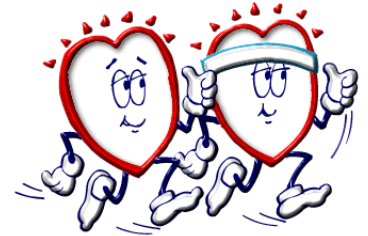


Outpatient Cardiac Rehabilitation Exercise Class



Information for Patients Medicine, Directorate of Operations



You have been referred to the outpatient Phase III Cardiac Rehabilitation exercise programme. Evidence shows that cardiac rehabilitation programmes are clinically effective in reducing death, improving health and quality of life; reducing re-admission and length of hospital stay. The programme also supports return to work and self-management of your condition (<http://acpicr.com/physioworks> 2011).

You will be contacted by a member of the team with a date and time to start your class. Please arrive promptly for your first session to allow for pre-assessment testing. Family members / friends are welcome to come with you to observe.

It is most beneficial for you to attend all of your sessions for the designated period. **If for any reason you are unable to attend a class, it is essential that you let us know. If you do not contact us, we may assume you do not wish to continue on the programme and discharge you.** 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. 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 before 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 do not attend the gym and inform us if you are unwell, e.g. cold, viral illness, chest pains and symptoms of diarrhoea and vomiting (must be symptom free for 48 hours).

During exercise if you feel unwell in any way e.g. chest pain, dizziness, palpitations, shortness of breath, nausea, sweating or fatigue you must inform a member of staff immediately.

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

Contact Details for Further Information

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

Diana Princess of Wales Hospital Grimsby: 01472 875526 / 03033 304570 or 03033 303117

Grimsby Community Service: 01472 875213 / 03033 304634

Scunthorpe General Hospital: 01724 290093 / 03033 302895

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole).

You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

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