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The Royal Liverpool  
and Broadgreen  
University Hospitals  
NHS Trust

## Patient information

# Cardiac Rehabilitation Exercise and Education Session Advice

## Cardiology Speciality

At first you may feel nervous or apprehensive about exercising. This can be expected, but don't worry, you will be supported through your journey by the Cardiac Rehabilitation team. You will be surprised how quickly Cardiac Rehabilitation can help you build your confidence levels back up.

### Why is it important to exercise?

Exercise is beneficial to anybody, even if you have never exercised before. Evidence tells us that as we get fitter, the function of our heart improves. There are hundreds of benefits to exercise that will be highlighted during the programme.

### Some important benefits include:

- Significantly reducing the chance of further heart problems.
- Strengthening your heart so more blood is pumped around your body in one beat.
- Improving your quality of life and feelings of self-worth.
- Reducing stress and anxiety levels which may lead to depression.

### What happens next?

Following your assessment, we will be able to offer you some guided, group exercise and support.

When you arrive for the class you will have your blood pressure and heart rate checked followed by some exercise that will be tailored to meet your own individual needs. This is followed by an educational/support session to help improve your knowledge and health. These range from diet, exercise, relaxation, medication and lifestyle risk factors.

### Preparing to exercise

- Wear suitable footwear and clothing. You will be doing a variety of exercises, so make sure that you are comfortable, not restricted and safe. We have changing rooms, lockers and a shower facility for you to use free of charge.
- Please note that flip flops, heeled shoes or boots and open toe sandals are not appropriate.

- Bring along a water bottle, a cold water fountain is available.
- Make sure that you have eaten at least an hour before exercise.
- Make sure you drink plenty of water before, during and after exercise.
- Do not smoke within one hour of exercising.
- Do not attend if you are under the influence of alcohol or any illegal substance/drug.
- Take your medication as you would normally and keep your GTN spray and/or inhaler on your person at all times (if prescribed).
- If you are diabetic please bring along suitable snack in case your blood sugars become low (we recommend a blood sugar range of between 5.0 -13.0 mmols before exercise).

### **How to exercise safely**

It is important to warm up before exercise and cool down after exercise. By warming up and cooling down you are helping to prepare your heart and muscles for exercise. This will be included in your exercise class.

You will be closely monitored during your time with us. Two of the main things that we will be looking at is your heart rate and effort level as you are exercising. This will all be explained to you at your first exercise session.

During your time at Cardiac Rehabilitation we will help you recognise signs and symptoms of overexertion for example, shortness of breath, fatigue, muscle ache and teach you how to manage them effectively.

We understand that you may have other illnesses or disabilities alongside your heart condition that might effect your ability to exercise. This is not an issue, we will adapt and change exercise to help meet your own individual needs. Fire alarms – staff will be told if they are testing the alarms and will direct you accordingly if the alarms sound.

### **Other this to consider when attending Cardiac Rehabilitation**

- If you have any changes to your medication, please write it down and bring it along to your next session.
- Any new diagnosis or changes to your health, please inform a member of your Cardiac Rehabilitation team.
- If you are unwell or on antibiotics, please contact us via telephone as we will not exercise you (see contact details below).
- Please be aware that if you have any sickness or diarrhoea, you must be symptom free for 48 hours before returning to the class.
- If you feel a worsening in any of your symptoms, contact your family doctor (GP) or medical team and inform us on the number provided below.

- Keep to the exercises prescribed on your exercise chart unless instructed otherwise.
- If you have a diagnosis of 'Heart Failure' and notice an increase of 1.8kg (three to four lbs.) over one to three days, please contact your Heart Failure Specialist Nurse or your GP.

Due to the demand for our programme please notify us by telephone if you are unwell or unable to attend. Failure to attend more than two consecutive sessions without notification will mean you are discharged.

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

### **Further information**

**If you need any further information please contact the Cardiac Rehabilitation Department Team**

**Cardiac Rehabilitation  
Broadgreen Hospital  
Tel: 0151 600 1922  
Text phone number: 18001 6001922**

**Cardiac Rehabilitation  
Royal Liverpool Hospital  
Tel: 0151 706 2278  
Text phone number: 18001 0151 706 2278**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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