

# Cardiovascular rehabilitation programme

Name .....

Hospital number .....

Consultant .....

# Welcome to the cardiovascular rehabilitation programme

## **Aim of the programme**

The cardiovascular rehabilitation programme is designed to help you to manage your condition, and regain your confidence and quality of life. It also focuses on the long-term nature of cardiovascular disease, helping you to come to terms with it and any changes to your lifestyle you wish to make. You are welcome to bring a friend, partner or other family member.

## **Format of the programme**

The programme runs for six weeks as below:

- **St Thomas' Hospital**

Tuesday and Thursday mornings, 10am–12 noon

**Remember, the cardiovascular rehabilitation course is for you. Please feel free to ask questions.**

We know that cardiovascular rehabilitation works best when you attend all of the components. If there are parts of the programme you do not think you will be able to attend or do not feel you require, please discuss this with a member of the team. If we are not covering the things that you feel are important, please let us know and we will do our best to meet your needs.

**We hope that you enjoy the programme and have fun.**

## Who's who?

**Jane Sanders**      Cardiovascular rehabilitation sister

**Anita Woodward**      Cardiovascular rehabilitation sister

**Donna Abbott**      Cardiovascular rehabilitation sister

**Sarah-Jane  
Clements**      Cardiovascular rehabilitation sister

**Jane Collier**      Occupational therapist

**Helen Alexander**      Physiotherapist

**Helen Creasy**      Physiotherapist

You may also meet other physiotherapists and physiotherapy assistants, a pharmacist and a dietitian during your programme.

If you have any queries regarding the cardiovascular rehabilitation programme please contact the nursing team on **020 7188 0946**.

# The information sessions

Each week a different topic will be discussed in the information sessions, covering topics on a rotational basis over the six weeks (outlined below).

## **Session 1**

- Cardiovascular disease and treatments

## **Session 2**

- Introduction to risk factors for cardiovascular disease

## **Session 3**

- Healthy eating and alcohol

## **Session 4**

- Physical activity and exercise

## **Session 5**

- Pharmacist question and answer time

## **Session 6**

- Understanding and managing emotions

A British Heart Foundation video or DVD on 'Resuming sexual activity after a heart event' is available to borrow. Ask any member of the team for details.

## **The stress management and relaxation component**

Your emotional adjustment to a health condition is as important as your physical recovery. Some people experience anxiety or stress following their diagnosis and this may continue in the long term. We aim to help you deal with these problems through learning how to understand and deal with stress. We also run enjoyable practical relaxation sessions. Over the six-week course you will learn a variety of different techniques and be offered the opportunity for individual stress management and support if required.

## **Support time**

We have designed the programme so that you will have time to share experiences with others on the course over a cup of tea or coffee. In this way the group provides support and plays a part in your recovery process. Members of the local cardiac support group attend one of these sessions.

## **The exercise component**

The exercise sessions are designed to help you manage your condition and regain confidence in being active. Achieving the recommended amount of exercise and physical activity is an important factor in preventing further cardiovascular problems, so we aim to help you enjoy exercise and think about how you will continue with exercising once the cardiovascular rehabilitation programme has finished.

# Stress management and relaxation

Excessive and prolonged stress may lead to mental, emotional and physical fatigue, and can result in cardiovascular disease. Relaxation offers a mechanism for coping with stress.

As part of your rehabilitation, you will have the opportunity to learn new relaxation techniques and to understand the effects of stress on your cardiovascular system.

Relaxation training will help you to cope with stressful factors or situations in everyday life, allowing you to feel more in control.

Below are just some of the benefits of relaxation:

- reduces muscle tension
- decreases breathing rate and heart rate
- decreases blood cholesterol
- decreases blood pressure and volume
- reduces fatigue and improves energy levels
- helps management of stress
- improves sleep
- improves self-confidence in maintaining healthy lifestyle changes.

## **Relaxation tapes and CDs**

The cardiovascular rehabilitation team has produced tapes and CDs based on the techniques learned on the course, which you may like to take home with you.

There is no charge but a small donation can be made.

Please ask any member of the team for a copy.

## Useful phone numbers

### **Cardiovascular rehabilitation advice line**

**t:** 020 7188 0946 (Monday–Friday, 9am–5pm)

### **British Heart Foundation helpline**

**t:** 0300 330 3311 (Monday–Friday 9am–5pm)

**w:** [bhf.org.uk](http://bhf.org.uk)

### **NHS helpline**

**t:** 111

### **Patient transport**

**t:** 020 7188 2888

### **Advice line for male sexual problems (Male Cardiovascular Health Clinic)**

**t:** 020 7188 0727

### **British Holistic Medical Association** – For relaxation tapes and books

**t:** 012 7372 5951

### **Drinkline** – For help and support to stop drinking

**t:** 0800 917 8282 (weekdays 9am–8pm, weekends 11am–4pm)

## Smoking helplines

**NHS Smoking Helpline**      **t:** 0300 123 1044

**Lambeth Quitline**      **t:** 0800 856 3409

**Southwark Quitpoint**      **t:** 0800 169 6002



# Guy's and St Thomas' Cardiac Support Group

Affiliated with the British Heart Foundation

- Are you a heart patient?
- Do you need further support?

## If so, why not join us?

You are most welcome! Feel free to bring your partner or a friend.

**We normally meet monthly at 7pm in the cardiac outpatient department, 1<sup>st</sup> floor, Southwark Wing, Guys' Hospital**

### For further information

Please call the chairman of the group, **John Williams on 020 8699 4805** or the **Cardiac Rehabilitation Team on 020 7188 0946**.

President: DrJames Coutts, Consultant Cardiologist.

## Further information

If you would like any more information on any other issues relating to heart disease please contact the **British Heart Foundation Information Line**  
t: 0845 70 80 70 w: [www.bhf.org.uk](http://www.bhf.org.uk)

## Notes

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# Contact us

## **Pharmacy Medicines Helpline**

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

**Patient Advice and Liaison Service (PALS)** – To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**t:** 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**Language support services** – If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815 **fax:** 020 7188 5953

**NHS Choices** – Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

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