

Cardiac Rehabilitation for Patients Post Cardiac Surgery

Cardiology

This booklet aims to provide information on Cardiac Rehabilitation services

Contact details

Cardiac Rehabilitation Service

New Cross Hospital
First Floor B2
Heart and Lung Centre
Wolverhampton
WV10 0QP

Cannock Chase Hospital
Assessment Area
Level Two
Bruswick Road
Cannock

Monday to Friday 08:00 to 17:00 & Saturday 08:00 to 16:00 (Excluding Bank Holidays)

Telephone: 01902 694226

rwh-tr.cardiacrehabteam@nhs.net

Local Cardiac Rehabilitation Teams

Walsall

01922 725050

Dudley

01384 456111 extension 1470

Telford

01952 641222

City Hospital

0121 5075562

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Alternatively, you can find your local team on the National Database:

www.cardiac-rehabilitation.net/cardiac-rehab.htm

Cardiac Rehabilitation

“Cardiac Rehabilitation (cardiac rehab for short) helps you get back to as full a life as possible after a cardiac event such as a heart attack, heart surgery or stent procedure” (British Heart Foundation)

“Cardiac Rehabilitation is the sum of activity and interventions required to ensure the best possible physical, mental, and social conditions so that patients with chronic or post-acute cardiovascular disease may, by their own efforts, preserve or resume their proper place in society and lead an active life” (World Health Organisation)

The Cardiac Rehabilitation (CR) Team at the Royal Wolverhampton NHS Trust offers a comprehensive service, including structured exercise, patient education, psychosocial counselling, risk factor reduction and behaviour modification, with a goal of optimising patient’s quality of life while helping to reduce the risk of future heart problems.

The CR Team offer a six-day service (Monday to Saturday), whereby all patients eligible for CR will be identified by the Clinical Nurse Specialist (CNS) in the team, monitored, and assessed, following admission to the Heart & Lung centre, with an individualised plan in place prior to discharge home.

The CR CNS will ensure that if you live out of the area you will be referred to your local CR team the day after discharge to ensure a seamless transfer of care. All patients within the Wolverhampton & Cannock area, will receive an initial contact telephone call the day after discharge. This initial (early) follow-up call will allow for continued care following discharge home and will provide an opportunity to update on your progress, reiterate the advice to-date and discuss the following stages of CR (patient choice).

An introduction to becoming more active

Physical Activity and Exercise will improve the efficiency of your muscles in using oxygen. This puts less strain on the heart, as it will not have to beat as hard or as fast with activities of moderate intensity.

Exercise will help to control many of the factors that could have led to coronary heart disease (CHD). These include high blood pressure (hypertension), high cholesterol (hypercholesterolaemia), being overweight, the effects of smoking, stress, and diabetes.

How much exercise?

It is important to begin gradually, with just a few minutes of exercise initially. Aim to gradually build up to 30-minutes of moderate intensity exercise or physical activity on at least five days of the week, or at least 150 minutes a week. This section of the booklet will give you some guidance to help you with your exercise routine.

Immediately after your operation

Heart surgery can result in a temporary reduction in lung volume, which will require deep breathing exercises to expand the lungs fully and aid the removal of secretions. A physiotherapist will assess your needs after your surgery to advise you of the deep breathing exercises and advise you accordingly.

Before you go home

The physiotherapist will assess you on the ward and ensure you are as mobile as soon as possible, and before you go home you will be asked to do a stair test. Equally, the physiotherapist will advise you as to some continued exercises to reduce stiffness in your neck, shoulders and back.

Flexibility and mobility exercises

These exercises have been chosen to improve your mobility after heart surgery. The exercises can be performed sitting in a firm chair or standing up. You may find doing these exercises first thing in the

morning, at midday and again before going to bed helpful. You can also use the exercises as part of your warm-up before a walk.

Repeat each exercise five times.

Slowly lift your head up to look at the ceiling and then take it down to look at the floor.

Slowly turn your head to look over your left shoulder and then turn to look over your right shoulder.

Slowly bend your head to the side taking your left ear towards your left shoulder. Repeat on the right.

Arms relaxed by your side, raise your shoulders towards your ears and circle your shoulders backwards. Now repeat circling your shoulders forward.

Gently link your fingers in front of your body and straighten your arms away from your chest. Now, keeping your arms straight, raise your hands above your head. Finally, release your fingers and stretch your arms out to the side and lower them down.

