

Outpatient Cardiac Rehabilitation Exercise Class

Cardiac Rehabilitation Team
Medicine Group

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.



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Information for patients and visitors

You have been referred to the outpatient phase III cardiac rehabilitation exercise class. This class is designed to improve your fitness, build your confidence and help you recover from your recent cardiac event.

Evidence supporting exercise based cardiac rehabilitation following heart attack or surgery, demonstrates that it reduces cardiovascular risk factors, as well as cardiac death by up to 31% (ACPICR 2009).

You will be contacted by a member of the team with a date and time to start your class. It is most beneficial for you to attend all of your sessions for the designated period. During exercise if you experience chest pain, dizziness, palpitations, shortness of breath, nausea, sweating or fatigue you must inform a member of staff immediately.

If for any reason you are unable to attend a class, it is essential that you let us know.

If you do not attend for 2 consecutive sessions without notifying us, we presume that you no longer wish to attend and you will be discharged from the programme. Your GP and Consultant will be informed.

This is to ensure that all patients are offered exercise as soon as possible.

You will need to wear loose comfortable clothing and non-slip shoes. Changing facilities are available.

Please bring a drink in a plastic container and small towel with you. It is not advisable to have a large meal within 2 hours of attending the class. If you are a diabetic you may want to bring a light snack and blood glucose monitoring equipment with you. Please bring a list of your current medication along with your GTN spray / inhalers.

Please arrive promptly for your first session to allow for pre-assessment testing. Family members / friends are welcome to come with you to observe.

Upon completion of your exercise programme, you will be provided with details for continued exercise with a Phase IV instructor.

If you have any questions regarding the exercise programme please do not hesitate to contact one of the Cardiac Rehabilitation Team at:

Scunthorpe General Hospital 01724 290093

Diana Princess of Wales Hospital Grimsby
01472 875526

Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:

nlg-tr.PALS@nhs.net

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing



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and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

Northern Lincolnshire and Goole NHS Foundation Trust

Diana Princess of Wales Hospital
Scarcho Road
Grimsby
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282

Goole & District Hospital
Woodland Avenue
Goole
01405 720720

www.nlg.nhs.uk

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