

# Cardiac prevention and rehabilitation

**This leaflet explains more about cardiac prevention and rehabilitation. If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is cardiac prevention and rehabilitation?

We offer a group hospital programme which includes:

- an eight week exercise class course for all patients with heart disease
- relaxation sessions including breathing techniques
- education sessions about your heart diagnosis, treatment and risk factors for coronary artery diseases
- advice and support on the above and patient's discussions.

## Who can attend the service?

Anybody who has had a:

- heart attack
- heart bypass surgery
- heart valve surgery
- coronary angioplasty and/or a stent (PCI)
- heart failure
- ICD (implantable cardioverter defibrillator)
- TAVI (transcatheter aortic valve implantation)
- angina.

The cardiac rehabilitation team needs a referral for you to be able to join the programme.

If the above criteria apply to you, you will automatically be referred to your nearest rehab centre when you are discharged from hospital. You can also be referred by your GP, the cardiology consultant you see in the follow-up clinic or your heart nurse specialist (heart failure nurse, practice nurse).

Before your first exercise class you will be invited to come in for an assessment. We aim to organise this within 10 days either of your discharge from hospital or our receipt of your referral.

We can organise an interpreter for you if needed.

## Why should I attend the programme?

The programme is designed to speed up your recovery process after your cardiac event, getting you back to normal life and daily activities as quickly and fully as possible.

The programme also provides information and advice about life-style changes such as stopping smoking, weight management and diet, dealing with anxiety and depression and introducing exercise to your routine.

It can help build up your confidence and a sense of well-being after your event as well as reduce your stress levels.

## Where do I need to go?

You can attend the programme at the venue that best suits you – St. Georges Hospital, Queen Mary's Hospital or the Wandle Leisure Centre in Wandsworth.

If you are eligible, we can arrange hospital transport for you to attend the sessions.

## Does it cost anything?

The programme is free of charge as part of your continuing cardiac NHS care.

## What do I need to bring with me?

Wear loose clothes such as a T-shirt and tracksuit bottoms or shorts plus trainers or flat rubber soled shoes. Bring a small bottle of water with you.

Bring any prescribed medications and/or GTN spray if you're due to take them during the class.

If you are a diabetic, bring along some small snacks or a sugary drink in case your blood sugar is low during the session.

## What if I don't want to commit to the programme?

We can still support you and provide advice and information to help your recovery.

You don't always have to attend the group hospital programme - if you can't come in to hospital we also offer a home programme or one to one sessions with a heart manual.

## Useful sources of information

St Georges Hospital cardiac helpline (24 hour helpline service)

Telephone: 020 8672 1255

Bleep 6967

British Heart Foundation (BHF)

Telephone: 020 7554 0000

BHF Heart Helpline (Monday to Friday, 9am to 6pm)

Telephone: 0300 330 3311

[www.bhf.org.uk](http://www.bhf.org.uk)

NHS Smoking Helpline

Telephone: 0800 169 0 169

[www.nhs.uk/livewell/smoking](http://www.nhs.uk/livewell/smoking)

Wandsworth psychological therapies and wellbeing

Telephone: 020 3513 6264

## Contact us

If you have any questions or concerns about the programme, please contact us on 020 8725 1396 or 020 8725 4403 (Monday to Friday, 9am to 5pm), or email: [stgh-tr.CardiacRehab@nhs.net](mailto:stgh-tr.CardiacRehab@nhs.net)

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

