

Your assessment appointment has been arranged for:

Day:

Time:

Venue:

Class, Venues and Time

The Friarage Hospital in
The Recreation Hall on Monday

(not in cardiology department - see map over page)

9.15am to 11.30am

or

The Friary Hospital in the
Multi purpose room on Tuesday

9.15am to 11.30am

The programme lasts for 8 sessions

You may bring along your partner or
friend to support you.

If you have any queries please contact:
Cardiac Rehabilitation Department

Direct Telephone line 01609 764402
Please leave a message and we will return
your call, alternatively you can contact
The James Cook Hospital 01642 854644

email:cardiacrehabilitationfhn@stees.nhs.uk
email:cardio.rehab@stees.nhs.uk

Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available at The James Cook University Hospital and the Friarage Hospital Northallerton, please ask a member of staff for further information.

Devised by: South Tees Cardiac Rehabilitation Team

The Friarage Hospital
Bullamoor Road, Northallerton DL6 1JG.
Tel: 01609 764402

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Cardiac Rehabilitation Programmes The Friarage Hospital

Patient Information

Cardiothoracic
Cardiac
Rehabilitation



MIC2314

Helping you towards a healthier lifestyle

You have been referred for cardiac rehabilitation after your heart attack, heart surgery or if you have had coronary angioplasty.

Each session lasts for two hours and includes health topics for discussions.

- Coronary Heart Disease
- Blood Pressure
- Cholesterol
- Healthy Eating
- Medicine Advice
- Physical Activity
- Stress Management
- Gentle Relaxation

Each session comprises of

A 45 minutes exercise programme -

It is important that you work at your own pace and you will be given lots of encouragement and guidance.

Tea and coffee is available -

This is a good time to meet and chat to other group members.

Topic of the day 30-45 minutes -

During the programme we will also try to introduce you to some gentle relaxation.

You will be given lots of opportunities to ask questions throughout the sessions.

Cardiac Rehabilitation Sessions

The most important thing is that you enjoy yourself

- Please wear loose comfortable clothes and firm shoes - not sandals or flip flops.
- Remember that the programme is individual and you work at your own pace.
- Do not eat a heavy meal prior to a session.
- Don't forget to bring your GTN spray. If you are diabetic please bring a snack and your BM machine if you have one.

It is important that you report any changes in your condition to the team before you start exercising or if you experience any symptoms during the exercise. These symptoms may include:

- Pain
- Feeling sick
- Feeling cold and clammy
- Dizziness
- Severe shortness of breath
- Feeling generally unwell

