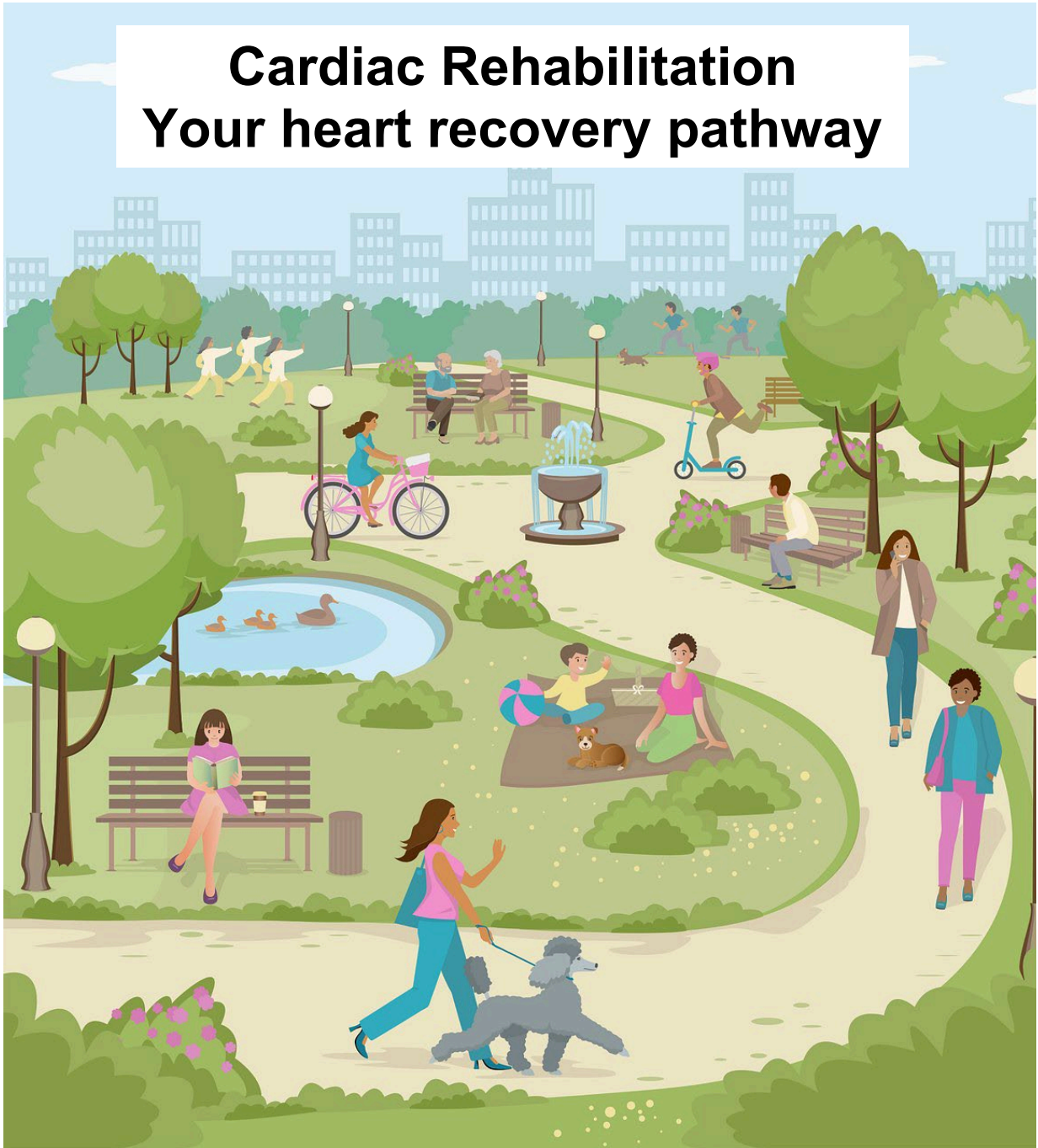


# Cardiac Rehabilitation

## Your heart recovery pathway



## Going home from hospital



## Patient Information

Your doctor **strongly recommends** that you attend Cardiac Rehab. It is a vital part of your heart attack treatment. This is normally your only follow up after being in hospital.

