

Referring a patient to Cardiac Rehab

The Staywell Programme is for 'at risk' patients who would be picked up by the NHS Health Check - i.e. aged between 40 and 74 with a CVD risk of 15% or more over ten years.

We can also take patients with other clinical problems which would benefit from an exercise programme including those with a past history of cardiac problems who need to restart.

To make the referral please send us the 'Brief Summary' from the "Print" drop down box on the patient's EMIS Web medical records. We are happy for the spouse/partner to exercise at Cardiac Rehab with your patient, to help with support and motivation.

The referral letter should be sent to:

Dr Sally Turner
Cardiac Rehab Centre
Chawton Park Road
Alton GU34 1RQ

We will then make contact with the patient and organise their first appointment.

How much does it cost?

There are two payment options:

Option 1

Pay per session. The prices per person are £13.50 for the initial induction, and £4.60 for each exercise session attended.

Option 2

Pay a discounted lump sum up front of £101.50 to cover 20 exercise sessions.

The same fees apply to a spouse or partner attending with the patient.



Basingstoke & Alton Cardiac Rehabilitation Charity Ltd

www.cardiac-rehab.co.uk



Call: 01420 544 794

staywell@cardiac-rehab.co.uk



It's easier to Staywell than get well



Improving heart health and fitness

Basingstoke & Alton Cardiac Rehab Charity Ltd
Cardiac Rehab Centre, Chawton Park Road, Alton
(access via Alton Sports Centre)
Hampshire, GU34 1RQ

Basingstoke and Alton Cardiac Rehabilitation Charity Company limited
by guarantee, registered in England no. 2732756 Charity registration no. 1013238

The Staywell Programme

**A scheme for the Referral of Patients
at Risk of Coronary Heart Disease**

Information for GPs and Health Professionals
East Hampshire Exercise Referral Scheme

Introducing the Staywell Programme

Basingstoke & Alton Cardiac Rehabilitation Charity Ltd ("Cardiac Rehab") based at Alton is on the list of exercise sites that GPs and other health professionals can use under the East Hampshire Exercise Referral Scheme. There is a small charge because the programme is not supported by the NHS. We are inviting you to refer 'at risk' patients, many of whom will currently be attending a diabetic or hypertension clinic, or be obese.

About Cardiac Rehab

Since 1976 Cardiac Rehab has been providing supervised exercise and health education mainly for patients recovering from myocardial infarction or coronary revascularisation.

Since 1997 Cardiac Rehab has operated from its own purpose-built premises adjacent to Alton Sports Centre. It provides both immediate post-episode exercise and continuing 'exercise for life' classes. It is one of the largest providers of exercise and health education for cardiac patients in the South of England.

Being easily accessible the Centre is used by exercisers from all over east, north and central Hampshire and southwest Surrey, all of whom have been referred to the Centre by health professionals.

Cardiac Rehab provides a controlled and safe environment for exercise, with all exercise instructors holding the national BACPR Phase IV qualification and along with the rest of the staff being trained in cardiac resuscitation techniques.

How does Staywell work?

Staywell broadly mirrors the standard exercise referral scheme.

Patient selection

Patients will fall within the established Selection Criteria for the exercise referral scheme but will also:

- be 18 years old or older
- be at risk for CVD or have other health problems which would benefit from supervised exercise.

The programme consists of:

- an initial patient assessment covering the traditional risk factors - personal characteristics including age, gender, smoking habit, weight, waist circumference, blood pressure, blood cholesterol and fasting blood glucose. In diabetics, HbA1c.

- an exercise test (to establish fitness level) plus a gym induction at which the individual exercise programme is set.
- twenty sessions of exercise training designed to be completed over a ten-week period.
- guidance during exercise on adopting a healthy lifestyle.
- introductions to "stop smoking" and weight loss groups where appropriate.
- a final patient assessment and exercise test with a repeat of all the initial measurements.

The patient's spouse/partner may also undertake the programme to act as support but will not undergo the initial and final assessments.

At the end of the initial programme the patient (and spouse/partner) is encouraged to continue to exercise at Cardiac Rehab on an open-ended basis.



For more information see www.cardiac-rehab.co.uk