

The Team



Paula Baker
Cardiac Specialist Nurse &
Team Lead



Emma Gainsborough
Cardiac Rehabilitation Nurse



Moira Alderson
Cardiac Rehabilitation Nurse



Hannah Debenham
Cardiology Support Worker



Daniel Hale
Cardiac Exercise Therapist

We can be contacted on the
following number:

01494 809977



For help with queries about ECCH's services, or to provide feedback, contact our Patient Advice and Liaison Service:

 **Tel:** 01502 445447

 **Email:** patientliaison@ecchcic.nhs.uk

Or write to:

PALS, East Coast Community Healthcare,
Hamilton House, Battery Green Road,
Lowestoft, NR32 1DE



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

Jej šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: **01502 445447**.

Jezeli chcieliby Panstwo otrzymac niniejsza publikacje w tłumaczeniu na jezyk polski, prosimy o kontakt z pod numerem telefonu: **01502 445447**.

Pokud byste chteli kopi této publikace ve Vašem jazyce, prosím kontaktujte ovou na telefonním čísle **01502 445447**.

Bu yayinin kendi dilinizde bir nüshasını isterseniz, lütfen **01502 445447** nolu telefondan ile temasa geçiniz.

Se pretender uma cópia desta publicação no seu idioma, por favor contacte no número **01502 445447**.

Cardiac Rehabilitation Service

Heart Failure Reach Home-based Programme





The **Heart Failure Reach Manual** has been developed by NHS clinicians, academics, people living with heart failure and their families, using the best available evidence to help you live a good quality of life.

What is included in the 12-week programme?

You will receive a telephone call from the Cardiac Rehabilitation Nurse to arrange for you to attend the Cardiac Nurse Clinic.

You are welcome to bring along a friend or family member to this appointment.

Week 1 – Assessment

You will have a clinic appointment with the Cardiac Rehabilitation Nurse to discuss your cardiac rehabilitation needs and requirements. This will last for approximately 1 hour.



You will be given your own Reach Heart Failure (HF) Manual which you will be expected to bring with you to your appointments.

You will then be invited to attend for an Exercise Assessment to determine your exercise level. You will meet the team and discuss the programme.

This session will include a walk test or sit-to-stand test to determine your exercise level for the programme and provide a chance to set short-term goals.

The Programme (Telephone Calls)

You will receive agreed planned contacts to your home phone or mobile. These appointments are to track and support your progress throughout the programme; each should last for approximately 20-30 minutes.



Week 12 - Discharge

You will have a clinic appointment lasting approximately 1 hour.

We will review your progress and repeat the sit-to-stand or walk test and look at opportunities to continue exercise.



For your Assessment & Discharge sessions, please wear comfortable, loose clothing and footwear suitable to exercise in and bring:

- Reading glasses, if worn
- Your blood sugar test kit if you have one
- Inhalers and/or GTN spray if you have them
- Your medications in the original boxes
- Bottle of water (optional)

Who is eligible for the programme?

- People with heart failure

How can I be referred to the programme?

- Acute hospitals
- Specialist nurses