

Why you have been referred to Cardiac Rehabilitation

You have been referred to meet the Cardiac Rehabilitation Physiotherapy team. There are different reasons why you might have been referred for an assessment. These can include:

- you have recently had cardiac surgery / procedures
- you have recently been assessed by the heart failure nurse or other cardiac specialist
- you are interested to find out how exercise and education sessions can help you to remain 'heart healthy'

What this service offers

The Physiotherapist and Cardiac Nurse will discuss what can be offered after they have completed their assessment. This may include home exercises, and exercise programmes at Fort Regent. It will also include an education and management plan to support you with your symptoms.

We aim to provide you with:

- a detailed assessment
- an explanation of your condition
- a Cardiac Rehabilitation Plan

What you should expect

You will be seen by a Chartered Physiotherapist and a Cardiac Nurse. Your first appointment may take up to one hour.

The Physiotherapist and Cardiac Nurse will ask you questions about medications, and also your general health. They will ask how your symptoms (if you have any) affect different activities, such as work and home life.

Can I bring someone with me?

Yes, you can bring someone along with you to this appointment.

What you need to bring

You need to bring:

- a list of the medications you are currently taking
- any medications you may need to take/administer during the consultation e.g. GTN spray, inhalers
- your walking aid if you use one

What you need to wear

This first appointment will not require you to do any form of activity / exercise so you can wear your normal clothing.

Location

The Outpatient department at the General Hospital is accessed through the Gwyneth Huelin Wing entrance. It is on the ground floor. Please take a seat in the main waiting area until you are called through for your appointment.

What happens if I don't turn up?

The Cardiac rehabilitation team follow a 'Did Not Attend' (DNA) policy.

If you DNA any appointment, we will not contact you to rebook. For 4 weeks after the date of the appointment, you can contact the clinic and ask for another appointment.

We will discharge you from our service if:

- you don't contact us within 4 weeks
- you DNA any appointment for a second time

Polite notice

Appointments in the Cardiac Rehabilitation Physiotherapy Service are in high demand. By letting us know you are unable to attend means we can offer the appointment to someone else. This helps reduce waiting times.

Getting to the appointment

Parking

There is dedicated Hospital parking on the ground floor at Patriotic Street Car Park. Parking is available on all other floors. All levels need pay cards, or pay-by-app.

Public transport

Liberty Bus operate 2 bus routes to the General Hospital. The 5 and 19 routes stop at Gloucester Street (north). It's a short walk across Parade Gardens to The Parade entrance of the General Hospital. The journey takes 5 minutes from Liberation Station. See their website for more details on bus times - www.libertybus.je.

Hospital transport

The Patient Transport Service has strict criteria. Call us if you feel you are eligible for this service.

Feedback

If you would like to provide feedback about your experience, please complete the 'I Want Great Care' questionnaire that will be given to you by your physiotherapist. You can also complete the questionnaire electronically by entering code **0089** at <http://jerseyphysio.iwgc.net>

Alternatively, please contact the Physiotherapy Operational Manager, Lesley Hill on l.hill@health.gov.je.

Useful Information

www.jerseyheartsupportgroup.org

<https://www.bhf.org.uk/what-we-do/in-your-area/jersey>

Contact us

To speak to a member of our team about your referral and appointment, or if you're not sure this service is for you, phone +44 (0) 1534 442747. Leave your name, contact number and a message.



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Gouvèrnément d'Jèrri



Health and Community Services

Patient Information

Cardiac Rehabilitation Physiotherapy Service

The Cardiac Rehabilitation Physiotherapy Service has received a referral to offer you an assessment.

This leaflet details what to expect from the service and the assessment you will have

Outpatient Department
General Hospital

Gouvèrnément d'Jèrri