

A variety of topics are covered but if you feel there is something that is not covered, please let a member of the team know.

How to achieve the best possible results

- Please phone us if you are unable to attend or feel unwell as it is not advisable to exercise if you are unwell.
- Tell the team about any relevant symptoms that you are experiencing. If you have any aches, pains or symptoms that concern you whilst exercising, please let a member of the team know immediately.
- Avoid having a heavy meal two hours before exercise. Have a light lunch if you are attending an afternoon class.
- Do not exercise within two hours of using tobacco products.
- Do not exercise after drinking alcohol.
- Wear clothes that are suitable for exercising in e.g. flat shoes suitable for a gym floor and comfortable clothing that allows you to move (a changing room is available).
- Bring your GTN spray and any inhalers or medication you may need while exercising.

Please let us know if you are unable to attend any of the classes or appointments.

Follow-on from the programme

On completion you may choose to be referred for further sessions at the Lewis Sports Centre or you may prefer to continue exercising yourself.

Whichever option you choose, it is recommended that you exercise at a moderate level for 30 minutes a day 5 days a week.

Further help and information

If you have any questions about the programme please contact:

Allison Martin, Physiotherapist 01851 708258
Cardiac Nursing Team 01851 763328

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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NHS Western Isles

Cardiovascular Prevention & Rehabilitation Service

Cardiac Rehabilitation Exercise Programme Information



Useful information for patients and their carers
about the Cardiac Rehabilitation programme

Introduction

This information is designed to help you gain the most benefit from the programme and to give you an idea of what to expect.

The team

The specialist team that will be working with you consists of:

- cardiac nurses
- a physiotherapist
- an exercise instructor.

There will be a combination of these people at each class.

Our aims for you

Our aim is that by the end of your participation in the programme you will:

- understand your cardiac condition
- understand your medication
- have increased confidence to exercise
- understand how exercise helps your heart
- be able to recognise a safe level of exertion for you
- know which types of exercise/physical activity are appropriate for you to continue with after leaving the programme
- understand how to make positive changes to your diet to protect your heart
- reduce your risk of Cardiovascular Disease.

Assessment

Before you start the exercise class you will attend the Physiotherapy Department for assessment. This will involve answering some questions about your health, as well as a gentle assessment of your fitness level.

About the exercise class

- The class is held in the Lewis Sports Centre and lasts approximately an hour and a half.
- Prior to exercising you will have a brief assessment of your blood pressure and heart rate. This will happen at every session.
- You should work at your own pace. The only person you should compete against is yourself!

The class consists of the following three stages:

1. Warm Up

This is 15 minutes of movement and stretching in preparation for exercise. It is essential to increase your heart rate and the blood supply to the muscles.

2. Conditioning Phase

This is aimed at keeping the heart rate raised at a comfortable moderate level using a combination of aerobic and strengthening exercises.

3. Cool Down

This is to allow a gradual decrease in heart rate and blood flow to the muscles. It involves exercise gradually reducing in speed and gentle stretches.

Your breathing should have returned to normal when you have stopped.

You will be shown what to do at your first class and supervised thereafter, but do not hesitate to ask if you feel unsure at any stage.

Ensure you bring water with you, for drinking at intervals throughout the class to maintain hydration.

Monitoring your progress

To help monitor your progress we use the following tools:

Heart rate measurement - This is done using a small monitor at intervals through the class. To improve your heart's fitness your heart rate needs to be raised during exercise, but not too high. The team will advise you on your optimal exercise heart rate.

Borg Scale/Perceived Exertion Scale - This is a measurement of how hard you are working which can be applied to any form of activity. When assessing your exercise level try not to think about just one factor. Try to estimate as honestly as possible and do not underestimate how hard you are working.

To help monitor your longer term progress you can also check your weight and waist measurements and discuss your dietary and lifestyle goals with the team.

Relaxation and Education - At the end of each session there is an informal discussion on topics relating to your heart health. This is a good opportunity to ask any questions you may have.