

Cardiac Services

Cardiac Rehabilitation Self-Management Plan

We advise you read through this booklet to help you to manage your condition

This booklet will explain:

- Risk factors
- How can you reduce risk
- Risk factor management Plan
- Medication
- How to track health measures
- Chest pain dairy
- Other support and useful information

Name

Diagnosis

Treatment



Patient Information

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.

This is 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?

Stop smoking

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

Patient Information

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.

Increasing physical activity

Government guidelines encourage people to be physically active for 20 to 30 minutes per day to the point of slight breathlessness.

Eating a healthy diet

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

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.

Alcohol

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

Diabetes

It is important to have strict control of your blood sugar levels. Aim for aHBA1C of 48 to 59 and keep your blood sugars of 4 to 7mmols.

Stress

Stressful situations can encourage people to have unhealthy lifestyle behaviours such as overeating, smoking or drinking too much. Improving Access 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.

Patient Information

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 a Cardiac Rehabilitation Nurse can help you.

S pecific M easureable A ttainable R ealistic T imely		
Risk Factor: <i>Cholesterol</i>	Aim: <i>Total cholesterol ≤4</i>	Progress/Comments: <i>Since taking my statins my cholesterol has lowered to 3.8</i>
Risk Factor:	Aim:	Progress/Comments:
Risk Factor:	Aim:	Progress/Comments:
Risk Factor:	Aim:	Progress/Comments:

Patient Information

Baseline Information on completion of your Cardiac Rehabilitation

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.

Cholesterol:

Total cholesterol.....LDL.....HDL

TriglyceridesRatio

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

Blood Sugar Levels:

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

Organise a diabetic check with practice nurse at least yearly.

Other things to consider

- Dietitian referral
- Lipid
- Stopping Smoking
- BHF magazine and membership form
- Psychology referral/IAPT

Patient Information

- Allergies to Medication

Pre-Payment Prescription form – www.nhsbsa.nhs.uk/ppc or telephone 0300 330 1341

- It is recommended you get the flu jab yearly for maximum protection.
- Complete the basic life support offered at rehabilitation (Heart Start). This includes CPR, choking and treating bleeds. Enquire within.

Medicine / Start Date	Family of Medicines	Dosage	When I take it	Changes
<i>Bisoprolol</i>	<i>Beta-Blocker</i>	<i>5mg</i>	<i>M - AF</i>	<i>None</i>

M=Morning, L=Lunch, T=Tea, B=Bed, BF=Before Food, AF=After Food

Patient Information

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 pharmacists ***

Cholesterol Record - Aim TC<4.0 HDL.> 1.0

Total Cholesterol	HDL	LDL	Triglycerides	Ratio

Patient Information

Record of BP & Pulse - Aim for BP 130/80mmHg or lower

Date & Time	Blood Pressure	Heart Rate	Action

Patient Information

Chest Pain Diary

Date & 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. You will have the opportunity to learn about your heart and the best way to manage your condition.

**Please ask a member of staff for more details regarding dates and times*

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 (IAPT):

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

Heart Start:

An opportunity provided to learn simple skills that may save lives.

Café:

An assortment of hot and cold refreshments and snacks are available to purchase.



Each session attended will earn you a stamp on your Café loyalty card. Get collecting!

Patient Information

Our Contact Details:

Hospital Base

Cardiac Rehab Department
Office 18, 1st Floor, East Wing
UHCW NHS Trust
Coventry, CV2 2DX
Telephone: 02476965666 or
02476965655

Community Base

Centre of Exercise & Health
Unit 1, Watch Close
Coventry, CV1 3LN
Telephone: 02476 234570

Other useful contacts:

Age UK

www.ageuk.org.uk

Telephone: 0800 009966

Blood Pressure Association Helpline

www.bpassoc.org.uk

Telephone: 0845 241 0989

British Heart Foundation

www.bhf.org.uk

Telephone: 02075540000

Coventry Healthy Hearts Local Support Group

Monthly coffee mornings and summer trips. All welcome, please call the Centre for Exercise and Health for information.

Diabetes UK

www.diabetes.org.uk

Telephone: 0207 424 1000

Patient Information

DSS Benefits Enquiry line

www.direct.gov.uk

Telephone: 0800 022 4332 or 0800 169 0169

Heart UK

www.heartuk.org.uk

Telephone: 0845 4505988

Improving Access to Psychology Therapy (IAPT)

www.covworkspt.nhs.uk/iapt

Telephone: 02476 671090

Quit

www.quit.org.uk

Telephone: 020 7539 1700

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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