

North Middlesex University Hospital

NHS

NHS Trust

Cardiac Rehabilitation Pathway

Referral Criteria:

Acute Coronary syndrome
Post Revascularisation
(Post CABG; post Primary,rescue,elective)
Heart Failure
Valve and other Cardiac Surgery
Angina
Specialist Intervention e.g ICD
GUCH

Exclusion

Severe Aortic Stenosis
Unstable Angina
Exercise induced arrhythmias
Aortic Aneurysm
Orthostatic BP Drop of >20mmHg
Resting Systolic BP>200mmHg
Resting Diastolic BP > 110mmHg
Uncontrolled Heart Failure
Uncontrolled Diabetes

Offer re-assessment at later date and when meet inclusion criteria

Route of Entry to CR: Primary Care (to include Self Referral), Secondary and Tertiary Care.

Referral by email: northmid.cardiacrehabservice@nhs.net

or Fax 020 8887 3616

Phase 2: Patient contacted by phone within 24 hours of referral OPA within 2/52 if ACS/PCI/HF and 6/52 post surgical intervention (Potential for discussion of benefits of CR, current activity level and motivation) or letter if not contactable by phone

Patient declines-letter sent to patient and GP informed via letter. Patient discharged if unwilling to attend

Patient accepts – Attends pre-Phase 3 Consultation Assessment to identify ongoing CR goals, vocational/return to work issues; psychological; behavioural expectations, functional capacity Assessment and Risk Stratification for exercise in accordance with BACPR, SIGN, NICE and A.C.P.I.C.R. guidelines. Complete NACR audit

Phase 3 Access- Multidisciplinary programme Hospital GYM-
Low to high impact exercise classes including seated/Tai Chi class
Exercise class for Turkish speaking clients
Or option for home-based programme

If appropriate, fast track to Phase 4

-6 weekly exercise classes
-Option for home based programme
-Smoking cessation
-Dietary and weight management
-Cardiac Risk factor management including BP monitoring
-Cardioprotective drugs
-Psychosocial health

Post phase 3 programme.
3/12 1:1 Patient assessment on completion of programme
Complete NACR audit

Each patient is supported in developing a plan for ongoing maintenance with referral to **Phase 4** if desired. A copy of evaluation issued to medical notes, general practitioner and patient

Final end of year Evaluation including NACR audit. Written Feedback to GP and patient