

Barnsley Cardiac & Pulmonary Rehabilitation Service

Referral Guide for Health Professionals

This referral pack provides key information for healthcare professionals referring patients into the Barnsley Cardiac and Pulmonary Rehabilitation Service, including eligibility criteria, referral pathways, service information and referral documentation.

Service Overview

The Barnsley Cardiac and Pulmonary Rehabilitation Service provides evidence-based rehabilitation programmes for patients with cardiac and respiratory conditions. The service helps patients improve physical fitness, manage symptoms, reduce hospital admissions, and enhance quality of life.

Programmes run for 6–8 weeks and include supervised exercise, education, and lifestyle support. Each patient is individually assessed, and programmes are tailored to meet their specific clinical needs.

For patients who are housebound or unable to attend a venue safely, a home exercise programme can be offered. These programmes are individually tailored to help patients stay active, manage symptoms, and maintain progress in the comfort of their own home, ensuring that rehabilitation is accessible to everyone.

Cardiac Rehabilitation – Eligible Patients

- Myocardial infarction (STEMI / NSTEMI / ACS)
- Heart failure with confirmed echocardiogram
- Stable angina with ongoing symptoms in the last 2 years – Patient must have prescribed GTN spray
- Post-cardiac surgery or revascularisation
- Adults aged 18+ registered with a Barnsley GP or resident within the Barnsley geographical area

Barnsley Pulmonary Rehabilitation – Eligible Patients

- Patients with a chronic lung condition – e.g. COPD, bronchiectasis, pulmonary fibrosis
- Patients who have been discharged from hospital following an exacerbation of COPD
- Patients who are being considered for or awaiting lung transplant
- Patient with a diagnosis of Long Covid
- Patient should also be – Functionally limited by breathlessness and physically able and motivated to exercise (MRC 2-4) - (MRC 5 may be considered for home programme)
- Adults aged 18+ registered with a Barnsley GP or resident in Barnsley geographical area

Example service promotion script and useful links

“Cardiac/Pulmonary rehab is a supervised programme of exercise and education”

“All patients in attendance have a heart or lung condition”

“The programme is designed to improve your fitness and management of your health condition”

“Sessions are supervised by nurses, physiotherapists and exercise instructors”

“Your closest venue is in Royston/Thurnscoe/Hoyland/Penistone”

“Free parking is available at all venues”

[Pulmonary-rehabilitation-information-for-patients.pdf](#)

[cardiac-rehabilitation-service-leaflet.pdf](#)

[Pulmonary rehab - Patient film](#)

[Pulmonary rehab - Referrers film](#)

[Cardiac/Pulmonary Rehabilitation Service - BEST](#)

<https://www.southwestyorkshire.nhs.uk/services/cardiac-pulmonary-rehabilitation-service/>

Referral Process

Referrals can be made by GPs, consultants, specialist nurses, and other healthcare professionals. Please ensure all sections of the referral form are completed and that eligibility criteria are met to avoid referral rejection.

Completed referral forms should be emailed to: rightcarebarnsleyintegratedspa@swyt.nhs.uk

Following referral, patients will be contacted by the rehabilitation team to arrange an assessment. Outcome summaries are shared with referrers upon programme completion.

Referral forms are available on both **System One** and **EMIS**, and copies have also been included within this pack, which can be found on **pages 8 and 9**.

System Coding

Pulmonary Rehabilitation

- Pulmonary rehabilitation offered (913981000000106) (XabGM)
- Pulmonary rehabilitation declined (305371000000101) (XaNQU)
- Unsuitable for pulmonary rehabilitation (1078921000000100) (XagBC)
- Referral to pulmonary rehabilitation (24461000000105) (Xalf9)

Cardiac Rehabilitation





- Not suitable for cardiac rehabilitation programme (719345002) (Xactw)
- Referral to cardiac rehabilitation programme declined (704051006) (XaXgr)
- Referral to cardiac rehabilitation programme (704050007) (XaXgu)
- Cardiac rehabilitation programme completed (809471000000106) (XaYWa)

Service Information

Contact Information -

Telephone - 01226 644575: Monday – Friday 8am – 4.30pm

The service is delivered from the following venues:

