

Patient information

Cardiac Rehabilitation

West Suffolk Hospital in-house programme

The cardiac rehabilitation programme is designed to help you get back to normal following your heart attack, cardiac procedure or surgery.

Following your initial discharge from hospital we provide advice and support by either telephone or out-patient clinics.

We offer gym based or home based exercise programmes, we also provide an Education Exhibition every eight weeks, giving you the opportunity to talk with various health professionals such as the Dietician and Pharmacist on an individual basis.

The aim of the programme is to restore you to as full a life as possible. It will also help rebuild your confidence.

It will provide you with the opportunity to ask questions and talk about any worries you may still have. You can also meet other people who have been through similar experiences.

We encourage your partner or a family member / friend to come along with you. This will help lessen their fears as well and give them the chance to ask any questions.

This rehabilitation programme is based in the Physiotherapy Department at the West Suffolk Hospital. You will be asked to attend for an assessment, which may take an hour and then usually followed by six weekly sessions. However, this is flexible and is tailored to the individual needs of our patients.

There are community venues available.

For further information contact

Cardiac Advisor, West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, Suffolk IP33 2QZ

Telephone number: 01284 713611

Useful telephone numbers

Cardiac Rehabilitation Team Office	01284 713611 (office hours)
Cardiac Care Unit	01284 713332
Cardiology Department	01284 712536
G3 Cardiology Ward	01284 713352

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website www.wsh.nhs.uk and click on the link, or visit the disabledgo website:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>