Cardiac Rehab helps prevent another heart attack and helps you get back to the things you enjoy.



**An appointment has been booked for you:**

**Date:** .....

**Time:** .....

**At:** Atrium Health. Centre for exercise and health.  
Unit 1, Watch Close. Coventry, CV1 3LN

OR

**At:** St Cross Hospital, Barby Road, Rugby, CV22 5PX

## Patient Information

It is important that you attend this appointment. If you struggle to attend the appointment can be completed over the telephone.

### **Atrium Health, Centre for exercise and health**

Unit 1, Watch Close. Coventry, CV1 3LN



#### **Arriving by bus:**



Your nearest bus stops to the centre are outside St Johns Church and on Croft Road. It is less than a 5-minute walk to the centre from here. Alternatively, Ring and Ride is a door-to-door transport service for anyone who lives in the urban areas of the West Midlands who find it difficult or impossible to use normal public transport.

#### **Arriving by car:**



The nearest car park is the Skydome Car Park, Croft Road, Coventry, CV1 3AZ. There is a reduced rate of £1.50 for this car park if you pay at Atrium reception. Please note your registration number will be required. On street pay-and- display parking is also available on Spon Street.

If you have a disabled parking badge you can park outside the centre.

#### **Useful Telephone Numbers:**

Cardiac Rehabilitation Team: Hospital Site: Tel. 02476 965666



Community Venue (Atrium Health, Centre for Exercise and Health) Tel: 02476 234572

## Patient Information

### St Cross Hospital

Barby Road, Rugby CV22 5PX



The Cardiac Rehab Department is in the Purple Zone on the first floor of the Rainsbrook Wing.



#### **Arriving by bus:**

The Rugby St Cross bus stop is directly outside the Rainsbrook Wing.

#### **Arriving by car:**

Sat Nav postcode: CV22 5PX

Blue badge holders attending hospital as a patient or visitor should show their blue badge and registration details to our security officers (based at Day Surgery entrance) to register their vehicle as being able to park for free.



Alternatively, you can send your vehicle registration and a photo/scan of your blue badge (please ensure the name and expiry date are clearly visible) to [visitor.parking@uk.issworld.com](mailto:visitor.parking@uk.issworld.com).

This registration will remain in place for the duration of the badge's licencing period. Blue badges belong to the person and are not registered to a vehicle so, if a blue badge holder attended hospital in a different vehicle, they would need to register that vehicle by following the processes outlined above.

For more information on parking visit: <https://www.uhcw.nhs.uk/contact-us/hospital-of-st-cross/>



#### **Useful Telephone Numbers:**

Cardiac Rehabilitation Team Tel. 01788 663463

## Patient Information

### For more information:



Follow us on Facebook: Cardiac Rehabilitation @ UHCW NHS Trust (See back page for more details)



Visit our website: <https://www.uhcw.nhs.uk/cardiology/cardiac-rehabilitation-programme/>



For further information visit:  
<https://www.bhf.org.uk/information-support>

## Patient Information

### The Heart

The heart helps you function. It pumps blood and oxygen around the body. This is what all your cells and muscles need to work properly.

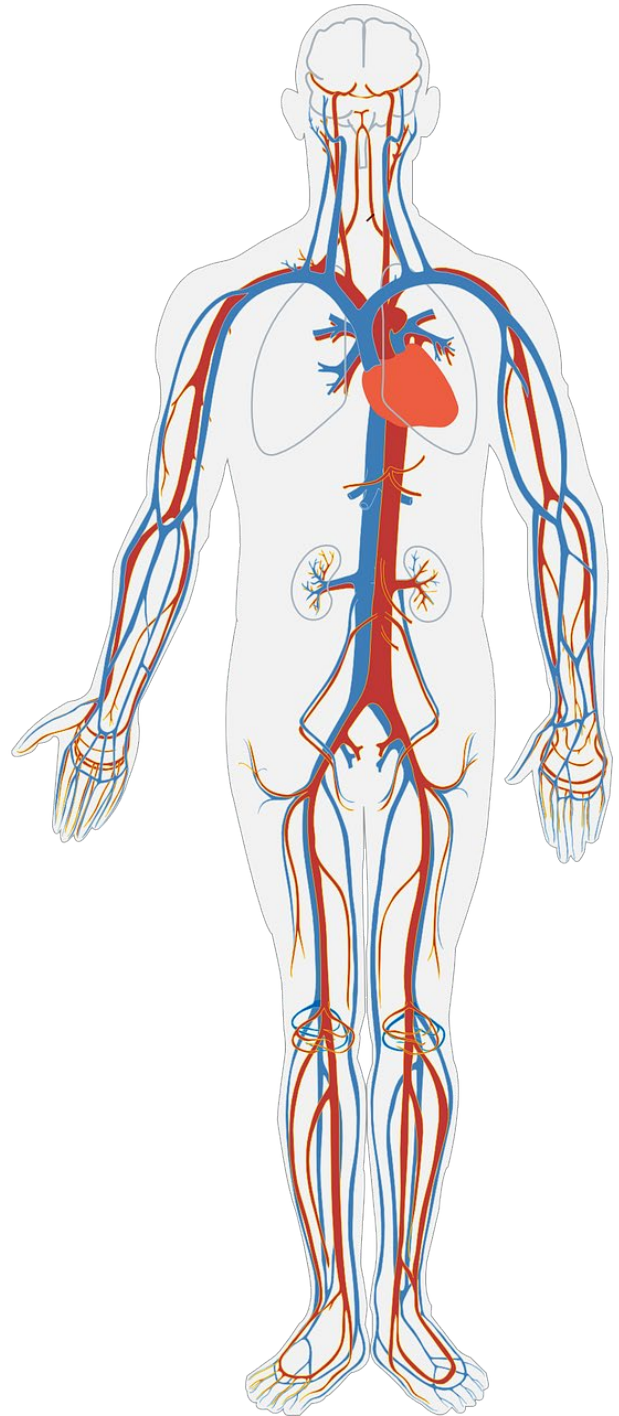
It is about the size of a clenched fist.

The heart has its own blood supply through pipes called the coronary arteries.

The coronary arteries are smaller than the width of a drinking straw.

There are three main coronary arteries:

- Left Main Stem (LMS) which splits into your Left Circumflex Coronary Artery (LCx) and your Left Anterior Descending Coronary Artery (LAD)
- Right Coronary Artery (RCA)



