breathing, tiredness in your legs, and combine them into one total feeling of exertion. You will then choose a number or a phase from the scale below.

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Rating of Perceived Exertion Scale (RPE)

6	No Exertion
7	
8	
9	Very Light
10	
11	Light
12	
13	Somewhat Hard
14	
15	Hard (Heavy)
16	
17	Very Hard
18	
19	
20	Maximal Exertion

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Structure of a Session

Warm up - RPE 9-11

The warm-up is done at the start of your exercise session, it is made up of walking and stretches in a group format and will last 12 minutes.

The warm-up should increase your breathing rate and your heart rate. This will allow for the blood vessels going to the heart to widen, allowing good blood flow ready for the exercise.

Main Section (Cardiovascular Exercise) - RPE 12-14

This is the section where the heart will benefit the most from the exercise; it will be slightly harder than the warm-up and cool-down.

It should feel as though it is some effort to do but not so much that you want to stop.

You will be exercising on several pieces of equipment during this section for a total of 15-30 minutes.

Cool Down - RPE 9-11

The cool down section will be made up of 2 lots of 5 minutes slow walking (before and after strength exercises).

The purpose of this is to slow down your breathing rate, heart rate and blood pressure back to resting levels after the exercise.

Doing a good cool down is very important to avoid any feelings of dizziness at the end of the exercise.

Goal Setting

Now that you have finished the programme, it can be useful to use the momentum gained during the programme and set long-term goals around your health and fitness. Goal setting is used as a motivational tool to help us achieve our aims.

Goals allow us to:

- Take control of your situation.
- Have a starting point for an action plan to get there in manageable steps.
- Give a benchmark of how well we are progressing.

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Effective goals need to meet 5 characteristics. These are:



What do you want to do? How will you know when you have succeeded? Is it in your power to accomplish it? Can you realistically achieve it? When exactly do you want to reach your goal?

Goal Example

Specific	To be physically active by <u>walking</u> .
Measurable	I will walk <u>150 minutes per week</u> . I will do <u>30 minutes - 5 times a week</u> .
Achievable	I will start with a light amble and build up gradually.
Realistic	This is realistic as I am already walking 3 times a week.
Timely	I will do this in the next 3 months.

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My Goals

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Cardiac Rehabilitation Education

To get the best benefit from cardiac rehab, we recommend you attend our education sessions to improve your knowledge of your condition. They are delivered every **last Wednesday** of the month between **10am-12pm**.

The following topics are covered:

- Your Heart Health and Recovery (Cardiac Rehab Nurses)
- Benefits of Exercise (Clinical Exercise Physiologists)

To receive dietary advice and guidance, the education sessions run monthly on **Monday** morning **9.30am-11.30am** and **Tuesday** afternoon **13.30pm-14.30pm**.

For specific information regarding dates and times, please ask a member of the cardiac rehab team on your next visit.

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Struggling to Attend?

We appreciate that arranging transport to attend the classes may be difficult for some. The cardiac rehab programme is also delivered in other forms also, so everyone can attend.

The **alternative options** are:

- Activate Your Heart (Online)
- The Heart Manual (Paper / Telephone Delivery)
- REACH-HF (Paper / Telephone Delivery)
- Home Exercise Programme (Paper / Telephone Delivery)

Please speak to a member of the cardiac rehab team if you are struggling to attend and we can discuss other available options.

Thank you for taking the time to read this booklet

Further information about following cardiac rehab can be found on the following platforms:

British Heart Foundation:

<https://www.bhf.org.uk/information-support/support/practical-support/cardiac-rehabilitation>

OR

NHS England: <https://www.nhs.uk/conditions/coronary-heart-disease/recovery>

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Clinical Exercise Physiologists

Richard Powell, Jon Prosser, Jack Hayward, Becky Evans, Ben Morley, Olivier Fiassam, Nathan Davenport, Lee Tompkins and Kirsty Barsby.

University Hospital Coventry and Warwickshire NHS Trust

Cardiac and Pulmonary Rehabilitation

Atrium Health, Centre for Exercise and Health

Watch Close

CV1 3LN

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact the team on 02476 234 570 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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