

Cardiac Rehabilitation for Patients with Coronary Heart Disease (CHD)

Cardiology

This booklet aims to provide information on cardiac rehabilitation services for patients with coronary heart disease.

Contact details

Cardiac Rehabilitation Services

The Royal Wolverhampton NHS Trust First Floor B2
Heart and Lung Centre
New Cross Hospital
Wolverhampton
WV10 0QP

Cannock Chase Hospital
Brunswick Road
Cannock
Assessment Area
Level Two

Working days:

Monday to Friday 08:00 to 17:00 & Saturday 08:00 to 16:00 (Excluding Bank Holidays)

Telephone: 01902 694226

E-mail: rwh-tr.cardiacrehabteam@nhs.net

List of Local Cardiac Rehabilitation Teams

Walsall

01922 725050

Dudley

01384 456111 extension 1470

Telford

01952 641222

City Hospital

0121 5075562

Alternatively, you can find your local team on the National Database:

www.cardiac-rehabilitation.net/cardiac-rehab.htm

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Cardiac Rehabilitation

“Cardiac Rehabilitation (cardiac rehab for short) helps you get back to as full a life as possible after a cardiac event such as a heart attack, heart surgery or stent procedure” (British Heart Foundation)

“Cardiac Rehabilitation is the sum of activity and interventions required to ensure the best possible physical, mental, and social conditions so that patients with chronic or post-acute cardiovascular disease may, by their own efforts, preserve or resume their proper place in society and lead an active life” (World Health Organisation)

The Cardiac Rehabilitation (CR) Team at the Royal Wolverhampton NHS Trust offers a comprehensive service, including structured exercise, patient education, psychosocial counselling, risk factor reduction and behaviour modification, with a goal of optimising patient’s quality of life while helping to reduce the risk of future heart problems.

The CR Team offer a six-day service (Monday to Saturday), whereby all patients eligible for CR will be identified by the Clinical Nurse Specialist (CNS) in the team, monitored, and assessed, following admission to the Heart & Lung centre, with an individualised plan in place prior to discharge home.

The CR CNS will ensure that if you live out of the area you will be referred to your local CR team the day after discharge to ensure a seamless transfer of care. All patients within the Wolverhampton & Cannock area, will receive an initial contact telephone call the day after discharge. This initial (early) follow-up call will allow for continued care following discharge home and will provide an opportunity to update on your progress, reiterate the advice to-date and discuss the following stages of CR (patient choice).

An introduction to becoming more active

Physical Activity and Exercise will improve the efficiency of your muscles in using oxygen. This puts less strain on the heart, as it will not have to beat as hard or as fast with activities of moderate intensity.

Exercise will help to control many of the factors that could have led to coronary heart disease (CHD). These include high blood pressure (hypertension), high cholesterol (hypercholesterolaemia), being overweight, the effects of smoking, stress, and diabetes.

How much exercise?

It is important to begin gradually, with just a few minutes of exercise initially. Aim to gradually build up to 30-minutes of moderate intensity exercise or physical activity on at least five days of the week, or at least 150 minutes a week. This section of the booklet will give you some guidance to help you with your exercise routine.

Walking guidelines

Always allow yourself time to warm-up before exercising and cool-down afterwards. You can do this by walking at a slower pace for approximately five minutes before and after your moderately paced walk. Below is an example of a walking plan, which can be adapted to your individual needs.

Week	Warm Up (minutes)	Walk (minutes)	Cool Down (minutes)	Exertion (RPE)
1	5	5	5	12 – 13
2	5	10	5	12 – 13
3	5	15	5	12 – 13
4	5	20	5	13
5	5	25	5	13
6	5	30	5	13

Please remember this is a guide to be discussed with a member of the CR team

Rating of Perceived Exertion (RPE)

The RPE is a scale which has been adapted by the BORG Scale (3), and again can be further discussed with a member of the CR team to explain as to the relevance in accordance with the 'walking guideline'.

