

Q. How often do I need to attend the class?

♥ **The Cardiac Rehabilitation Programme is an 8 week course.**

It is hoped that most patients commit to 3 days per week for maximum benefit and personal gain.

Q. When are the classes?

♥ **The classes are on a Monday, Wednesday and Friday. They are held from 2.30pm till 4pm.**

On a Monday at 2pm there is a cardiac health talk.

Attendance is optional.

Q. What are the cardiac health talks about?

♥ **The talks will cover topics including risk factors, exercise, cardiac investigations and drugs. These talks are presented by specialists i.e. Pharmacist, Dietician and Smoking Cessation Nurse etc.**

Partners are most welcome.

Q. Is there anything I need to bring?

♥ **If you use inhalers or GTN spray, please bring these with you.**

Please eat a light lunch an hour before class.

Water will be provided.

Q. What should I wear?

♥ **Light, loose clothing and comfortable flat shoes.**

Q. What if I don't feel well during class?

♥ **The first thing is not to panic. Let one of the trained staff know and help will be given.**

Q. Who do I contact if I am unable to come to the class?

♥ **Contact:**

- **Cardiac Rehabilitation Nurse on (01534) 442747 or the**
- **Cardiac Physiotherapist on (01534) 442644**

Q. What is the next step after cardiac rehabilitation?

♥ **Most patients go on to the Exercise Referral Scheme at their local gym.**

Some prefer an alternative exercise regime which can be discussed before finishing the class.

Q. Where can I find more information and support?

♥ **Local Charity- Jersey Support Group**

www.JerseyHeartSupportGroup.org

♥ **Nationally-**

British Heart Foundation

www.BHF.org

These are charities which offer people with heart disease support.

Commencing the Cardiac Exercise Programme is usually:

- **2 weeks post angioplasty and / or stent**
- **4 weeks post myocardial infarction (heart attack)**
- **8 weeks post cardiac surgery**



Name

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Time

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Start Date

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States of Jersey

The States of Jersey Department for
Health & Social Services

Patient Information

Cardiac Rehabilitation Phase 3

This leaflet is for cardiac patients who have agreed to attend **Phase 3 of the Cardiac Rehabilitation Programme.**

The Cardiac Exercise Class takes place in Samares dining room, at Overdale Hospital.

Jersey General Hospital