

# West Herts Cardiac Rehabilitation Service

## Hertfordshire Community Trust - Our core values

**Care** - We put patients at the heart of every thing we do  
**Respect** - We treat people with dignity and respect  
**Quality** - We strive for excellence and effectiveness at all times  
**Confidence** - We do what we say we will do  
**Improve** - We will improve through continuous learning and innovation



For further information please contact 01442 454662

'If there were a pill that cost very little, reduced cardiac deaths by 27%, improved quality of life and reduced anxiety and depression, every cardiac patient in Europe would be expected to take it. There is no such pill but taking part in a cardiac rehabilitation programme can provide all these benefits'

Professor Bob Lewin, European Society of Cardiology, Amsterdam 2005

## What is the approach?

The West Herts Community Cardiac Rehabilitation Service provides a comprehensive package of care to patients with coronary heart disease and heart failure through medical evaluation, cardiac risk factor modification, prescribed exercise, self management programmes and psychological support in order to prevent further cardiac events, improve functional capacity and improve quality of life.

It is run by a multidisciplinary team of Nurses, Occupational Therapists, Physiotherapists, an Exercise Instructor and a Dietitian across three sites in West Hertfordshire.

At the first assessment, the patient and clinician develop a personal health plan and identify individual goals the patient would like to achieve. They then attend a nine week programme of group exercise and education, workshops and 1:1 support which provides monitoring and specialist advice through this recovery period.

The programme is for patients who have had a heart attack, stent, coronary artery bypass grafts, valve surgery or have heart failure.

## What are the aims?

The aims of Cardiac Rehab are to support the patient to confidently resume their desired level of activity and well being and to reduce cardiac risk factors to prevent further recurrence.

## What are the benefits?

Attending a Cardiac Rehab programme leads to an improvement in overall health by reducing the risk factors to heart disease. It has been proven to improve quality of life and have a beneficial effect on mortality and morbidity. Feedback from patients shows that they feel more informed and motivated to make lifestyle changes leading to an increased quality of life, often feeling 'better than before', and reducing the risk of further cardiac problems.

## What are staff and users experiences?

“ The team were friendly and keen to ensure that everyone attending derived the best possible benefit even though the physical fitness and severity of individuals varied greatly ”



## What are the costs?

The cardiac rehab service is made up nine clinicians at 7.2 WTE.

Two of the programmes are run from community venues in Hemel Hempstead and South Oxhey and have a hire agreement of approx. £9,000 and £12,000 per annum respectively.

## What are the impacts and outcomes?

National audit data for cardiac rehab shows that:

- In the East of England, 19% of patients increased their exercise levels to at least the recommended 150 minutes/week after attending rehab.
- Anxiety levels reduced by 4% in the East of England following rehab.
- Cardiac Rehab supports patients to stop smoking – nationally between 3% and 12% of smokers gave up.
- Quality of life improved in all aspects – physical fitness, feelings, daily activities and social activities. Audit confirmed this to be the case in our local programme.

