

Exercise Programme Information

Allied Health Professionals

Venue: _____

Start date: _____ Time: _____

Days of classes: _____

Length of course: _____

Who is this booklet for?

This booklet has been written to provide information for patients attending Cardiac Rehabilitation exercise sessions.

What happens at the exercise sessions?

- You will be asked to attend once or twice a week for supervised exercise sessions
- When you go through to the gym the Rehabilitation staff will assess you. If you have been unwell, your tablets have changed or you have been referred for further tests or treatment since you were last seen it is important that you tell a member of staff at this point.
- Please ensure you have taken your medication as prescribed prior to attending the exercise sessions. If you do not take medication as prescribed prior to attending the class you will not be able to exercise on that day
- The exercise session begins with a 10 to 15 minute warm-up to prepare the body for exercise. After the warm-up you will begin your exercise
- On your first session you will receive an induction to the programme and equipment
- Follow the exercises on your sheet, moving to the next exercise as instructed
- The level of exercise that you will undertake will be based on your exercise test and you will be asked to work at a moderate level of effort. It is normal to feel slightly short of breath and warm
- You will be given clear instructions about the exercises you should do
- Your exercises may be adjusted by the Rehabilitation team
- You will have a re-assessment on completion of the exercise programme.

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.

What should I bring?

- GTN spray and inhalers if prescribed
- A drink
- Spectacles if you wear them
- Oxygen if prescribed
- Bring walking aid if needed
- Diabetic testing kit and glucose tablets and/or gels.
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What should I wear?

You will be unable to exercise if you forget any of the following:

- Loose, comfortable clothing, for example a tee-shirt and tracksuit bottoms
- Pumps, trainers or soft soled shoes.

What happens if I am unable to attend?

If you are unable to attend exercise sessions for any reason (illness, holiday or hospital appointments) please inform the Rehabilitation team by telephoning 01902 694226. Failure to attend sessions without prior notification will mean that you will not benefit from the full course of exercise.

What are the risks when exercising?

It is possible to feel dizzy, have chest pain or severe shortness of breath during or after exercise. If you are diabetic you may experience a reduction in blood sugars.

What are the benefits of attending the exercise programme?

- To help you decide which exercises you can do safely at home
- To improve your fitness
- To help your recovery if you have been unwell or had recent surgery
- To improve your general health
- To reduce the risk of further health problems
- To meet other people with similar problems.

How can I reduce the risks?

- Follow the advice given by the Rehabilitation team
- Report any symptoms you experience during or after exercise
- Try to attend regularly and complete your course of exercise
- Do not exercise when you feel unwell
- Do not exercise within two hours after a meal, after using tobacco products or alcohol
- After exercise do not use extremely hot water during showering or bathing and stay out of saunas and steam baths.

Can I ask questions?

Any questions about the exercise programme or your condition are welcome.

What else should I do at home?

You also need to exercise at home on at least three or four days of the week. Aim to do 30 minutes of moderate intensity activity, such as a home-based exercise circuit, walking, exercise bike, gardening or dancing. The team will be able to advise you further about this.

Contact details

Address: Cardiac Rehabilitation department (B2)
First Floor
Heart and Lung Centre
New Cross Hospital

Telephone: 01902 694226
or 01902 307999 ext. 88248

Office hours: 08:30 to 16:30 Monday to Friday

Please be aware that sessions may be cancelled in extreme weather conditions.

The Cardiac Rehab team will endeavour to contact all patients if the classes are cancelled.

Useful Contacts

British Heart Foundation

0300 330 3322

www.bhf.org.co.uk

Wolverhampton Coronary Aftercare Support Group

01902 701667

c/o Have a Heart Wolverhampton

9 Salisbury Street

WV3 0BG

Have a Heart Wolverhampton

www.have-a-heart.co.uk

07706881852

The Wolverhampton Integrated Respiratory Lifestyle (TWIRL)

01902751188

British Lung Foundation Head Office (London)

www.blf.org.uk

03000 030 555

Asthma UK Adviceline

0300 222 5800

www.asthma.org.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。