

Cardiac Rehabilitation Phase IV

Health Professionals Information

This scheme is a part of the Active Wellbeing Hub which offers high quality physical activity programmes with specialist advice and expertise.

Cardiac Rehab provides an opportunity for cardiac patients to access a high-quality supervised Phase IV exercise programme at Solihull Council leisure centres. The service aims to encourage long-term participation in physical activity, help patients actively self-manage their condition and reduce the risk of subsequent cardiac problems/events.

The service caters for patient referrals directly out of Solihull's Phase III programme delivered by UHB NHS Foundation Trust, as well as from local GP surgeries. This is a referral-based scheme and as such a patient can only join the programme with a fully completed BACPR cardiac rehabilitation referral form signed by a clinician. The referral forms are available in both electronic and hard copy format. Patient information leaflets are also available to give out to referred patients.

Primary Care Pathway

For patients who:

- (i) > 6 months elapsed since acute cardiac event, or
- (ii) > 6 months since discharge from Phase III, or
- (iii) CHD history but no recent acute event.

IMPORTANT NOTE: If < 6 months since acute event without clinical assessment or participation in Phase III, redirect patient via Phase III.

Secondary Care Pathway

For patients who have successfully completed a CR Phase III programme.

Appropriate patients identified for referral

Written BACPR referral form completed in full

To include: Date of diagnosis of CHD, Details of cardiac events (e.g. MI, CABG), Subsequent progress, complications & / or interventions (e.g. pacemaker/ICD), Results of investigations (e.g. ECG ETT), Other relevant medical history, Details of medication.

Patient consent must be obtained alongside clinician signature.

Provide patient with referral form & direct patient to local Phase IV exercise

Patient contacts leisure centre to book in for first session

Patient will be accepted into Phase IV providing the BACPR instructor is satisfied that:

- CR referral criteria have been met.
- A clinical assessment has been completed.
- There have been no new events or symptoms in the interim period.
- Where relevant - an associated Phase III CR review has been completed.

CR Phase IV Referral Criteria:

All patients referred into Phase IV must be clinically assessed by a referring clinician and the decision to be referred must be made in accordance with published guidelines.

Inclusion Criteria	Exclusion Criteria & Contraindications to Exercise
• Successful completion of a CR Phase III programme, or > 6 months has elapsed since acute cardiac event/discharge from Phase III, or CHD history but no recent acute event (last 6 months). • Stable angina. • Post-myocardial infarction. • Post-coronary artery bypass graft surgery. • Post percutaneous coronary intervention (with or without prior cardiac event). • Stable chronic heart failure. • Post valve replacements. • Permanent pacemaker. • Implanted cardioverter defibrillator. • Post cardiac transplant. • Patient is over 18 years old, clinically stable & without any of the contraindications to exercise.	• Unstable angina. • Unstable or acute heart failure. • Unstable diabetes. • New or uncontrolled atrial or ventricular arrhythmias. • Resting or uncontrolled tachycardia (> 100bpm). • Resting systolic blood pressure > 180mmHg & / or resting diastolic blood pressure > 100mmHg. • Symptomatic hypotension or BP drop > 20 mmHg demonstrated during ETT. • Febrile illness.

Phase IV Service Delivery:

- This service is available to any UHB NHS Foundation Trust patient, meaning referring clinicians do not have to concern themselves with geographical boundaries.
- It is available to individuals suffering with long-term CHD as well as those that are post phase III CR completion, following acute coronary events (e.g. Myocardial Infarction, Coronary Artery Bypass Surgery, Valve Surgery, Internal Cardioverter Defibrillator, Angioplasty & Stent insertion).
- The group exercise sessions are delivered by BACPR level 4 qualified exercise instructors, in line with BACPR recommendations and protocols.
- Pre-screening procedures:
 - Following receipt of a patient's written referral into the CR scheme and prior to commencement of first exercise session, the Cardiac Rehab Exercise Instructor will undertake an initial pre-screening assessment with the patient.
 - This will include appropriate registration including informed consent, and establishment of goals, medical history, physical activity history and preferences.
- If a patient is not accepted by the exercise instructor, they will be referred back to GP/Phase III as appropriate.
- If a patient referral contains insufficient information or is incomplete the patient will be referred back to GP/Phase III as appropriate.
- All operating procedures are carried out in line with national & local guidelines.
- The weekly sessions last for 1 hour, and the programme includes a gentle warm up, followed by an exercise circuit, finishing with a cool down.



- The exercise circuit includes a combination of aerobic exercises to increase heart rate and breathing rate, as well as exercises to improve muscular strength, endurance, and flexibility.
- There is a maximum participant to instructor ratio of 16:1.
- Contraindications to exercise are considered and if necessary, patients will be referred back to the referring health professional as appropriate.
- BACPR instructors undertake on-going evaluation of Phase IV exercise prescription to ensure appropriate continuation/progression of exercise.
- Monitoring of exercise intensity: perceived exertion using Borg scale or pulse monitors.

All service design and delivery procedures set out in this guidance are consistent with the BACPR EXERCISE PROTOCOL FOR MANAGEMENT OF CHD PATIENTS.

Group exercise sessions are currently held at:

- **North Solihull Sports Centre:** Tuesdays 12:00-1:00pm, £3.55 per session.
Address: Conway Road, Chelmsley Wood, B37 5LA. Contact: 0121 770 3822.
- **Tudor Grange Leisure Centre:** Mondays 2:30-3:30pm, £4.20 per session.
Address: Blossomfield Road, Solihull, B91 1NB. Contact: 0121 705 6371.

Roles and Responsibilities:

a) The role of the healthcare professional:

- To make a referral into the scheme taking into account the inclusion/exclusion criteria provided, and to retain **overall clinical responsibility** for the individual patient.
- By making the referral to the scheme the health care professional **is not assuming responsibility for the administration or delivery of the programme.**
- In line with exercise referral guidelines “there must be meaningful transfer of relevant information to the person who will be conducting the exercise intervention. **The responsibility to ensure that this happens rests with the referring clinician**, who will make a professional judgement as to what information must be disclosed to the exercise professionals to enable them to tailor a safe and effective exercise programme that will meet the needs of the patient or client.” (NQAF, 2001).

b) The role of the exercise professional:

- The BACPR qualified exercise professionals are responsible for the safe and effective management, and the design and delivery of the exercise sessions.
- To undertake on-going evaluation of Phase IV exercise prescription to ensure appropriate continuation/progression of exercise.
- In all cases if there are any queries or if any further information is required referring health professionals and exercise professionals should communicate directly with each other (please see above for contact details).

c) The role of the patient:

- Responsibility for participating in the exercise programme and following the programme design and guidance rests with the participant.
- Patients must give their **informed consent** within the limit of their competence to do so, whatever that limit may be, and to the best of their knowledge. Informed consent must be obtained from a carer or another appropriate person if the participant's competence to give informed consent is limited.



In the case of any other health professionals identifying potential patients that may benefit from participating in Cardiac Rehab, an informal referral may be made to GP practices recommending inclusion and referral into the service.

Further Information:

Confidentiality and Data Protection: Information will be held by Solihull MBC and our service delivery partners Everyone Active in accordance with the Data Protection Act.

It will be used to monitor and evaluate the effectiveness of the service against agreed outcomes. The value and effectiveness of the service is also monitored using uptake information, attendance figures and patient feedback.

If you require any further information or would like to request referral forms and patient information leaflets, please contact the Solihull Active team on 0121 704 8207 or email: solihullactive@solihull.gov.uk

