

## Patient Information

Author: Cardiac Rehabilitation  
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This information can be provided in a different language or format (e.g. large print or audio version) on request.

This is a smokefree Trust. Smoking is not allowed in any of our hospital buildings or grounds.

The Trust will not tolerate aggression, intimidation or violence

# Cardiac Rehabilitation Phase II Support and Advice Service

The Phase II Support and Advice Service has been developed to help and support you and your family through your cardiac treatment.

You may be waiting for further tests, or you may have just left hospital following treatment. If so, you may be worried or have some questions about what happens next.

Our team is on hand to help you with any concerns, provide you with support and help you to regain your confidence. We can also advise you about what exercises you should be doing, and about lifestyle changes such as stopping smoking and healthy eating.

The Cardiac Rehabilitation Team can offer you a Nurse-Led Clinic appointment. This is an opportunity to discuss any worries or concerns with a Cardiology Nurse.

If you have any questions, or would like to book an appointment, please do not hesitate to contact the Cardiac Rehabilitation Team on 01268 394076.

Basildon University Hospital  
Nethermayne  
Basildon  
Essex SS16 5NL  
☎ 01268 524900

Minicom  
☎ 01268 593190

Patient Advice and  
Liaison Service (PALS)  
☎ 01268 394440  
E pals@btuh.nhs.uk

W [www.basildonandthurrock.nhs.uk](http://www.basildonandthurrock.nhs.uk)