## Patient Information

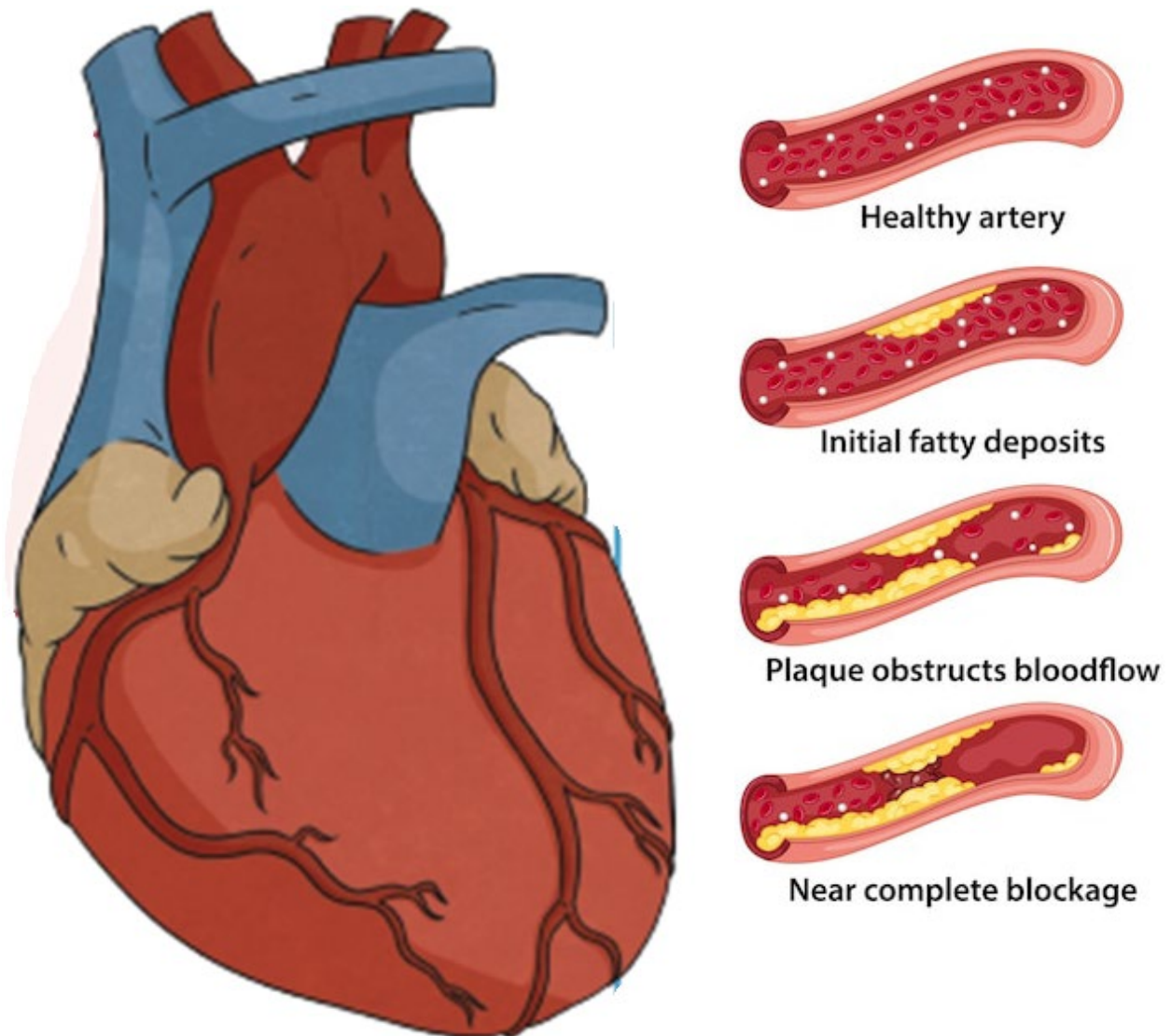
### A Heart Attack

Heart attacks are also be referred to as a myocardial infarction or MI.

A heart attack is caused by a blockage in your coronary arteries.

Coronary heart disease is the most common cause for heart attacks.

This is when the coronary arteries are blocked with fatty deposits. The fatty deposit may burst and cause a blood clot. This will block the artery and stop the heart muscle getting the blood and oxygen it needs.



