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# PROGRAMME OVERVIEW

# CARDIAC REHAB



Derby County Community Trust's Health department aims to deliver targeted Phase IV community cardiac rehabilitation programmes for any patients who have completed Phase III .

The programme will be on a referral basis only through any health practitioners working within Cardiac Rehabilitation and any GP. The referral process is aimed to be a simple, quick and easy and can be accessed via the link below:

Once the referral has been made online, the BACPR transfer form should be emailed to: [chris.russellCJMS@dcct.co.uk](mailto:chris.russellCJMS@dcct.co.uk) – this is a secure email address.

Once we have received the referral, the patient will be contacted within 3 working days, at which point they will be offered a face-to-face appointment to begin their individual journey.

### **All sessions will be individualised to each patient, and our offer will include:**

- 6 months free person-centred physical activity programmes
- Sessions delivered in local community venues and leisure centres in Derby city (gym and class offer)
- Social events/coffee and cake mornings
- Lifestyle advise and support – i.e. healthy eating, weight management, smoking cessation, etc.
- 1-2-1 and group work support
- Access to DCFC incentives (i.e. match day experiences/tickets)

All patients will be prescribed their physical activity programme by a Level 4 Cardiac Rehabilitation specialist, these will be assessed at a minimum of 3 months. At the point where the level 4 practitioner feels their support can be reduced, the patient will be able to access the Level 3 (GP referred) sessions – suitable activities will be prescribed per patient.

On completion of their 6 month programme, DCCT staff will look at an alternative offer which will support patients to maintain the physical activity levels

### **Eligibility:**

- 18+
- Patients who have completed their Phase III rehabilitation programme

### **Exclusion criteria:**

- Any medical problem which severely restricts exercise or compliance with the programme, for example, type of neurological disorders or dementia.
- Individuals, where upon assessment they are deemed to have a level of need significantly more than service capabilities. These will be reviewed on a case-by-case basis.

# REFERRAL PATHWAY

## CARDIAC REHAB



**DERBY COUNTY COMMUNITY TRUST**  
DCCT Paid Service  
(following initial 6 months)

Appropriate sessions delivered by external provider

Sign Off