



Northumbria Healthcare
NHS Foundation Trust

Cardiac Rehabilitation North Tyneside

Issued by the community cardiology team

What is cardiac rehabilitation?

Cardiac rehabilitation is a programme of information, exercise and relaxation aimed at helping you recover from your heart attack, angioplasty or heart surgery. It also helps you regain your confidence to return to a full, active and healthy life.

What will happen after discharge from hospital?

A nurse will contact you within 3 working days of your discharge from hospital and arrange to visit you at home (if necessary). You will be invited to attend a rehabilitation programme at one of the centres.

For some people it may be better to exercise at home. The nurse will discuss this with you.

When do I start the rehab programme?

Usually you begin 4-8 weeks after your heart attack or heart surgery or sooner if you have had an angioplasty.

Before starting the programme you will be invited to attend an assessment where you will meet some members of the team to discuss your current progress and plan your individual programme with you.

What times are the sessions?

The Parks Leisure Centre

Tuesday 1:00pm-3:15pm and Thursday 1:30pm-3:00pm

West Moor Community Centre

Wednesday 1:00-3:15pm and Friday 1:00pm-2:30pm

How long do I attend the programme?

You are invited to attend the programme twice a week for eight weeks. After this you will be given advice on life long activity.

What happens at the rehab session?

At your initial assessment you will have a walk test to assess your current fitness and will be given a date to start the programme. The specialist nurse and or the physiotherapist will review your health and fitness levels at each session and answer any question or concerns that you may have. You will then do some gentle warm up exercises for 15 minutes followed by 30 minutes of active exercises and at the end of the exercise session you will do some cool down exercises for 10 minutes.

What education topics will be covered?

- Healthy eating (dietician)
- Medication/tablets (pharmacist)
- Managing stress (psychologist)
- Benefits of exercise (physiotherapist)
- A relaxation session is held at the end of exercise on the second session
- Consultant cardiologist talk
- How to recognise heart symptoms and take correct actions (nurse)
- Exercise, what's next? (exercise specialist/physiotherapist)
- Making changes (nurse)

These topics will provide you with the information, knowledge and understanding to help you make any lifestyle changes.

Can I bring someone with me?

You are welcome to bring someone with you for support. Your partner may attend the education talks and observe the exercise programme.

Is there a cost?

No. The course is part of your recovery from heart problems and is provided by the NHS.

What do I wear?

Wear loose, cool, comfortable clothing and non-slip supportive shoes. Changing facilities are available.

What do I need to bring?

- Your GTN spray
- A list of your current medication
- Questions for each education session, if you have any
- A non fizzy soft drink, although water will be freely available
- Reading glasses if needed
- Your hearing aid if worn
- If you are an insulin dependant diabetic, please bring your glucose testing machine and your preferred glucose supplement
- A towel

What else do I need to know?

- Do not eat a heavy meal 2 hours before exercising
- Contact the rehabilitation team for advice about attending if feeling unwell or going on holiday
- This course is held in a relaxed, fun atmosphere giving you the opportunity to meet others in the same situation and obtain professional advice on various topics, both in a group and individually

Who can I contact?

**Community Cardiology
Monkseaton Clinic
Chapel Lane
Whitley Bay
Tyne and Wear
NE25 8AD
Tel 0191 2380065**

Tel: 0191 238 0065

Office hours are 08:30-16:30 from Monday to Friday

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **07815 500015**

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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