<u>Venues</u>	<u>Address</u>	<u>Cardiac Rehabilitation</u>	<u>Pulmonary Rehabilitation</u>
<p><u>Thurnscoe</u></p> 	<p>Saint Helen's Church Community Hall High Street Thurnscoe Rotherham S63 0QZ</p>	<p>Wednesday 9am & Friday 9am</p>	<p>Tuesday 10:30am & Thursday 10:30am</p>
<p><u>Hoyland</u></p> 	<p>The Rockingham Centre Sheffield Road Hoyland Barnsley S74 0PY</p>	<p>Monday 9am & Friday 9am Or Wednesday 9am & Friday 1pm</p>	<p>Monday 1pm & Wednesday 1pm</p>
<p><u>Penistone</u></p> 	<p>Penistone Leisure Centre Thurlstone Road Penistone Sheffield S36 9EF</p>	<p>Monday 1pm & Thursday 1pm</p>	<p>Monday 10:30am & Wednesday 10:30am</p>
<p><u>Royston</u></p> 	<p>Barnsley Healthy Hearts The Old Bakery 116 Midland Road Royston Barnsley S71 4QT</p>	<p>Tuesday 9am & Thursday 1pm Or Wednesday 1pm & Friday 1pm</p>	<p>Tuesday 1:30pm & Thursday 3pm</p>
<p><u>Mapplewell</u></p> 	<p>Mapplewell & Staincross Village Hall 391 Darton Lane Mapplewell Barnsley S71 4QT</p>	<p>Initial assessments only</p>	

Frequently Asked Questions (FAQ)

Barnsley Cardiac & Pulmonary Rehabilitation Service

1. What are the main benefits of attending rehabilitation?

Patients commonly experience improved stamina, reduced breathlessness or chest symptoms, increased confidence with physical activity, better understanding of their condition, and improved emotional wellbeing. Rehabilitation can also help reduce unplanned hospital admissions and support long-term self-management.

2. Is the programme safe for patients with additional complex or long-term conditions?

Yes. All patients undergo a comprehensive initial assessment before starting. Exercise sessions are supervised by trained clinical staff who monitor symptoms and adjust activity levels according to individual clinical risk and ability.

3. What happens at the initial assessment?

The assessment typically includes a review of medical history, current symptoms, medications, physical function, and patient goals. Patient will complete an exercise tolerance test and relevant questionnaires. This helps the team determine suitability, tailor the programme, and identify any additional support needs.

4. How is the exercise programme structured?

The Barnsley Cardiac & Pulmonary Rehabilitation Service offers structured, supervised programmes for patients with heart or lung conditions.

For patients attending a venue:

- Cardiac rehabilitation runs for 8 weeks, while pulmonary rehabilitation runs for 6 weeks.
- Each session starts with a warm-up, followed by a circuit of six exercises of 5 minutes at each station, and ends with a cool-down.
- Exercises may include walking, bikes, rowing machine treadmills, step exercises, and light weights.
- All exercises are adapted to individual ability, with staff supervising throughout to ensure safety and support.
- Patients also attend education sessions covering topics such as medications, physical activity, nutrition, stress and anxiety, breathing control, and CPR training.

For patients who are housebound or cannot attend a venue safely:

- The programme begins with an initial telephone assessment to discuss the patient's condition, current activity levels, and goals.
- A home visit assessment is then carried out to ensure exercises are safe and suitable.

- Patients receive an individualised home exercise plan, designed to improve fitness, strength, and symptom management.
- Progress is monitored through telephone reviews, and exercises can be adjusted as needed.
- A final home assessment is conducted to review progress and provide guidance for maintaining activity long-term.

This flexible approach ensures that all patients, whether attending in person or at home, can benefit from rehabilitation safely and effectively.

5. Is it a breathing exercise or chest clearance programme?

No. The programme is **not focused on breathing exercises or chest clearance**. It is a **rehabilitation programme** aimed at improving overall fitness, strength, and confidence for people with heart or lung conditions.

While some patients may notice improved breathing as a result of increased activity, the main goal is to **help patients move safely, manage symptoms, and improve everyday function**, rather than providing specialist respiratory techniques or chest clearance therapy.

6. What education sessions are included?

Patients take part in short, informative sessions to help them manage their condition. Topics may include:

- **Medications** – understanding your treatment
- **Exercise** – staying active safely
- **Healthy eating** – nutrition tips
- **Stress & anxiety** – ways to cope
- **Breathing control** – managing breathlessness
- **CPR training** – basic life-saving skills

The sessions are slightly different for **cardiac** and **pulmonary** programmes but all aim to give practical advice for everyday life.

7. Do patients need to be physically fit before starting?

No. Patients do not need to be fit to attend. The programme is designed for people who may feel limited by symptoms such as breathlessness, fatigue, or reduced confidence. Exercise is introduced gradually and adapted to each individual.

