



**University
Hospitals Sussex**
NHS Foundation Trust

Cardiac rehabilitation team

Patient information

What is this information about?

This information is about the Cardiac Rehabilitation Team at Worthing and Southlands Hospitals. It explains:

- how the Cardiac Rehabilitation Team can help you
- how you can contact the team
- where you can find further help and advice.

Why have I been given this information?

You have been given this information because you have had a cardiac (heart) event. You have been referred to the Cardiac Rehabilitation Team to help you to recover.

What does cardiac rehabilitation (rehab) aim to do?

Depending on your heart condition cardiac rehab aims to:

- help you to manage your heart condition
- help you to recover if you have had a heart operation or procedure
- get you back to being able to do the things that you need to so that you can live as full a life as possible
- improve your health and quality of life
- reduce the chance of your heart problems coming back and keep you well.

How can the Cardiac Rehabilitation Team help me?

This will depend on your needs and what you consent to.

The Cardiac Rehabilitation Team may:

- arrange an assessment to see how you are and what help you may need
- let you know about rehab options that are right for you and will build your confidence
- offer information, advice, and reassurance
- tell you about local exercise classes or schemes which are suitable for you
- answer questions that you or your family or carers may have about things such as your recovery, medications or symptoms.

Our service has been accredited by the British Association of Cardiovascular Disease Prevention and Rehabilitation (BACPR).

Is there an app that I can use to help my rehabilitation?

Yes, alongside the support provided by the Cardiac Rehabilitation Team, you can use the My Heart App. This provides digital support personalized to you to help you to manage your rehabilitation.

It includes:

- education activities
- exercise programmes
- a symptom tracker
- information on medication
- information on things which can increase the chance that you may have heart problems (risk factors).

Once you have finished your rehabilitation programme with the Cardiac Rehabilitation Team you can still use the app to help you to manage your condition in the long-term.

The Cardiac Rehabilitation Team will show you how to access and use the app.

How can I contact the team if I have any questions or worries about my heart condition or rehab?

Phone **01273 446019**. This is not an emergency line. Our office is staffed from **Monday to Friday 8.00am to 4.30pm**. We will try to return your call within 24 hours other than at the weekend.

We are happy to speak with your family or friends on your behalf if you consent to this.

Do you provide information sessions online?

Yes. There are five online talks which you can watch at any time. You can find a link to them on our **Cardiac Rehabilitation** web page <https://www.uhsussex.nhs.uk/services/cardiology/cardiac-rehabilitation-at-worthing-hospital/> or use this code:



What are the online information sessions about?

The sessions are:

1. Understanding your heart

- how the heart works
- what can go wrong with your heart.

2. How to keep your heart healthy long term

- how to reduce the risk of having heart problems in the future
- heart condition symptoms and when you should contact your doctor or emergency services if necessary
- medical tests that you may have and what the results mean.

3. The benefits of exercise

- advice on what exercise to do
- how to exercise safely.

4. Heart healthy nutrition

- how to have a heart healthy diet
- tips on losing weight
- how to understand food labels.

5. Medicines for the heart

- what your heart medications are for and how they work.

Which web sites do you recommend for further information and support?

We recommend:

British Heart Foundation <https://www.bhf.org.uk/>

Cardiac Rehab Support <https://www.cardiacrehabsupport.org.uk/>

Do you have a group I can join for further information and support?

Yes. If you have been referred to cardiac rehab you are welcome to join our Facebook group <https://www.facebook.com/groups/698616427371868> for further information and support. Or search for 'Worthing and Southlands Cardiac Rehab Group'.

Who are the Patient Buddies?

Patient buddies have all:

- had a heart condition themselves
- completed the NHS cardiac rehab programme
- registered as volunteers.

How can the Buddies help me?

Buddies have first-hand knowledge of living with a heart condition. They work alongside the NHS rehab team and can offer you practical advice and support when you meet them, or by telephone if requested.

Which members of the Cardiac Rehabilitation team might I meet?

The Cardiac Rehabilitation Team members are:



Hayley Fairclough: Service Lead

Tracey Molina: Team Lead

Nikki Dent: Team Lead

Lisa Man: Specialist Nurse

Sandra Dooley: Physiotherapist

Rebecca Blake: Cardiac Rehab Practitioner

Diana Rogers: Cardiac Rehab Practitioner

Missy Trent: Cardiac Rehab Practitioner

Ruth Nicol: Physiotherapy Associate Practitioner

Wendy Kane: Physiotherapy Associate Practitioner

Sarah Aburrow: Physiotherapy Associate Practitioner

Jackie Bambro: Secretary

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This leaflet is intended for patients receiving care in
Worthing and Southlands.

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