

Cardiac Rehabilitation (Berkshire West) service video transcript

0:00:01.680,0:00:08.560

We are the cardiac rehabilitation service. If you are registered with a GP in West Berkshire,

0:00:08.560,0:00:14.400

Reading or Wokingham, we can help you to recover following an acute cardiac event such,

0:00:14.400,0:00:21.840

as a heart attack or heart surgery, once you are medically stable. Our 8-week program of exercise

0:00:21.840,0:00:27.920

and education is designed to help you improve your long-term health, reduce the future risk

0:00:27.920,0:00:34.880

of cardiac events, and regain your strength. To access our service, you must be over 18 and

0:00:34.880,0:00:40.720

referred by your GP or the hospital that has been treating your cardiac event. We currently

0:00:40.720,0:00:47.120

do not accept self-referrals. You will first be invited to complete a telephone assessment with

0:00:47.120,0:00:53.360

one of our nurses. We will discuss your

diagnosis, medical history, medications,

0:00:53.360,0:00:58.400

cardiac risk factors, and suitability for the program. You will then be given a date for a

0:00:58.400,0:01:03.600

face-to-face assessment where we will complete observations such as a blood pressure reading,

0:01:03.600,0:01:10.240

ECG, and a baseline exercise test. Once enrolled on the program, you will attend a weekly cardiac

0:01:10.240,0:01:15.600

rehabilitation group at a local setting such as a church hall or community centre.

0:01:15.600,0:01:20.320

In some instances, you will attend at the Royal Berkshire Hospital or where appropriate,

0:01:20.320,0:01:26.240

we will see you in your own home to deliver an adapted program of exercise. Each session

0:01:26.240,0:01:31.840

typically lasts around an hour and includes supervised exercise and education and support

0:01:31.840,0:01:38.160

about topics such as diet, medication, and staying active at home. You can find more

0:01:38.160,0:01:44.160

information about the cardiac rehabilitation service and what we offer on our web page.