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Basildon and Thurrock University Hospitals **NHS**
NHS Foundation Trust

Patient Information

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This information can be provided in a different language or format (e.g. large print or audio cassette) 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 directed towards its staff.

Introduction to the Heart Manual Guidelines for patients

The Heart Manual has been designed to aid your recovery from your cardiac event. You will be provided with three manuals, a diary and two CDs. The first CD can be listened to on a CD player, the second CD can only be viewed on a PC (computer). We suggest the Heart Manual programme should be undertaken in the following way.

Step One - In Hospital

- A member of the cardiac rehabilitation staff will explain what the Heart Manual is all about and discuss the commitment involved in following the programme.
- A member of staff will explain the Manuals to you and identify which part of the Manuals will be relevant to your recovery. You will be given contact details for the Cardiac Rehabilitation Department.

Step Two - First two weeks at home

- Gradually read through Part One of the Heart Manual.
- It is important to start thinking about your risk factor and activity targets, so make sure you have read pages 19 – 28 in Part One before attending your first clinic appointment.
- You can start practising the relaxation, with the help of the audio CD, as soon as you feel ready following discharge.
- You can start to read Part Two of the Heart Manual and watch the second computer CD if you wish to; just pick out the sections you are most interested in at first. Part Three is for family members to read.

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☎ 01268 394440
E pals@btuh.nhs.uk

W www.basildonandthurrock.nhs.uk

- Do not start the exercise programme, just start by walking in the house or garden for the first week and then up and down the road or round the block for the second week, unless you have been advised differently by a health professional.
- During your second week at home, fill in the daily activity record in the Heart Manual Diary, this will be a good starting point for discussion when you attend clinic, but remember it is early days and your activity should be light and easy.
- Make a note of any questions, so that you remember them when you come to clinic.

Step Three - Two week clinic appointment

- You will attend a clinic appointment with a member of the Cardiac Rehabilitation staff, please bring a list of your medications and your Heart Manual to this appointment. If it is not possible for you to attend the hospital it may be possible to discuss your progress on the phone.
- Your progress will be reviewed and any questions answered.
- You will discuss your risk factor targets and set activity goals with the member of staff, they will explain how to use your diary to record your progress over the coming weeks.
- You will be taught a few simple exercises to practice at home.

Step Four - Continuing the Heart Manual at home

- Continue to read through Part Two of the Manual.
- Continue to practise the relaxation and exercises at home, gradually increase your walking distance.
- Keep a record of your activity on your daily activity sheet and weekly record sheet, set yourself new targets each week.
- You will be telephoned by a member of the Cardiac Rehabilitation staff about four weeks and six after your discharge from hospital to discuss your progress.
- Following your 'six week' telephone call you will be sent a form to have a blood test (you do not need to fast for this test), this blood test should be done a few days before your final clinic appointment. You will also be sent two questionnaires to complete. We would be grateful if you could fill these in just before your final clinic appointment.
- If you have any worries or questions at any time you are welcome to contact the Cardiac Rehabilitation Department on 0845 155 3111 ext.4076.



Step Five

Eight week - clinic appointment or telephone follow up

- You will attend another clinic appointment when staff will review your progress and plan for the future. Please bring a list of your medications, the two completed questionnaires and your Heart Manual to this appointment.
- You will have your blood pressure and weight checked, receive the results of your blood test and have the opportunity to discuss your medication and any other problems.
- Your diary will be reviewed, your plans for continuing to exercise and the targets for your risk factors will be discussed.
- Following this you will be discharged from the Cardiac Rehabilitation Department, a letter will be sent to your GP with a summary of your progress and the results of any tests.

