

Cardiac Rehabilitation Service

Cardiac Rehabilitation service
following a PCI/Angiogram.



What is Cardiac Rehabilitation?

Cardiac rehabilitation gives you and your family the information, support and advice you require:

To understand your condition

Restore Confidence

To return to as normal and active life as possible

To encourage you to make lifestyle changes which will improve your long-term wellbeing and reduce the risk of a further cardiac event.

The rehabilitation programme offers a range of options to aid recovery and to support you in managing your heart condition.

Initial Contact

You will be phoned by one of our team on receipt of your referral from the hospital. If we are unable to contact, you by phone we will write you a letter. We will then offer an appointment in one of our local clinics in either Great Yarmouth, Gorleston, Lowestoft, Beccles or Solebay.

Clinics

This will be your opportunity to be seen individually by a Cardiac Rehabilitation Practitioner and ask questions. You are welcome to bring a family member or friend if this is helpful to you.

Please inform us if you require an interpreter specifying language required.

We will discuss your cardiac event and how we can help you to reduce the chance of further cardiac issues in the future be that with medicines and lifestyle.

We ask that you bring your medicines in the original boxes so that we can discuss the purpose, timing, any issues with side effects and any blood test monitoring that may be needed. We are not prescribers therefore repeat prescriptions and medication enquiries need to be arranged with your GP surgery.

During this consultation you **may** be offered a short exercise assessment if this is deemed appropriate. Please therefore wear comfortable clothing and flat soft soled shoes. If you are Diabetic, please bring your blood sugar machine and a snack. The exercise assessment may

include a walk or stepping up and down on a step.

This appointment will last 60 -90 mins.

Otherwise, you may be offered an exercise assessment later if appropriate to your needs.

The purpose of the exercise assessment is to determine a baseline level of fitness and discuss your short-term goals.

From this exercise assessment you may be offered the opportunity to attend a 6-week exercise programme.

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

Exercise sessions

6-week circuit-based programme that can be adapted to your individual level.

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

In the first 2 weeks following Balloon or Stent procedure

Care of your wound

You may have a small plaster over your incision site: this should be removed 48 hours after your procedure. You may bath or shower the day after your procedure but avoid putting talcum powder or creams on or around the wound site until the wound has healed.

It is normal to have bruising around the insertion site and up your wrist and arm where the tubes were passed to carry out your procedure. This can spread. This is because drugs were used to thin your blood during the procedure. The bruising will fade over the next couple of weeks.

For two or three days following your procedure for up to a fortnight you may notice a small pea or marble size lump at the insertion site. This is normal healing.

If you experience any of the following you are advised to contact a doctor or attend A&E:

- If the lump at the insertion site grows more than marble size.
- Excess swelling
- Heat or redness around the area

- Changes of sensation in your hand or fingers.
- Oozing from the wound site or any discharge through the dressing.

If the wrist bleeds do not panic, sit down and apply firm pressure until the bleeding stops. If it does not stop after 15 mins call 999 or attend A&E

Medication

Contact your GP surgery to arrange repeat prescriptions of any new medication that you may have been given

Our team are not clinical prescribers and will not be able to dispense medication.

You will have been prescribed a tablet called Clopidogrel or Ticagrelor. This tablet will be taken alongside Aspirin to prevent a clot forming in your artery which could be fatal. This combination of tablets is called Dual Anti-Platelet therapy (DAPT) and will be prescribed for a specific length of time. Please ensure no doses are missed.

Side Effects: It is normal to notice increased

bruising whilst on Clopidogrel or Ticagrelor, but please speak to your GP if you are concerned or notice any unexpected bleeding, bruising or blood in your urine or faeces.

Symptoms

It is common to experience some niggles in your chest or arms after discharge following a Balloon or Stent procedure. This is often because the artery has been stretched and there is some bruising on the inside. These symptoms usually last seconds and can move around in location. They usually disappear after a few weeks. Paracetamol can be taken if the niggles bother you or your arm is aching from the catheter insertion site.

If you experience any symptoms which you associate with your Angina that last more than 2 mins follow these instructions

1. Sit down
2. Take a puff of GTN spray under your tongue,
3. Wait 5 mins
4. If symptoms are not completely gone and you are not feeling dizzy take another puff of GTN spray under your tongue

Wait 5 mins. If symptoms not completely relieved call 999

Getting back to normal activity

During the first week you should **not** do the following:

- drive the car as this is a legal requirement from the DVLA
- Ride your bike
- Heavy lifting or other physical activity
- Vacuuming
- DIY
- Any sporting activity including swimming, other than walking.
- Return to work.

What you **can** do in the first week:

- Get up and dressed as normal
- Rest for the first couple of days to allow your wound to heal and to begin to allow your coronary artery to recover from your heart procedure.
- After this, start to increase your activity. An ideal activity is walking. Start at a comfortable pace and at a distance that you know you can get back easily.

- Slowly increase the amount of time you spend walking
- You may cook and prepare meals.

In the second week **you can**:

- Return to driving
- Resume more household activities
- Continue daily walking if able and continue to increase distance and time as it gets easier.

Lifestyle

It can feel overwhelming when you are diagnosed with a cardiac condition and have had a heart procedure. You may have been advised to make positive lifestyle changes like quitting smoking, reduce weight and eat healthily. If you would like to read any information whilst waiting to see us in clinic we would recommend the following websites:

www.smokefreenorfolk.co.uk

They accept self-referrals and you can be supported by phone or face to face. They arrange prescriptions of any stop smoking products.

www.bhf.org.uk Information about your cardiac condition, lifestyle and medication advice.

www.diabetesuk.org- managing your Diabetes effectively

www.acpicr.com (click publications and then scroll down to patient leaflets).

ACICPR (Association of Chartered Physiotherapists in Cardiac Rehabilitation) give specific information about returning to exercise/active hobbies

www.nhs.uk/live-well

Relationships

Resuming sexual activity after a Balloon or Stent procedure can happen after a week if you are feeling well.

Work

Most people can return to work after 1-2 weeks

You can self-certify for your first week off sick.

You need to contact your GP if you need an ongoing sick note.

If your employer has an occupational health department or Nurse, we would recommend

contacting them about how they can safely support you in your workplace.

If you have any questions whilst you are waiting to see us, please do not hesitate to contact us on 01493 809977 where you can leave a message for “Cardiac Rehabilitation”.

We are not an emergency service therefore if you are concerned about any new or worsening symptoms, please contact your GP surgery or NHS 111.

The Team

Paula Baker

Cardiac Specialist Nurse & Team Lead

Moira Alderson

Cardiac Rehabilitation Nurse

Emma Gainsborough

Cardiac Rehabilitation Nurse

Hannah Debenham

Cardiology Support Worker

Daniel Hale

Cardiac Exercise Therapist

We can be contacted on the following number:

01493

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**.

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

Jezeli chcieliby Panstwo otrzymac niniejsza publikacje w tłumaczeniu na język 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 nüshasini 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**.