

The cardiac rehabilitation service accepts referrals from hospital staff, Heart Failure nurses, GPs, consultants, practice nurse and cardiology departments.

If you have been diagnosed with heart failure or angina please talk to a healthcare professional. Once you have been referred to us, a member of our team will contact you to arrange an assessment.

Not all patients will be suitable to attend our programme, however, in certain circumstances you may be eligible for a home programme. Your suitability for the programme will be reviewed as part of your assessment.

If you are due to attend for an assessment, please bring any GTN spray with you as well as a copy of your medications list. Please wear loose, comfortable clothing.

Main Contact

Address and sat nav postcode:

Dorothy Hyman Sports Centre, Snydale Road, Cudworth, Barnsley S72 8LH

Service Telephone Number: 01226 645430



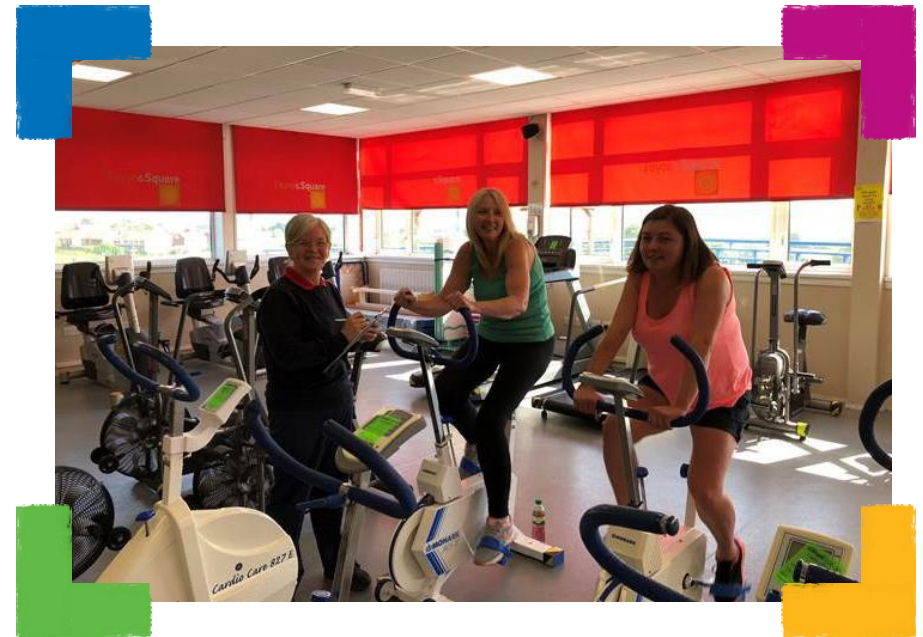
Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about the Trust. Please speak to a member of staff or contact our customer services team on 0800 587 2108 who can also provide help in understanding this information.

JOB NO 0875 Nov 18

Cardiac rehabilitation

Information for patients



With **all of us** in mind.

Cardiac rehabilitation is a programme of exercise and education for people with heart problems. It has been shown to improve exercise tolerance and quality of life as well as reduce some of the risk factors associated with coronary heart disease by encouraging long-term healthy lifestyle changes.

For people who have recently had a heart attack, coronary artery bypass grafting, heart valve or other heart surgery, cardiac rehabilitation starts when you are in hospital and will continue when you return home.

Hospital staff will refer you on to our exercise and education programme. Your diagnosis will determine how soon after your event you will be able to begin.

Locations:

Dorothy Hyman Sports Centre, Snyderdale Rd, Cudworth, Barnsley S72 8LH. *(Held Monday to Thursday at this site).*

Huskar Community Rooms, The Cross, Silkstone, Barnsley S75 4LX (directly behind the petrol station / CoOp via the A628). *(Held Monday's at this site).*

Dearneside Leisure Centre, Goldthorpe Rd, Goldthorpe, Rotherham S63 9EN. *(Held Wednesday's at this site).*

Duration:

One hour once or twice a week for eight to twelve weeks.

Additional sessions:

We also hold monthly education sessions covering topics such as:

- how the heart works
- the heart and exercise
- medications and diet

Programmes are run by NHS staff experienced in working with people with heart problems and may include a nurse, physiotherapist and rehabilitation exercise instructors.

Patients are visited at home by a cardiac nurse and are fully assessed before undertaking any exercise sessions. We run different sessions of varying intensity to suit all abilities; your group suitability will be decided when you attend for assessment.

If you have stable angina or heart failure, or have recently undergone Enhanced External Counter-pulsation therapy (EECP), please discuss your suitability to attend with your healthcare professional.

Further information regarding the service can be viewed at www.southwestyorkshire.nhs.uk/our-services/directory/barnsley-cardiacpulmonary-rehabilitation-service/

