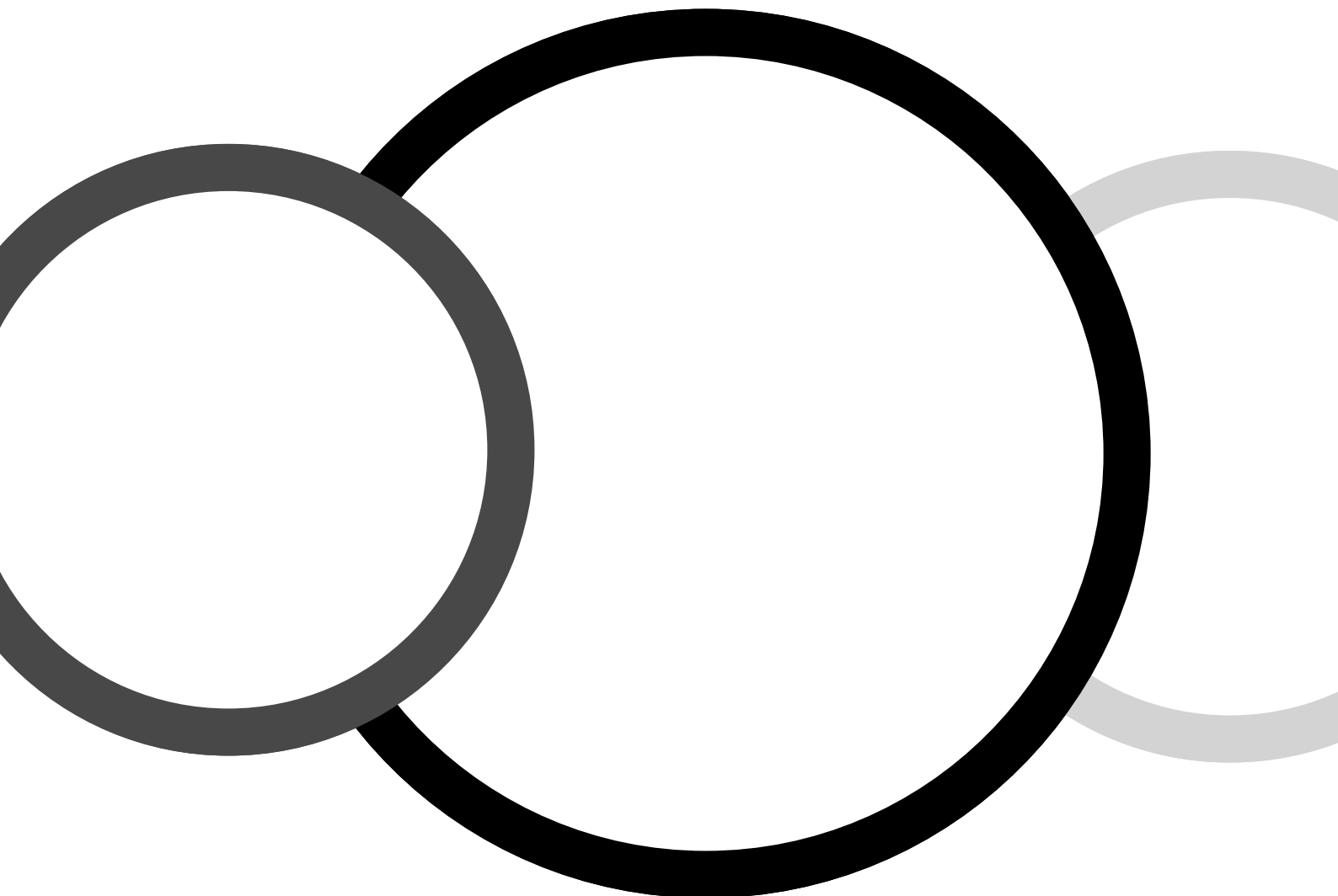


## Patient Information

# Cardiac rehabilitation 8-day programme



## **What is cardiac rehabilitation?**

The cardiac rehabilitation programme has been designed to help you recover confidently from your heart attack or cardiac surgery. Research suggests that this type of programme is extremely beneficial to patients recovering from treatment or conditions like yours.

Cardiac rehabilitation, aims to help you return to a normal, active and fulfilled lifestyle. We provide physical instruction and advice, health education and psychological support.

### **What are the benefits?**

- Improved level of fitness
- Increased self confidence
- Increased feelings of well-being
- Decreased levels of anxiety and depression
- Quicker recovery
- Increased knowledge about maintaining a healthier lifestyle
- Enjoyable and social activities
- A continuous assessment of your progress and recovery

### **What can I expect from each session?**

Each session may last a maximum of two and a half hours and will include:

- Introduction and welcome
- Recording of your blood pressure and of your general health.
- Warm up exercises
- 20 minutes of supervised exercise adjusted to your capabilities
- Cool down exercises
- Relaxation session
- Refreshments
- Discussion on health education topics

## **What health education topics are covered?**

There are discussions about:

- Anatomy of the heart
- Angina / chest pain
- Stress and mood management
- Diet and healthy eating
- Medications
- Benefits of exercise and the returning to a normal lifestyle
- Lifestyle modification

## **Who can I expect to see at rehab?**

- Cardiac rehab nurses
- Dietician
- Pharmacist
- Counsellor
- Physiotherapist

## **Where is it held?**

The Essex Cardiothoracic Centre  
Cardiac Rehabilitation Department,  
Level A,  
Basildon University Hospital,  
Nethermayne,  
Basildon,  
Essex SS15 6NL

## **What about partners and family?**

We positively encourage you to bring your partners or other family members with you if possible. Partners often feel reassured about your physical capabilities once they have watched you exercising.

## **What should I wear?**

Please wear anything that is light, non restrictive and comfortable for you to exercise in.

Appropriate footwear is essential.

**If you or a family member have any concerns or queries then please do not hesitate to contact the Rehab Co-ordinator on 01268 524900 ext 4076.**

Not to be photocopied

### Cardiac rehab timetable

Week	Day	Day	Time	
			Start	Finish
1				
2				
3				
4				

If you are unable to attend any of the above appointments please inform us by ringing **01268 394076**. Failure to do so will result in cancellation of all subsequent cardiac rehab appointments and you will be referred back to your GP.

**Is transport booked:**    Yes    No

                                    For you       

                                    For your partner       

Basildon University Hospital  
Nethermayne  
Basildon  
Essex SS16 5NL  
☎ 01268 524900 / 0845 155 3111

Minicom  
☎ 01268 593190

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

W www.basildonandthurrock.nhs.uk

The Trust will not tolerate aggression, intimidation or violence directed towards its staff.

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

This information can be provided in a different language or format (for example, large print or audio cassette) on request.