

Cardiac Rehabilitation Nurse Specialist Service

Information leaflet for patients,
carers and families



For patients
registered
with GPs in the
Leeds area



If you need help for minor accidents or unexpected health problems outside these hours or at any time during the day, including bank holidays, please call **111** (free from landlines and mobile phones).

They can offer help if you:

- Need medical help fast but it's not a 999 emergency.
- Think you need to go to A&E or need another NHS urgent care service.
- Don't know who to call or you don't have a GP to call, you need health information or reassurance about what to do next.

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

www.leedscommunityhealthcare.nhs.uk

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Education Sessions

If you did not want to attend the exercise classes we provide, or they were not appropriate for you, you would be welcome to attend the education sessions instead. These include talks regarding your tablets, physical activity, stress and healthy eating.



Contact us

If we have not contacted you within 7 working days after discharge from hospital, please call us on:

☎ **0113 843 4200**

Monday to Friday, 8.30am - 4.30pm, excluding bank holidays

What is Community Cardiac Rehabilitation?

We are a team of specialist nurses with extensive nursing experience and specialised cardiac skills.

We aim to contact you within a week of your discharge from hospital and arrange a convenient time to see you.

If you do not hear from us or have any concerns, please contact us. Some helpful numbers are given in this leaflet.

Our aim

The Community Cardiac Specialist team offers high quality patient care, respecting individual wishes, beliefs and needs.

This involves working closely with your hospital, family doctor (GP) and other services, as well as your family, carers and friends.

We help you maintain and improve your quality of life.

We also listen to your views and comments and use them to develop and improve our community cardiac rehabilitation services for all our patients and their families.



How can we help?

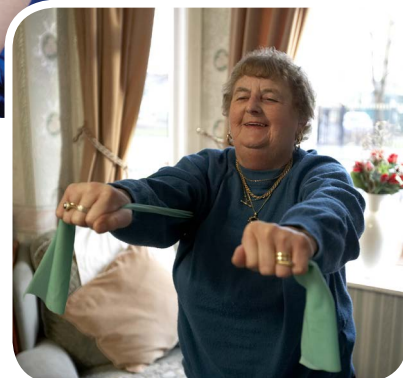
We hope you are well on the way to recovery from your recent heart attack or cardiac surgery.

We understand this may be an anxious time for you and your family and you may welcome a little support or advice to support your recovery. We are here to help.

We can:

- advise the safest way to resume physical activity
- discuss medication issues
- offer reassurance, advice and support to help you make positive lifestyle changes, such as giving up smoking, changing your diet or becoming more active
- Provide expert individualised advice regarding modifying your risk factors for heart disease.

You may be interested in joining our exercise and education programme, which is up to six weeks, based at some local sports and leisure centres. We can give you more information when we visit you.



Where do we see patients?

Our first contact with you maybe a visit to your home with your permission, or we may ask you to attend a clinic that is local and convenient to you, which is based within a health centre, for your subsequent contacts. Home visits are only provided to patients who are unable to attend a clinic due to ill health.

Your cardiac rehabilitation choices

Alongside an assessment of suitability by your cardiac nurse, these are the options available to you as part of your cardiac rehabilitation menu.

Your Heart Your Recovery

Booklet provided by The Leeds Teaching Hospital outlining what to expect during your recovery from heart attack.

Your Journey Through Heart Surgery

Booklet provided by The Leeds Teaching Hospital outlining what to expect during your recovery from cardiac surgery.

Community Exercise and Education Programme

A twice weekly exercise programme for up to six weeks held in various leisure centres across the city.

