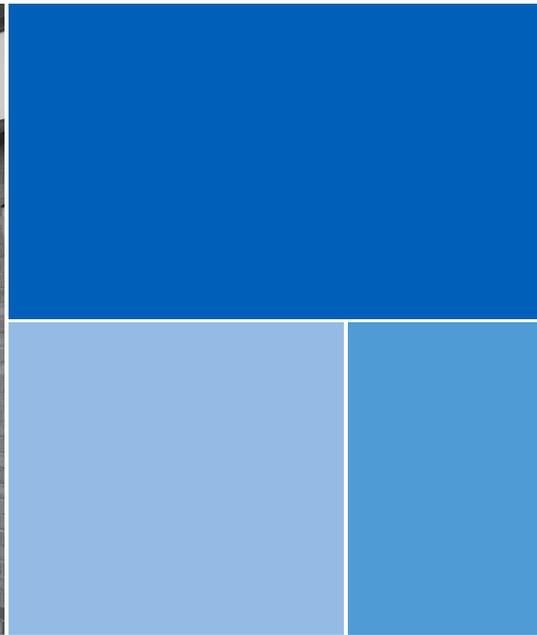


Getting Back on Track

A Guide to your Cardiac and Education Programme



[Patient Information](#)

Our aim is to help you to make the most of your recovery from your heart attack, heart surgery or your elective heart procedure. We will give you information to help you to reduce the risk of future heart problems and provide reassurance to both you and your family. The medical and nursing staff strongly recommend that you take up this opportunity to make the most of your recovery.

How long will the programme last?

1 session per week, lasting 2 hours for 4 weeks on either a Monday or Thursday afternoon from 1.30pm to 3.30pm. Your first session however will commence at 12.30pm to allow for an exercise assessment and a one to one discussion with a member of the team.

Who's invited?

People who are recovering from a heart attack, heart surgery or from an elective heart procedure. You are more than welcome to bring a family member or a friend with you for moral support.

What will it involve?

You will be invited to take part in a supervised exercise programme, followed by a chance to join in discussions with specialist staff on topics such as diet, stress management, medications and activity.

But I've never been in a gym before - what sort of exercise will I be doing?

Don't panic! You won't be pumping weights or running marathons. We will design a personalised exercise plan for you. This will be based around moderate activity which will make you feel warm and comfortably out of breath. We will also be able to give you individual advice about safe and appropriate activities that you want to do on your own. Who knows, you may even enjoy it.

It may help to

- Reduce your risk of another cardiac event
- Reduce the likelihood of being readmitted to hospital
- Reduce your blood pressure
- Reduce your cholesterol
- Improve your blood sugar control if you are a diabetic
- Increase your exercise capacity
- Increase your confidence and feel better about yourself
- Reduce your stress and anxiety levels
- Help yourself to lose weight.

What do I need to bring with me?

Please bring a bottle of water. If you are a diabetic and take insulin, please bring your blood sugar machine and a small snack. Also if prescribed, please bring GTN spray / tablets and blue reliever inhaler.

What should I wear?

Loose fitting clothes and soft soled shoes such as plimsolls or trainers.

How much will it cost?

Absolutely nothing.

Will I have to pay for car parking?

Yes, unless you qualify for subsidised car parking.

Where does it take place?

Physiotherapy Gym (ground floor, entry through Therapies and Diatetics entrance)

James Paget University Hospital
Lowestoft Road,
Gorleston,
Great Yarmouth,
Norfolk NR31 6LA

Interested in continuing with your exercise regime in the community with qualified exercise instructors?

We can refer you to the following programs:

Venues and times:

The King's Centre

Queen Anne's Road, Southtown, Great Yarmouth, NR31 0LA

Tel: Sally Dravnieks on 07989 684151

Early Birds – Monday 9.10am – 10.15am

Morning Fitness – Monday 10.30am – 11.35am

Seated Exercise – Monday 13.30pm – 14.30pm

Waterlane Leisure Centre

Water Lane, Lowestoft, NR32 2NH

Tel: Mark Nussey on 07973 511250

Monday and Thursday 9.00am – 10.30am

Thursday 10.30am – 12.00 noon

Oulton Broad Community Centre

Meadow Road, Lowestoft, NR32 3AZ

Tel: Mark Nussey on 07973 511250

Wednesday 10.15am – 11.45am

For further details please contact the Cardiac Nurse Team at the James Paget University Hospital on 01493 452547 Monday to Friday office hours (answer machine available).

Notes

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

Courtesy and respect

- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
So people feel **welcome**

Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
So people feel **in control**

Effective and professional

- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

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