

## Cardiac Rehabilitation Department Patient Information

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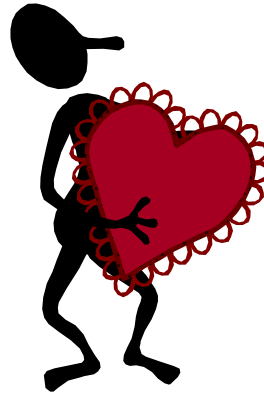
# Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail [patient.info@dchft.nhs.uk](mailto:patient.info@dchft.nhs.uk)

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## Cardiac Rehabilitation



### What we do

We provide follow up and cardiac rehabilitation for those who have had heart attacks, stents and heart surgery.

We aim to help you to return confidently to normal, and to reduce your coronary risk factors.

### The Rehab Programme

The programme is based on an individually tailored plan of graduated exercise and health education.

Health education involves:

- The Heart, Conditions and Treatments
- Medications
- The Benefits of Exercise
- Diet
- Stress and Relaxation
- Basic Life Support
- Risk Factors

Partners are encouraged to attend and participate.

You will be monitored and supported by a trained Cardiac Rehabilitation nurse and guided in your exercise by a BACPR (British Association for Cardiovascular Prevention and Rehabilitation) qualified instructor.

## Location of Programmes:

- Blandford
- Bridport
- Dorchester
- Weymouth

We aim to be in touch within a few days of you returning home.

For further information please contact us on **01305 255707**.

