

## The Team



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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](mailto:patientliaison@ecchcic.nhs.uk)

**Or write to:**

PALS, East Coast Community Healthcare,  
Hamilton House, Battery Green Road,  
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## Cardiac Rehabilitation Service

# Cardiac Rehabilitation Programme





## What is included in the 6 week program?

After you have seen a Cardiac Rehabilitation Nurse in clinic and deemed fit to start, you will receive an assessment appointment from the Cardiac Rehabilitation professional at either Mill Lane or Water Lane.

### Week 1 – Assessment

You will have an exercise assessment with the Cardiac Rehabilitation Professional, at this appointment we will set out your programme for classes and education.



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

This will last for approximately 90 minutes.

You may be given some home exercises to do while you wait to join the classes.

Every session will include an education session, covering Medications, Lifestyle changes and wellbeing. These are to help you make positive healthy changes.

Your exercise assessment is on

### Week 6 - Discharge

We will review your progress during your final class and look at opportunities to continue exercise.



We ask that you bring back your completed assessment questionnaire that you will be given the week before, to take home and complete.

**For all your 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 or recent repeat prescription list if anything has changed since you saw your cardiac nurse in clinic.
- Bottle of water