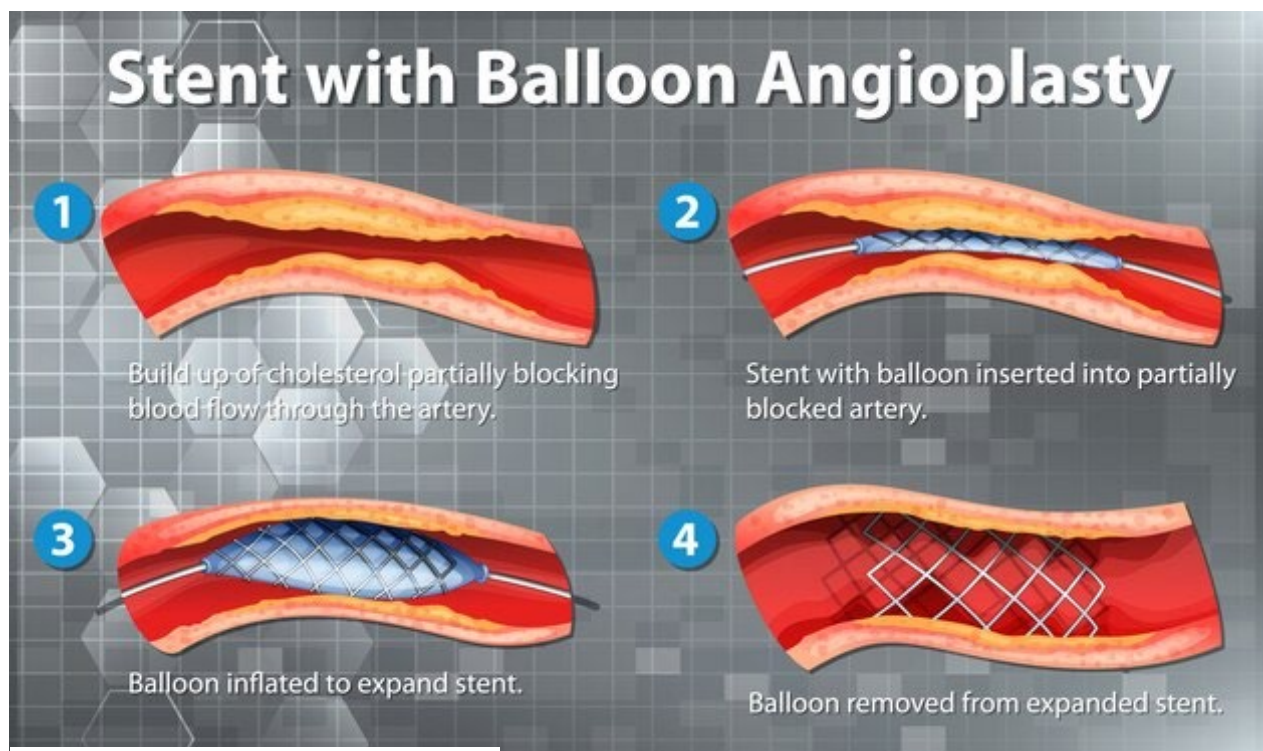
## Patient Information

### Coronary Heart Disease Management

There are several things that you can do to reduce your risks of future heart events for example stopping smoking, increasing your activity, and eating healthily. This will be discussed in more detail at your clinic appointment.

### Stents

To open the blockage, you may have had a stent inserted. This is a short, wire, scaffold mesh that keeps your artery open.



2 Image from: Freepik.com

### Echocardiogram

You will also have an echocardiogram. This is a jelly scan which looks at the heart's pumping action. Sometimes a heart attack can affect the muscle of the heart and cause problems with the pump.

Depending on the type of heart attack, you may have this in hospital or be sent an appointment when you get home.



## Patient Information

### Your new tablets



You will go home with at least 5 tablets and your GTN spray. This can be worrying for people who have never taken tablets before. However, the tablets all help reduce your risks of future heart attacks.



If you pay for your medications, you could get a pre-payment certificate as this may work out cheaper. You can get more advice and information about this from: Tel 0300 330 1341 (Advisors Mon-Fri 8-6pm, Sat 9-3pm) or online at: [nhsbsa.nhs.uk](https://nhsbsa.nhs.uk)



You will have been given a 28-day supply of medication from the hospital. Remember to order your repeat prescriptions in good time from your GP and do not stop taking any medicines without discussing it with your doctor.

If you experience any side effects of your medications, please discuss them with your doctor.

### Antiplatelets

Aspirin

Aspirin is normally given in combination with Clopidogrel or Ticagrelor.

AND

These tablets reduce your risk of blood clots.

Clopidogrel or  
Ticagrelor

If you have had a stent fitted or have had a heart attack you are at a high risk of blood clots. These help to reduce that risk.

To protect your stomach, dissolve your aspirin in water and have your tablets with your breakfast.

Usually, you will take your aspirin for life and your clopidogrel/ticagrelor for 12 months. This may be different depending on your specific treatment and if you are on any other blood thinners.

## Patient Information

**Betablockers** These tablets reduce your heart rate and the force of your heart. Therefore, your heart does not have to work as hard to get the same amount of blood around the body.

Your betablocker is:

**Ace-inhibitor/ARB** These tablets make your heart more efficient. They lower your blood pressure and widen your vessels. Again, this reduces the workload of the heart.

You should have a blood test at your GP surgery 2 weeks post starting this tablet.

Your tablet is:

**Statins**  
Atorvastatin  
80mg once  
daily

Statins lower cholesterol. LDL cholesterol (also known as bad cholesterol) can cause the build-up of fatty deposits in your arteries. Fatty deposits cause the blockages which can cause a heart attack.

LDL cholesterol can come from the food we eat but some people can have higher levels of cholesterol passed down in their family. You will have your cholesterol levels checked in hospital and again after starting your new statin to make sure this is the level that we want it.

Your doctor should also check your liver function and cholesterol by a blood test three months after starting and then yearly thereafter while on a statin.

## Patient Information

### What to do if you get Chest discomfort

You will get a GTN spray when you go home from hospital. This is for if you get chest discomfort. This is the guidance on how to use it:



STOP what you are doing and sit down.



