

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.

Location:

The service is delivered from four venues across Barnsley, Royston, Hoyland, Penistone and Thurnscoe

Contact:

Cardiac/Pulmonary Rehabilitation Service 01226 644575.



Cardiac rehabilitation

Information for patients

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

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.

Duration:

One hour once or twice a week for eight 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 Counterpulsation 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/

