

## **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 home exercise programmes;
- Group exercise classes or REACH HF home programme (Rehabilitation Enablement in Chronic Heart Failure);
- Dietary advice;
- Heart Information sessions including: Living with heart failure, medications, and physical activity/fatigue management & goal setting.
- Psychology services/IAPT.

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 hospital based exercise classes will be held on Wednesday and Friday afternoons between 13:00 – 15:00.

(You will be given an appointment time within this 2 hour time slot to the session that best suits your needs).

Your programme will last for a minimum of 8 weeks.

Rehabilitation Enablement in Chronic Heart Failure (REACH HF) programme is a 12 week programme which will be facilitated by telephone contact with the cardiac rehabilitation team. It consists of education resources for the patient, their friends and family, an exercise DVD, a relaxation CD and a progress tracker.

### **Staff members**

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

Rebecca Preston, Sandra Worrall, Sue Barnard, Sarah Reynolds and Vikkie Deery

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

Lisa Hinitt, Stephanie Kirkland and Melanie Geddes

#### **Exercise Specialists:**

Kirsty Barsby, Becky Evans and Ben Morley

#### **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 functional assessment. We do

## Patient Information

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.

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 Department**  
**Rainsbrook Wing Level 2**  
**Hospital of St. Cross**

## Patient Information

**Barby Road**

**Rugby**

**CV22 5PX**

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

### **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.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### **Document History**

Department:	Cardiac Services
Contact:	33463
Updated:	April 2022
Review:	April 2024
Version:	8.2
Reference:	HIC/LFT/823/09