6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard, breathing slightly heavier than normal
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximum exertion

Please note:

- It is normal to get comfortably short of breath in order to improve your fitness, but you should be able to hold a conversation whilst exercising
- Exercise should be of moderate intensity (12 to 13 RPE)
- Exercising at moderate intensity should not cause angina and/or shortness of breath. If the frequency and/or severity of your symptoms increase, or occur at rest, please consult your GP and/or contact the CR team to further discuss
- Be aware that exercise is harder in very hot or very cold weather
- Do not exercise for at least one hour after a meal
- Stop exercising if you have any chest pain, severe shortness of breath, dizziness, or muscle cramp, and seek urgent medical advice and/or 999
- **The cardiac rehabilitation service can provide you with more individualised guidance and supervised exercise classes to assist your return to normal life**

Pyramid of physical activity

Aim to build a pyramid of physical activity and exercise and reduce seated activities.

Rest is also important, but too much is not beneficial.



General guidelines

Driving: Generally, you will be advised that you may resume driving four weeks after a heart attack, and to inform your insurance company, however this can vary depending upon your diagnosis and treatment.

If you hold an enhanced driving licence e.g., HGV you will need to also notify the DVLA with immediate effect and follow the guidance accordingly. If you require any additional advice please discuss with your cardiac rehabilitation team or visit <https://www.gov.uk/guidance/cardiovascular-disorders-assessing-fitness-to-drive>.

Work: Returning to work often depends on the nature of your job. Generally, you will be advised that you may return to work six weeks after a heart attack if your job is not physically demanding, however this can vary depending upon your diagnosis and treatment, and job role. Please check with your cardiac rehabilitation team.

Holidays: It is acknowledged that patients who have experienced a cardiac 'event' can safely fly and legally undertake air travel at a relatively early stage in their recovery. This often happens when for example, patients are repatriated having a cardiac event on holiday abroad. However, it is generally accepted that it would be preferable for patients to 'stabilise' for a minimum of 6 weeks after their event and then to seek medical advice, preferably from their cardiologist and/or cardiac rehabilitation team prior to planning to travel by air or alternatively visit <https://www.bhf.org.uk/information-support/support/practical-support/holidays-and-travel> or <https://www.nhs.uk/common-health-questions/lifestyle/when-can-i-fly-after-a-heart-attack>

Medications: The cardiac rehabilitation team, pharmacist and nurse will discuss your medications prior to going home. Please ask for any additional information or visit <https://bnf.nice.org.uk/treatment-summaries/acute-coronary-syndromes>

Glyceryl Trinitrate (GTN) Guidelines & 10-minute rule

GTN spray – spray one to two doses sprayed under the tongue.

A second dose can be taken after **5 minutes** if the pain has not eased.



An ambulance should be called if the pain has not eased **5 minutes** after the second dose, or earlier if the pain is intensifying or the person is unwell.



<https://cks.nice.org.uk/topics/angina/prescribing-information/nitrates>




The British Heart Foundation support the Cardiac Rehabilitation Team with 'Patient Information Booklets'.

To access this information, you can go to the website for more information <https://www.bhf.org.uk/informationsupport> or alternatively scan the relevant QR Code for your condition, or telephone Contact Customer Services Monday to Friday, 9am to 5pm on 0300 330 3322.

However, if you would like the 'paper version' of the booklets, please ask a member of the Cardiac Rehabilitation Team.

Cardiovascular Disease	Trans-Aortic Valve (TAVI)
	

Heart Attack	Medicines
	

Angina	Angioplasty & Stent	Statins
		

Charity information:

Wolverhampton Coronary Aftercare Support Group (WCASG)

Have a Heart Wolverhampton, Cardiovascular Rehabilitation Centre,

9 Salisbury Street, Wolverhampton, WV3 0BG.
www.have-a-heart.co.uk

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。