

Patient Information

## Cardiac Services

# Cardiac Rehabilitation Discharge Booklet

Name:.....

**We advise you read through this booklet to help with your discharge from Cardiac Rehabilitation**

- What have I achieved in rehabilitation?
- What activities can I resume?
- Goal setting and recommendations
- How to stay safe
- Exercise programme
- Symptoms and lifestyle
- Support services / useful contacts

## Introduction

Well done! You have successfully finished your course of Cardiac Rehabilitation. It may seem a little daunting exercising on your own but you have already done the hard work. The aim of this booklet is to summarise your progress, maintain your level of fitness and continue to improve your health. This leaflet has advice to keep you safe and equip you with further exercise routines that you can do at home.



## Patient Information

### What Have I Achieved in Rehabilitation?

**Fit-Test Date:**

**Re-Test Date:**

**Height:**

**Weight:**

Pre:

Post:

**BMI**

Pre:

Post:

**Waist Circumference**

Pre:

Post:

**Fit-Test Details**

**Re-Test Details**

Minutes:

Minutes:

Watts/Metres:

Watts/Metres:

METS:

METS:

**% Improvement**

Watts/Metres:

METS:

### 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.

## Patient Information

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

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

## Patient Information

### My Goals

<b>S</b>	
<b>M</b>	
<b>A</b>	
<b>R</b>	
<b>T</b>	

### How to Stay Safe when Exercising

- Ensure your warm-up is at least 15 minutes long and your cool-down 10 minutes long, to decrease the risk of cardiovascular symptoms.
- You must not hold your breath during strength or core based activity to not raise you blood pressure.
- If you have a GTN spray, keep it nearby at all time, in case of angina episode.
- If you are a diabetic and are required to monitor your blood sugar levels, please do so before exercising. **Do not** exercise with a blood sugar less than 4mmol/L.
- Remain hydrated with small fluid breaks in-between to avoid light headedness.
- Use the scale below to record your overall effort/breathlessness score.
- Your breathlessness (**Scale below on the left**) should be between “2 - Slight” and “4 - Somewhat severe”.
- Your perceived effort (**Scale below on the right**) should be between “11 - Light” and “14 - Somewhat hard”.

## Patient Information

0	Nothing at all
0.5	Very, very slight
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe
6	
7	Very Severe
8	
9	Very, very severe
10	Maximal

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

## Patient Information

### How to Monitor your Progress

Keeping a diary is an excellent way of tracking your activity progress. Here is an example below:

Date	Minutes of exercise	Breathless/ RPE	Comments
11/04/2020	30 minutes' walk	12	N/A
12/04/2020	35 minutes' walk	11	N/A
13/04/2020	30 minutes' walk	11	N/A
14/04/2020	1 hour cycle	13	Slight chest pain resolved by slowing down. Did not use GTN spray

## Patient Information

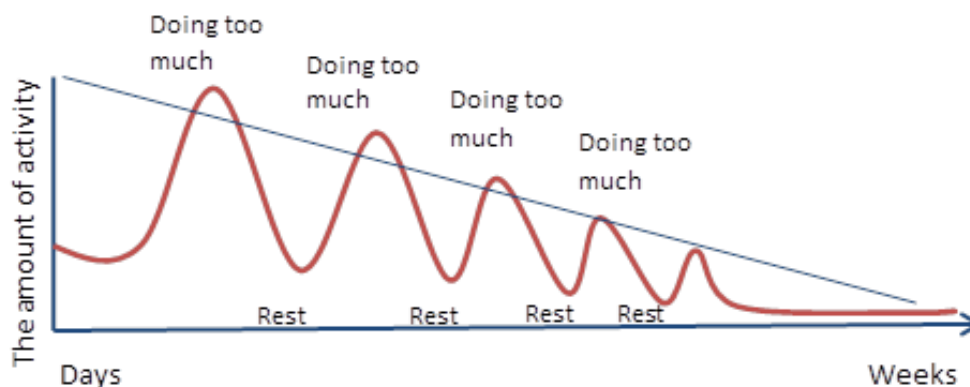
### Physical Activity and Pacing

Physical activity can be difficult, especially if you are limited with how much you can do. Daily functional tasks such as washing and dressing, walking up and down the stairs or standing to make a hot drink can be an effort. Being active can:

- Increase your muscle strength and endurance
- Reduce your shortness of breath and fatigue
- Improve your flow of oxygen around the body and energy
- Lower your blood sugars and cholesterol
- Improve general wellbeing and quality of life

You may find you get increasingly frustrated with your lack of energy, often trying too hard to do things and feeling worse the next day. There is a strategy called 'pacing' that you may find useful. It incorporates a 'little and often' approach. Strategies include:

- Planning:** Think about any tasks you need to do.
- Prioritising:** Put what is most important first and break these up into smaller jobs.
- Pacing:** Doing things at a steady pace. Rest **before** you lose your breath completely. Frequent **short** rests are better than fewer longer ones.



## Patient Information

### Symptoms and Lifestyle

The examples below are ideas of how you can keep track of your health measures:

<b>Date</b>	<b>Medication</b>	<b>Blood Sugar</b> (4-13mmol/L)	<b>Chest Pain</b> (If applicable /10)	<b>Weight (Kg)</b>	<b>Blood Pressure</b>	<b>Fluid (if applicable – Litres per day)</b>
14/05/20	AM /PM	4.5	2/10	78.2	130/65	1.5L

**Thank you for taking the time to read this booklet**

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

**Facebook: Atrium Health Ltd**

**Twitter: @AtriumHealthCov**

**Website: [www.atrium-health.co.uk](http://www.atrium-health.co.uk)**

Other venues that offer continuation classes can be seen on the following page, alongside support groups and charity.



## Patient Information

### **Other Venues**

#### **Alan Higgs:**

Allard Way, Coventry CV3 1HW  
024 7630 8244

#### **AT7 Centre:**

315 Bell Green Rd, Coventry CV6 7HD  
024 7666 5530

#### **Xcel Centre:**

Mitchell Ave, Coventry CV4 8DY  
024 7685 6956

#### **Caludon Castle:**

Axholme Rd, Coventry CV2 5BD  
024 7688 0975

#### **Moat House Neighbourhood Centre:**

Winston Ave, Coventry CV2 1EA  
024 7684 1720

### **Support**

#### **Coventry Healthy Hearts:**

Bhf.org.uk/supportgroup  
0300 330 3311

#### **Age UK:**

www.ageuk.org.uk  
0800 009966

#### **Improving Access to Psychological Therapy (IAPT):**

www.covworkspt.nhs.uk/iapt  
02476 671090

#### **Carers:**

www.coventrycarers.org.uk/  
024 7610 1040

### **Charity**

#### **Friends Of Atrium:**

Atrium Health, Centre for Exercise and  
Health, Watch Close - CV1 3LN  
02476234570

## Patient Information

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](mailto:feedback@uhcw.nhs.uk)

<b>Document History</b>	
Department:	Cardiac services
Contact:	24570
Updated:	June 2021
Review:	June 2024
Version:	1
Reference:	HIC/LFT/2465/21