

## West Suffolk Community Cardiac Rehabilitation Service Referral Guidelines

**Inclusion Criteria:** Diagnosis within the last 3 months of:

- ACS: STEMI / NSTEMI / PCi / PPCi / Stable Angina / SCAD
- Cardiac Surgery: CABG / Valve Surgery / Other Cardiothoracic
- Stable Heart Failure & Cardiomyopathies
- Congenital
- Heart Transplant
- ICD / LVAD AND CRT

### **Service Provided**

**Initial Telephone Call:** Identification of individual needs and arrangement of assessment within 3 working days of receipt of referral.

**Initial Assessment:** Cardiac Nurse-led assessment, identification of risk factors, medication review, setting of personal goals, arrangement of exercise assessment.

We also offer a facilitated self-management Cardiac Rehabilitation programme using the Heart Manual for patients who may prefer this approach. More information about the Heart Manual can be found on the website: [www.theheartmanual.com](http://www.theheartmanual.com).

#### **Initial assessment locations:**

- Newmarket – Newmarket Community Hospital
- Sudbury – Sudbury Community Health Centre
- Haverhill – Haverhill Health Centre
  
- Home Visits – for eligible Cardiac Rehab referrals

**Exercise Assessment:** Assessment of individual's fitness prior to commencement of their programme, this is repeated on completion.

**Exercise and Education Programme:** Group or Home based programmes available.

#### **Group Exercise Locations:**

- Brandon Leisure Centre
- Newmarket Leisure Centre – including Lower Intensity Group
- Sudbury Community Health Centre – including Lower Intensity Group

**Team Contact Details:** (Service Hours: Monday – Friday 0830 – 1630)

**Telephone:** 0300 123 24 25

**Address:** Sudbury Community Health Centre, Church Field Road, Sudbury, Suffolk, CO10 2DZ

**Email:** [wsccg.westsuffolkcommunity-cardiacrehab@nhs.net](mailto:wsccg.westsuffolkcommunity-cardiacrehab@nhs.net)

**Please note all Community Referrals are to be emailed via Suffolk Community Healthcare –  
Care Coordination Centre - [suffolkcommunityhealthcare.referrals@nhs.net](mailto:suffolkcommunityhealthcare.referrals@nhs.net)**