

Cardiac Rehabilitation Programme

Cardiac Rehabilitation

Information for Patients

Produced: June 2019
Last reviewed: December 2022
Next review: December 2025
Leaflet number: 410 Version: 2

Who is the Cardiac Rehabilitation Programme for?

Cardiac Rehabilitation is an education and exercise programme for people living with coronary heart disease. It is available as both an internet based or class based programme.

The programme aims to:

- educate you to manage your condition effectively.
- increase your activity/ exercise capacity and muscle strength.
- improve your level of fitness.
- help you recognise and control the symptoms of your condition.
- educate you about your condition.
- reduce your levels of breathlessness and tiredness.
- improve your quality of life.

Once you have been referred to the programme, you will be invited to a telephone assessment appointment with a rehabilitation specialist healthcare professional.

If you wish to take part in a programme you may be asked to do a walking test at either Glenfield Hospital, Leicester General Hospital, Loughborough University (NCSEM) or Aylestone Leisure Centre.

The walking test involves walking around 2 cones 9 metres apart keeping to the pre-set timings for as long as possible. Qualified staff will closely monitor you throughout. The results allow us to create your own exercise programme for you to work to during your rehabilitation journey. The test is a good opportunity for you to see how much you can manage. Many people who have done the walking test are surprised at how much they can actually do.

After the assessment, you may be enrolled onto a rehabilitation programme. The programme includes either an internet based assessable exercise diary and health related information, or weekly face-to-face exercise classes and educational sessions.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Are there any risks when exercising?

There are risks when exercising, even for healthy people. In a small number of cases people may feel unwell, dizzy, short of breath or experience palpitations. The team will be on hand to support you.

When problems have happened, this is usually because people are not following the exercise guidance given. The cardiac rehabilitation exercise programme is structured to reduce the risks of exercising. It is important that you follow the instructions given by the Rehabilitation Team throughout the programme. **If you feel unwell at all, you must tell us straight away.**

What does the programme involve?

You will learn how to exercise safely and confidently. Site based classes take place once a week for 8 weeks and each class lasts about 2 hours. The web based programme on average is completed in 8 weeks but you will have access to the programme for 1 year. You can attend face-to-face classes either at Glenfield Hospital, Leicester General Hospital, Loughborough University (NCSEM) or Aylestone Leisure Centre, whichever is most convenient for you.

You must be committed to participating in the programme.

We understand that there may be times when you cannot attend, but you will benefit most by regularly interacting with the programme. If you are unable to attend, it is important that you tell us as soon as possible. If class bookings allow at the time, any missed sessions we are informed of can be made up for.

- We expect you to continue with and carry out your exercise programme at home and make it part of your daily routine. This will be explained to you. Your progress will be carefully monitored by the team. It may also be possible to refer you to a gym programme in your local area once this programme is complete.
- You must tell the Rehabilitation Team about any changes in your health or medicines while you are on this programme.

If you are interested in participating in the programme, please talk to your Cardiac Rehabilitation Team, GP or consultant.

Contact details

The Cardiac Rehabilitation Team:

- Glenfield Hospital - Tel: 0116 258 3986
- Leicester General Hospital - Tel: 0116 258 8069
- Loughborough University NCSEM - via Tel: 0116 258 7544
- Aylestone Leisure Centre - via Tel: 0116 258 7544

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk