



Highland Heartbeat Centre



# Cardiac Rehabilitation information booklet

This pack is designed to give you information following your recent hospital admission. Please find enclosed some information booklets you may find useful.

Cardiac rehabilitation is an important part of your treatment and recovery. It works best when you take your prescribed medications and make healthy lifestyle choices. Joining a cardiac rehab program can make you feel stronger improve your quality of life, and support your overall heart health for long term well-being.

We have added a QR code at the end of this booklet, this will take you to our website where you can access additional community support services.

In approximately 1 week you will receive a brief phone call from the cardiac rehabilitation team to check you have everything you need, and to arrange an appointment with a specialist nurse for your cardiac rehabilitation.

## **What to expect next**

- Your appointment should be scheduled for the next 4-6 weeks.
- You will attend the Highland Heartbeat Centre in Raigmore hospital. (This may be a phone call if more appropriate).
- Your appointment will include a review with your specialist cardiac nurse to discuss your diagnosis, your medication, discuss your risk factors, and recovery plans.
- Your appointment will be a relaxed discussion, and should last approximately 45 minutes to 1 hour.

**When it is time for your appointment:** Arrive at the Heartbeat Centre waiting room, and take a seat. There is no reception. Your nurse will call you when ready. Please help yourself to tea or coffee. There is also a water dispenser and cups.

### **In the meantime:**

#### *Driving guidance*

You do not need to tell the DVLA about your cardiac procedure, or your surgery, unless you have had a

pacemaker or an implantable cardiac defibrillator fitted, or have an HGV licence (See DVLA website for Guidance at [www.gov.uk/health-conditions-and-driving](http://www.gov.uk/health-conditions-and-driving)).

The DVLA guidance for returning to driving is below, but please ensure you feel well, and confident to safely control your vehicle.

- If you have had a stent procedure (also called angioplasty, or a PCI) – wait at least 1 week from your procedure (unless you have significant untreated coronary disease, or have severe impairment of your heart function in which case it is 4 weeks)
- If you have had a bypass or valve surgery– wait at least 6 weeks from your surgery
- If you are unsure on your driving restrictions please discuss with your clinical team.

*Please contact your GP for any medical exemptions you may need for driving, or for returning to work if this has not already been provided.*

## **Medications**

You will likely be taking some new medications following your cardiac event or procedure.

Some common medicines include Statins, Beta Blockers, ACE inhibitors, and antiplatelet drugs. It is very important you take your new medication as prescribed by your cardiac team. More information is available in the '*Medicines for my heart*' booklet.

## **How you are feeling?**

Following your cardiac event, or surgery, some people can experience symptoms of tiredness, mild chest discomfort that passes quickly, or feel a bit short of breath. You may also have some feelings of low mood, or feel more worried than before, which can be common. These can be discussed at your appointment.

If you have any general queries related to cardiac rehabilitation, please contact the cardiac rehabilitation team on 01463 704554.

Please note that this number is not manned, so please leave a message with your name and contact details and we will call you back. This will usually be within 48 hours.

**Important:** Please **do not** leave messages if you are feeling unwell. The cardiac rehabilitation team is a support service and cannot provide urgent medical assistance. If you are unwell, please contact your GP, NHS 24, or emergency services immediately.

Should you experience any concerning chest pain follow these steps

1. Stop what you are doing, sit down and rest
2. Take 2 puffs of your GTN spray. The pain should ease within 5 minutes
3. If the pain does not ease, take 2 more puffs of your GTN spray and wait another 5 minutes
4. If the pain has not gone away call 999 immediately

**If you have symptoms that do not match the ones described above, but you think you are having a heart attack, call 999 immediately.**

Please access our website for more resources and information by scanning the QR code or by going online at [www.nhshighland.scot.nhs.uk/cardiac-rehab](http://www.nhshighland.scot.nhs.uk/cardiac-rehab)

