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Sherwood Forest Hospitals  
NHS Foundation Trust

# Newark Hospital cardiac rehabilitation service

## Information for patients



Name: \_\_\_\_\_

Date issued: \_\_\_\_\_ Given by: \_\_\_\_\_

Attending a cardiac rehabilitation programme after a heart attack or heart surgery / angioplasty, has been shown to benefit patients and their families by:

- Helping them understand their condition and its treatment.
- Providing support and information to help regain the ability to resume daily activities and improve fitness levels.
- Giving advice and providing opportunities to make changes in lifestyle, in order to help prevent further heart problems.

Following an initial telephone consultation, you will be invited by letter to attend for an assessment with the cardiac rehabilitation specialist nurse and be able to choose the hospital or home programme.

## The hospital exercise programme (phase 3 of cardiac rehabilitation)

The exercise programme is once a week for four to eight weeks on Wednesdays, 11.30am to 1pm or 3.15pm to 4.45pm

Each exercise session lasts 50 - 55 minutes and is followed by a 10-15 minute relaxation session. This takes place in the Byron House physiotherapy gym. Following the programme you will be offered a suitable maintenance exercise class.

### **Reasons for choosing the hospital exercise programme**

You may feel that you would benefit from a more structured exercise programme within the hospital environment. You might like to be part of a group and welcome the chance to discuss your experiences with others who are in a similar position.

## The home-based exercise programme (phase 3 of cardiac rehabilitation)

The home-based exercise programme has been designed to help you manage your recovery at home.

At the assessment appointment you will receive guidance in following the home exercise booklet. Following this you will be contacted by telephone to monitor your progress and answer any questions. After the six to eight weeks of follow-up calls, you will be encouraged to continue your home exercise. You will be able to contact us for any further advice or guidance (contact details on the next page).

## Reasons for choosing the home based programme

You may prefer home exercise rather than joining a group, or you may have commitments that prevent you attending the hospital programme. You may also not want to travel to and from the hospital.

## Contact details

**Julie Wood, Cardiac Rehabilitation Specialist Nurse.**

**Telephone: 01636 685725** on Wednesdays and Thursdays.

**Email: [sfh-tr.newarkcardiacrehabilitation@nhs.net](mailto:sfh-tr.newarkcardiacrehabilitation@nhs.net)**

## Useful contact numbers:

- King's Mill Hospital Medicines Helpline: 01623 672213.
- Your Health Notts (for healthy lifestyle advice, including quitting smoking and weight loss support: 0115 7722515. Website: [yourhealthnotts.co.uk](http://yourhealthnotts.co.uk)
- British Heart Foundation (BHF) helpline: 03003303311.  
Website: [www.bhf.org.uk](http://www.bhf.org.uk)

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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