

## Manager

Kirsty Settle

## Deputy Manager

Julie Thompson

Cardiac rehabilitation/heart failure exercise and education programmes are held at the Community Centre, Princetown; YMCA Centre, Honicknowle; Brickfields Centre, Devonport; and Modbury Sports Pavilion.

## Contact details

### Cardiac Team

Tel: 01752 434521

Fax: 01752 314660

Email: [PCHCIC.CardiacRehab@nhs.net](mailto:PCHCIC.CardiacRehab@nhs.net)

8:00am - 4:00pm

Monday - Friday

(excluding bank holidays)



Livewell Southwest



@livewellsw

# The Community Cardiac Team



## Aim

Our aim is to optimise patients' quality of life and to try and prevent admissions to hospital.

Using a structured education and, where appropriate, exercise programme, we aim to inform patients about lifestyle changes needed to keep them as well as possible and to support them with those changes.

- We also help patients to promptly recognise changes in their condition and give them the confidence to manage it themselves with an agreed action plan.
- We work with GPs and other health professionals caring for patients who have a cardiac condition.
- We provide a cardiac rehabilitation programme.
- We provide a heart failure service.
- We work with the British Heart Foundation.

## Referral Criteria

The referral criteria for cardiac rehabilitation are:

- Acute MI
- Coronary artery by-pass grafts
- Emergency same day percutaneous coronary intervention.

The referral criteria for the Heart Failure Service are:

- Patients with a confirmed diagnosis of heart failure following an echocardiogram (i.e. with severe left ventricular failure, severe diastolic dysfunction, and severe right heart failure) and any of the following:
  - Patients with two or more heart failure related hospital admissions in a year.
  - Patients with acute symptoms for whom the intervention of a cardiac nurse would prevent hospital admission.
  - Worsening heart failure symptoms.
  - Patients requiring education about their condition and how best to manage it.
  - Patients already under the care of another service which requires support and guidance on how best to manage the condition.
- Patients with a high BNP but without a confirmed diagnosis of heart failure who are housebound and symptomatic can also be seen.

## How to refer

Referrals can be made via:

Email: [PCHCIC.CardiacRehab@nhs.net](mailto:PCHCIC.CardiacRehab@nhs.net)  
Fax: 01752 314660

The Community Cardiac Service  
The Cumberland Centre  
Damerel Close  
Plymouth  
PL5 1JH

## Urgent Referrals

Although this is not an emergency service, we aim to triage all referrals by the next working day. To ensure that this is done in urgent cases, please telephone 01752 434521.

