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Sherwood Forest Hospitals  
NHS Foundation Trust

# Your choices for cardiac rehabilitation

**Information for patients**



Attending a cardiac rehabilitation programme after a heart attack or heart surgery / angioplasty / ICD, and for patients with heart failure, has been shown to benefit patients and their families by:

- Helping them understand their condition and its treatment.
- Providing support and information to help regain the ability to resume daily activities and improve fitness levels.
- Giving advice and providing opportunities to make changes in lifestyle, in order to help prevent further heart problems.

Patients have the choice of two cardiac rehabilitation programmes following discharge from hospital. They are:

- a) The outpatient cardiac rehabilitation programme at King's Mill Hospital.
- b) A home-based rehabilitation programme.

Please discuss with the Cardiac Rehabilitation team which option would be most suitable for you.

**If you live in the Newark area, you will be offered cardiac rehabilitation at Newark Hospital. The cardiac rehabilitation nurse will contact you to discuss your requirements.**

## The hospital programme at King's Mill Hospital

If you choose this option you will be invited by letter or telephone for an individual assessment, or to join, as soon as a place is available after the four to six week period of home recovery.

The programme is once a week for four to eight weeks, depending on your needs:

- Tuesday or Thursday from 12pm to 1.15pm **OR:**
- Tuesday or Thursday from 3.30pm to 4.45 pm.

There is also a low impact/seated class for less able patients once a week for four to eight weeks:

- Wednesday from 12pm to 1.15pm.

Each exercise session lasts 45–50 minutes and is followed by a 10-15 minute relaxation session.

Following the programme, you will be offered referral to a suitable maintenance programme in the community if required.

# Reasons for choosing the hospital programme

You may feel that you would benefit from a more structured exercise programme within the hospital environment.

You might like to be part of a group and welcome the chance to discuss your experiences with others who are in a similar position.

## The home-based programme

This home-based exercise programme has been designed to help you manage your recovery at home.

You will be invited for an initial assessment at King's Mill Hospital; this may include a simple walking test, or step test to determine a suitable level of exercise for you. Our exercise physiologist will explain and/or demonstrate how to follow the exercise booklet.

You will be contacted by telephone to monitor your progress and answer any questions. You will be encouraged to continue your home exercise and be able to contact us for any further advice or guidance.

## Reasons for choosing the home-based programme

You may prefer home exercise rather than joining a group, or you may have commitments that prevent you attending the hospital programme.

You may also not want to travel to and from the hospital.



## Phase 2 talk

In addition to the exercise programme and dependant on your diagnosis/ rehabilitation needs, we offer a talk. This session is led by the cardiac rehabilitation specialist nurse and includes input from a pharmacist, dietitian, and an exercise physiologist. The aim is to provide advice and support and to answer any questions which may have arisen since discharge from hospital following your cardiac event.

**This phase 2 talk takes place on a Wednesday morning from 10am to 11.30am in Clinic 10, King's Treatment Centre, King's Mill Hospital.**

You will be invited to the next available talk by telephone. We will also send you a letter to confirm the date, plus a questionnaire to complete, which will guide us into providing suitable cardiac rehabilitation. As spaces are limited, please discuss with us if you want or need to bring a family member/friend with you.

## Contact details:

- Cardiac Rehabilitation Specialist Nurses:
  - o Julie Wood
  - o Beverley Williams
  - o Keeley Mossop.
- Exercise physiologist:
  - o Simon Knibbs.

Telephone 01623 672296 or 01623 622515, extension 3734 (during office hours), Monday to Friday (please leave a message if your call isn't answered immediately).

- Newark Hospital Cardiac Rehabilitation Specialist Nurse:
  - o Jane Bell - telephone 01636 685725.

**The cardiac rehabilitation specialist nurses can advise you individually on cardiac risk factors, and guide on maintaining a healthy lifestyle, so please contact them if you require such support.**

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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