

Cardiac & Pulmonary Rehabilitation

Primary Care Engagement



NHS

Barnsley
Healthcare
Federation

Better Health, Better Care, for a Better Barnsley

NHS

**South West
Yorkshire Partnership**
NHS Foundation Trust

Chris Lowe
Health & Wellbeing Coach
Chris.lowe12@nhs.net

Cardiac & Pulmonary Rehabilitation

Service Overview

- Community based exercise programme
- Exercise assessment pre & post programme
- 12-16 x 1 hour sessions of exercise over 6-8 week period
- Education programme covering – ‘Medications’, ‘Diet’, ‘Physical Activity & CPR Training
- Venues – Royston, Hoyland, Thurnscoe & Penistone
- Home based exercise programmes



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

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
- Adults aged 18+ registered with a Barnsley GP or resident in Barnsley geographical area

Referral Process

- Referrals can be made by GPs, consultants, specialist nurses, and other healthcare professionals.
- Referral forms are available on both System One and EMIS.
- 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.

PR Referral Figures

Selected pulmonary diseases:

- COPD
- Emphysema
- Interstitial lung disease
- Bronchiectasis
- Fibrosis of lung
- Chronic post-COVID-19 syndrome
- Chronic bronchitis

Year	Patients with selected disease	Referral to pulmonary rehab	Pulmonary rehab offered	Pulmonary rehab declined
April 24 – April 25	11,107	861	2218	3479
April 25 – October 25	11,308	424	1233	1939

CR Referral Figures

Selected cardiac diseases:

- Angina
- Heart Failure

Year	Patients with selected disease	Referral to cardiac rehab	Cardiac rehab offered	Cardiac rehab declined
April 24 – April 25	8286	41	56	298
April 25 – October 25	8421	24	23	126

Increasing Referrals

- Initially target select group of Practices.
- Practices selected based on referral figures, incidence of disease, IMD score, and proximity to Cardiac & Pulmonary Rehab venues.

The engagement strategy is as follows:

1. Make contact with practice and arrange a meeting with clinical staff, usually the practice nursing team, to discuss current protocols and issue the attached Cardiac and Pulmonary Rehab referral guide.
2. Engage with the Health and Wellbeing Coach to run Ardens reports to identify eligible patients, reach out via a Florey questionnaire, and follow up with telephone screening prior to referral.

Initial report to be run will be the Ardens report: COPD – MRC grade 3–5.