If the pain does not stop, spray one spray of GTN spray under your tongue.



Wait for 5 minutes.



If it does not resolve, spray a second spray under your tongue.



Wait for 5 minutes.



If it has not stopped ring 999



If you do not feel dizzy you can take a third spray of GTN whilst waiting for the ambulance to arrive.

## Patient Information

Key things to remember:

- Always carry your spray with you.
- Always sit down when taking your spray.
- Do not take it within 24 hours of taking Viagra (Sildenafil), Cialis (Tadalafil), Levitra (Vardenafil).
- If your chest pain is severe and you feel unwell then ring 999 immediately. Check the expiry date regularly and if you have never taken your GTN spray before and suddenly have to start using it, talk to your GP.

## Common Questions

### Can I drive?

- Unless you are told otherwise, you can drive your car 4 weeks after a heart attack, provided there are no complications. This advice will be explained by your cardiac rehab nurse.
- It is not usually necessary to inform the DVLA, but you **must** tell your insurance company. For most people, this does not affect their premiums, but any claims may not be paid if you have not informed them.
- **Holders of PSV or HGV licences have specific restrictions.** Please ask your doctor or rehabilitation team. You will have to inform the DVLA.
- If your job involves driving, you **may** have to be passed medically fit to drive please ask your doctor.

### When can I return to work?

This will depend on the type of work you do. In hospital you will be given a sick note if you need one. Your GP can extend this if needed.

You should use this time off work to recover and to put plans in place for your future lifestyle. This is best done by attending your cardiac rehabilitation programme.

## Patient Information

Coronary heart disease may delay/prevent individuals from returning to their previous employment, for example, if you are a:

- Heavy Goods Vehicle (HGV) and Public Services Vehicle (PSV) licence holder
- Taxi driver
- Train driver
- Airline pilot

You will need to discuss this with your GP if you fall into one of these categories.

### **When can I return to sexual activity?**

Some people worry about resuming sex. For a few weeks, it is probably best avoided. If you can walk without discomfort, then a return to sexual relationships should not cause any problems. If sex causes angina chest pains, then tell your doctor.

Some men find that they have problems getting or maintaining an erection (erectile dysfunction) after having a heart attack. These problems can be caused by emotional stress or by medication such as beta-blockers. However, it can also have other causes. Speak to your GP who can check what is causing your problems and advise you on treatment.

### **What happens next?**



You have been booked for an appointment with the Cardiac Rehabilitation Specialist Nurse. During this appointment they will discuss your risk factors to coronary heart disease and start to set goals to reduce your risks of future heart attacks.

They will answer any questions you have and start you on the Cardiac Rehabilitation programme.

## Patient Information



The Cardiac Rehabilitation Service is based in Atrium Health, Coventry or Rugby St Cross Hospital depending on where you live. If you struggle to attend the centres, there are a variety of options available. This includes programmes you can do at home.



After your initial appointment you will meet our exercise team who will create you your own exercise programme depending on your goals. You have the option of attending the centre 1 to 2 times a week for 8 weeks as part of an exercise class or a home-based programme monitored by the exercise team. If you choose to attend the gym you will meet other people who have also had heart events. Do not worry if you have never been to a gym before as we are here to help you and will guide you through the session. You will have an assessment at the beginning of the programme and another assessment at the end to show the improvements you have made.



As well as exercise sessions you will have education sessions on: Healthy eating, Exercise, Risk Factors to Coronary Heart Disease and your heart medications. You are welcome to bring someone along to these sessions.



The programme is personalised to you depending on your goals. If you smoke, we can support you to quit smoking. We also have the talking therapies team to support with stress and anxiety and the dietician for healthy eating advice.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 02476 234572 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

## Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



### Document History

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|-------------|------------------------|
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**UHCW CARDIAC REHABILITATION FACEBOOK PAGE**

The UHCW NHS Trust Cardiac Rehabilitation Facebook page will keep you up to date with the latest information about heart health.

Follow us on Facebook for lifestyle advice, exercises you can do at home, information on conditions, medications and lots more.

Search **Cardiac Rehabilitation at UHCW NHS Trust** or scan the QR code.