8. Can patients attend if they feel anxious about exercising?

Yes. Many patients feel anxious when starting rehabilitation. Staff are experienced in supporting individuals who lack confidence, have fear of exercise, or are recovering from recent illness or hospital admission.

9. What if a patient cannot attend every session?

Regular attendance is encouraged to maximise benefit, but the team understands that illness, caring responsibilities, or transport issues may occasionally prevent attendance. Patients are supported to re-engage where possible.

10. Are family members or carers involved?

Where appropriate, family members or carers may be involved in education sessions or discussions to support understanding, encouragement, and long-term lifestyle changes.

11. How does the service support lifestyle change?

In addition to exercise, patients receive education and advice on topics such as:

- Managing symptoms and flare-ups
 - Pacing and energy conservation
 - Physical activity at home
 - Healthy lifestyle behaviours
 - Confidence building and motivation
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12. What happens after the programme ends?

Patients are encouraged to continue being physically active. Where appropriate, they may be signposted to community-based exercise options, support groups, or long-term activity programmes to help maintain progress.

13. How does the service communicate with referrers?

Referrers are kept informed of key outcomes, including programme completion and progress summaries. This supports continuity of care and shared management between services.

14. Can patients be re-referred if their condition changes?

Yes. Patients may be considered for re-referral if there has been a significant change in clinical status, a new diagnosis, or deterioration that would benefit from further rehabilitation input.

15. What should patients wear or bring to sessions?

Patients are advised to wear comfortable clothing and suitable footwear for exercise. They should bring any prescribed reliever medication (e.g. inhalers or GTN spray) and follow any individual advice given at assessment.

16. Is transport provided?

Transport is not routinely provided. However, the team will consider individual circumstances and can offer advice on accessing local transport options where needed.

17. What if a patient feels unwell on the day of a session?

Patients are advised not to attend if they feel unwell, have worsening symptoms, or are experiencing an acute infection. They should contact the service for advice before returning.

18. How does the service ensure equality and accessibility?

The service aims to be inclusive and patient-centred. Reasonable adjustments can be made where possible to support access, communication needs, and individual circumstances.

19. Is parking available at the rehabilitation venues?

Yes. Parking is available at all venues used by the Barnsley Cardiac & Pulmonary Rehabilitation Service.

For **Saint Helen's Church Community Hall, Thurnscoe**, parking is available **across the road at The Butchers Arms pub**, located at:

134 High Street, Thurnscoe, Rotherham S63 0QY

For any further questions, please don't hesitate to email the team at:
rightcarebarnsleyintegratedspa@swyt.nhs.uk

Pulmonary Rehabilitation Service Referral Form

(Post migration to INTS S1 unit version Nov 22)

Date of referral.....

<u>PATIENT DETAILS</u>	Address:
Name:	
D.O.B:	Post Code:
NHS Number:	Tel. No:

<u>REFERRED BY</u> Name:	Designation:	Tel. No:
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INCLUSION CRITERIA (please tick to confirm eligibility, failure to tick points 1 to 3 will result in the referral being declined)

1) Patients with a confirmed respiratory diagnosis who are functionally disabled by breathlessness.
 Or
 Patients who have recently had an exacerbation of COPD requiring a hospital admission.

2) Patients must be physically able to exercise and committed to attend and complete the programme.

3) Patient must be aged 18+ and registered to a Barnsley GP practice and / or resident within the Barnsley geographical area.

EXCLUSION CRITERIA

- Unstable cardiac condition i.e. Angina. Severe Aortic Valve Stenosis or following a recent cardiac event that occurred in the past 8 weeks.
- Abdominal aortic aneurysm (AAA) graded >5.
- Severely impaired cognitive function.

REASON FOR REFERRAL (Please tick the primary reason for referral):

Diagnosis (please tick): COPD Emphysema Bronchitis

Other Respiratory Diagnosis: Interstitial Lung Disease Bronchiectasis Covid

Other (please list below):

Details of Any Ongoing Investigations:

PAST MEDICAL HISTORY:

MRC Grade (Circle as appropriate)	Medical Research Council Dyspnoea Score Chart (MRC)
1	Not troubled by breathlessness except on strenuous exercise
2	Short of breath when hurrying or walking up a slight hill
3	Walks slower than contemporaries on level ground because of breathlessness, or has to stop for breath when walking at own pace
4	Stops for breath after walking about 100m or after a few minutes on level ground
5	Too breathless to leave the house, or breathless when dressing or undressing