

# Cardiac Rehabilitation Phase IV in the EHSSB

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# Introduction

- Setting the scene
- Aim

# Aim

‘To ensure that all EHSSB residents, admitted to hospital in the EHSSB with a cardiac event, and particularly the most disadvantaged, have access to a quality cardiac rehabilitation programme’.

# Introduction

- Setting the scene
- Aim
- Partnership Agreement
- Training
- Protocols

# Partnership Agreement

- Rationale
- Referral Process
- Session Details
- Safety and Legal Considerations
- Stakeholder Responsibilities
- Appendices – forms used in process

# Training



- BACR training allows Leisure Centre staff to become equipped with the requisite knowledge and skills to prescribe and deliver safe and effective exercise for individuals with coronary heart disease.

[www.bacrphaseiv.co.uk](http://www.bacrphaseiv.co.uk)

- Application process
- Course timetable
- Assessment

# Protocols

- How does it work?

# Referral Flowchart

1. DOES THE PATIENT HAVE AN APPROPRIATE CONDITION? (HP)\*  
(Check BEFORE recommending the session):



2. IS THE PATIENT MOTIVATED TO PARTICIPATE IN PHASE IV? (HP)



3. IS THE PATIENT FREE OF CONTRAINDICATIONS TO EXERCISE?  
(HP)



4. DOES THE PATIENT FILL A SET OF REMAINING CRITERIA? (HP)



5. COMPLETE REFERRAL FORM (HP)



6. IS THE PATIENT SUITABLE AND MOTIVATED? (BACR)



7. PATIENT PARTICIPATES IN THE PROGRAMME (BACR)

# Learning to date

- Selection of instructors
- Increased support from cardiac nurses to instructors
- Course dates
- Difficulties in partnership working

# Phase IV - Current standing

- Appointment times scheduled
- Current numbers
- Current work – Stranmillis, peripatetic workers
- BACR Course
- Funds secured to mainstream phase IV

# THANK YOU

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