

Dear Medical Professional

Your patient would like to attend exercise sessions provided by the Mid Norfolk Heartworks Cardiac Rehabilitation and Exercise referral scheme.

The scheme provides a programme of structured and supervised exercise, along with health information and support. It aims to improve the health, fitness and wellbeing of patients with common chronic conditions (list included in referral criteria).

The scheme is certified by the BACPR as a Phase 4 Cardiac Rehabilitation scheme. These exercise sessions (and the lifestyle information provided) are especially beneficial for patients with heart disease and related conditions, and others with an increased risk of developing CHD.

### Why Refer?

Attending exercise sessions gives patients the opportunity to exercise in a supportive environment, under the guidance of a qualified instructor. The health benefits of regular exercise are listed below:

### **Health Benefits Include.**

- Improved exercise tolerance.
- Control of symptoms.
- Effect on body weight.
- Reduced Blood Pressure.
- Reduction of stress.
- Lower blood cholesterol

Patients can attend sessions for as long as they wish, providing there is a space available for them. Long term attendance and regular exercise is most beneficial for their long term health.

### To Refer

1. Please review the referral criteria for the Mid Norfolk Heartworks Cardiac Rehabilitation and Exercise referral scheme, to check your patient is suitable.
2. Please record the patients resting heart rate and blood pressure. These figures must be less than 100bpm and 180/110 mmHg.
3. Please complete the referral form and either give to the patient to take with them to their first session or send it to the address below.

**Claire Gurney**  
**21 St.Michael at pleas,**  
**Norwich, Norfolk, NR31EP**

An instructor will contact your patient to arrange a suitable time for them to attend their first session. If your patient has yet to contact the scheme to express their interest they can do so using the details below.

If you have any questions about the scheme please contact lead instructor Claire Gurney.  
T: 01603 946893/ 0777044304. E: [info@fitternorfolk.co.uk](mailto:info@fitternorfolk.co.uk)  
Information is also available on the schemes website: [www.fitternorfolk.co.uk](http://www.fitternorfolk.co.uk)

## **Referral Criteria**

### **General Inclusion Criteria**

- The client must be stable
- The client must have one of the conditions below.
- Where applicable the referral form must be accompanied by information relevant to the exercise programme followed by the patients in Phase III.
- Where applicable details of any exercise tolerance test (ETT) results must be included with the referral form, a minimal functional capacity of 5 METS must have been achieved.

### **Patients with the following conditions are suitable for exercise referral**

- Recovering from Heart surgery – (Bypass surgery or angioplasty)
- Diabetes
- Lower risk patients following an acute cardiac event (e.g. MI).
- Pacemaker/ICD
- Coronary bypass surgery
- Chronic, stable angina
- Stable heart failure
- Patients with cardiovascular disease risk factors, including hypertension, Hypercholesterolaemia, dyslipidemia, atherosclerosis, arrhythmias.
- CHD
- Overweight/obese
- Back and joint pain
- Joint replacement
- Osteoporosis
- Mild Anxiety and depression

### **Exclusions to gaining entry to Phase IV**

- Recent complicated Myocardial Infarction
- Unstable angina
- Uncontrolled ventricular dysrhythmia
- Uncontrolled atrial dysrhythmia compromising cardiac function
- Third degree heart block
- Aortic stenosis
- Aneurysm including ventricular aneurysm
- Acute illness
- Thrombophlebitis
- Thrombo-embolism. Coronary angioplasty
- Acute congestive heart failure
- Significant emotional distress
- Pericarditis and myocarditis
- Recent ECG changes suggesting other acute cardiac events
- Severe hypertension (180/110+)
- Resting Tachycardia (RHR >100bpm)