Stand up straight with your feet hip width apart and your arms relaxed by your side so that your hands are touching your thighs. Gently slide your left hand down your thigh towards your knee. When you have reached your limit return to the centre and repeat with the right hand. Do not lean forward.

Stand up straight with your feet hip width apart and place your hands on opposite shoulders, crossing your arms across your chest. Twist at the hips to turn to the left and then to the right. Repeat with your hands on your waist.

Walking guidelines

Always allow yourself time to warm-up before exercising and cool-down afterwards. You can do this by walking at a slower pace for approximately five minutes before and after your moderately paced walk. Below is an example of a walking plan, which can be adapted to your individual needs.

Week	Warm Up (minutes)	Walk (minutes)	Cool Down (minutes)	Exertion *(RPE)
1	5	5	5	12 – 13
2	5	10	5	12 – 13
3	5	15	5	12 – 13
4	5	20	5	13
5	5	25	5	13
6	5	30	5	13

Please remember this is a guide to be discussed with a member of the CR team.

Rating of perceived exertion (RPE)

6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard, breathing slightly heavier than normal
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximum exertion

Please note:

- It is normal to get comfortably short of breath in order to improve your fitness, but you should be able to hold a conversation whilst exercising
- Exercise should be of moderate intensity (12 to 13 RPE)
- Be aware that exercise is harder in very hot or very cold weather
- Exercising at moderate intensity should not cause angina or severe shortness of breath. If the frequency and / or severity of your symptoms are increasing, or occurring at rest please see your GP as soon as possible or speak to a member of the cardiac rehabilitation team for advice
- Do not exercise for at least one hour after a meal
- Stop exercising if you have any chest pain, severe shortness of breath, dizziness, or muscle cramp, and seek urgent medical advice and/or 999
- **The cardiac rehabilitation service can provide you with more individualised guidance and**

Pyramid of physical activity

Aim to build a pyramid of physical activity and exercise and reduce seated activities.

Rest is also important, but too much is not beneficial.



General guidelines

Driving: Generally, you will be advised that you may resume driving six weeks after cardiac surgery, and to inform your insurance company, however this can vary depending upon your diagnosis and treatment.

If you hold an enhanced driving licence e.g., HGV you will need to also notify the DVLA with immediate effect and follow the guidance accordingly. If you require any additional advice please discuss with your cardiac rehabilitation team or visit <https://www.gov.uk/guidance/cardiovascular-disorders-assessing-fitness-to-drive>.

Work: Returning to work often depends on the nature of your job. Generally, you will be advised that you may return to work twelve weeks after heart surgery if your job is not physically demanding, however this can vary depending upon your diagnosis and treatment, and job role. Please check with your cardiac rehabilitation team.

Holidays: It is acknowledged that patients who have experienced a cardiac 'event' can safely fly and legally undertake air travel at a relatively early stage in their recovery. This often happens when for example, patients are repatriated having a cardiac event on holiday abroad. However, it is generally accepted that it would be preferable for patients to 'stabilise' for a minimum of twelve weeks and then to seek medical advice, preferably from their consultant and/or cardiac rehabilitation team prior to planning to travel by air or alternatively visit <https://www.bhf.org.uk/information-support/support/practical-support/holidays-and-travel> or <https://www.nhs.uk/common-health-questions/lifestyle/when-can-i-fly-after-a-heart-attack>

Medications: The cardiac rehabilitation team, pharmacist and nurse will discuss your medications prior to going home. Please ask for any additional information or visit <https://bnf.nice.org.uk/treatment-summaries/acute-coronary-syndromes>

The British Heart Foundation support the Cardiac Rehabilitation Team with 'Patient Information

Booklets’.

To access this information, you can go to the website for more information <https://www.bhf.org.uk/information-support> or alternatively scan the relevant QR Code for your condition, or telephone Contact Customer Services Monday to Friday, 9am to 5pm on 0300 330 3322.

However, if you would like the ‘paper version’ of the booklets, please ask a member of the Cardiac Rehabilitation Team.

Cardiovascular Disease	Coronary Artery Bypass
	
Trans-Aortic Valve (TAVI)	Medicines
	

Charity information:

Wolverhampton Coronary Aftercare Support Group (WCASG)
Have a Heart Wolverhampton, Cardiovascular Rehabilitation Centre,
9 Salisbury Street, Wolverhampton, WV3 0BG.
www.have-a-heart.co.uk

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。