

## Attending Cardiac Rehabilitation

Please arrive five minutes before the start of the class and give yourself enough time to get to the hospital and park. Parking is available in the multi-storey car park (speak to car park personnel about multi-visit ticket). Please eat a light meal before attending.

Please telephone us if you are unable to attend.



For your exercise class please wear loose exercise type clothing i.e. T-shirts and soft flat non-slip shoes i.e. runners. There is a small changing room but we have no shower facilities.



Your partner, a friend or family member is very welcome to attend the educational talks. We encourage this as they can gain a lot of information about rehabilitation and recovery and often provides reassurance to your family.



Cardiac Rehabilitation is fun and boosts your confidence at a worrying time in your life. We hope to assist you return to a full, active & healthy life.

## Contact details:

### Consultant Cardiologists

- Prof. Vincent Maher MD FRCPI
- Dr. David Moore MD FRCPI

### Clinical Nurse Managers

- Noeleen Fallon RGN, BScN, MSc
- Caroline Edgeworth RGN, BScN, MSc

### Members of the Multidisciplinary Team

- Staff Nurse: Patricia Mc Geary
- Senior Physiotherapist: Tara Quinn
- Social Worker: Michelle Frawley
- Dietitian: Una Mc Crystal
- Clinical Psychologist: Noelle O Keefe



### Telephone Number

Direct line: 01 414 3097  
(answering machine available)

Or

Main Hospital Switch 01 414 2000  
(Bleep # 7177)



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PATIENT  
INFORMATION  
LEAFLET

# Cardiac Rehabilitation Unit

## The Cardiac Rehabilitation Programme

While you are in the Coronary Care Unit or ward a cardiac rehabilitation nurse will visit and explain the cardiac rehab program in detail to you before you go home. This service is free and is offered to you for many reasons. You may have had a heart attack, heart surgery, an angioplasty (balloon) and stent or have angina or heart failure.

The cardiac rehabilitation programme in Tallaght University Hospital aims to provide you with the highest quality cardiac rehabilitation and secondary prevention service, in partnership with the Consultant Cardiologists, multidisciplinary team, and your family. The programme can help you get back to a normal and active life.

We will help you and your family to understand your heart condition and to educate and support you to make the appropriate lifestyle changes such as:

- ♥ give up smoking if you smoke
- ♥ achieve a desirable weight
- ♥ achieve a normal cholesterol
- ♥ control your blood pressure, if high
- ♥ take up regular exercise
- ♥ decrease stress in your life
- ♥ understand your medications
- ♥ return to work if applicable
- ♥ help you recover after heart surgery, heart attack or angioplasty/ stent
- ♥ manage your angina
- ♥ help restore confidence

### What does Cardiac Rehabilitation Involve?

You will enjoy exercise classes and educational talks twice a week, over an eight week period.

### The Exercise Classes

**The programme is designed for your individual needs and intensity increases slowly.**

The classes consist of exercising for one hour using exercise equipment such as a rowing machine, exercise bicycles, treadmill, a stepper, weights and bands.

### The Educational Talks

These include information about:

- ♥ causes and treatment of heart disease
- ♥ healthy eating
- ♥ physical activity
- ♥ medication advice
- ♥ stress management
- ♥ relaxation techniques
- ♥ anxiety and depression
- ♥ erectile dysfunction

For additional information, we recommend the Irish Heart Foundation Website [www.irishheart.ie](http://www.irishheart.ie)

We also offer basic life support training for you and a family member. This is a two hour course and is recommended by the Irish Heart Foundation.

## Exercise Stress Test

**For your safety and exercise prescription, you may need an exercise test on the treadmill before you start cardiac rehabilitation. This will be performed as part of your pre programme assessment.**

If you receive a request to attend for this test as an out patient, **please do attend**. If unable to attend please let us know, as there is a long waiting list for this service and we can offer the appointment to someone else that is waiting.



## Audit & Research

During the cardiac rehabilitation program, staff measure and record parameters such as weight, blood pressure, waist circumference, etc. This data may be utilised for audit purposes. In addition you may be asked to consent for your anonymised data to be used for research purposes.

The Irish Association of Cardiac Rehabilitation (IACR) maintain a national registry of anonymised data from cardiac rehabilitation units for national statistics.

A leaflet will be provided with information on the IACR data collection in your introductory pack which you will receive at the introduction talk.