



An insight into Phase IV

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What we will cover

- | Cardiac Rehab Facilitator - background
- | Overview of Cardiac Rehab classes in Fife
- | Partnership working
- | Evaluation of CR programme
- | The way forward



Overview

- | CRF – Background, Community Cardiac Steering Group
- | Referral pathway
- | 35 classes in 13 venues throughout Fife
- | Types of classes
- | 17 BACR instructors (freelance and FSLT)
- | Strategic Fit



Scottish Campaign

- | Launched 2008, patient organisations, health professionals and heart charities
- | By the end of 2010 every heart patient should have access to a high quality CR programme
- | The Good – up to 60% of heart attack and heart bypass patients currently receive CR
- | The Bad – Only 3% of angina patients get CR
- | The Ugly – less than 1% of patients with Heart Failure get CR



Partnership Working

- | NHS Fife - Primary and Secondary care, CHD MCN
- | NHS Tayside – Ninewells Hospital
- | Fife Council
- | Higher education establishments St. Andrews University and Adam Smith College, Kirkcaldy
- | Local Heart Support Groups



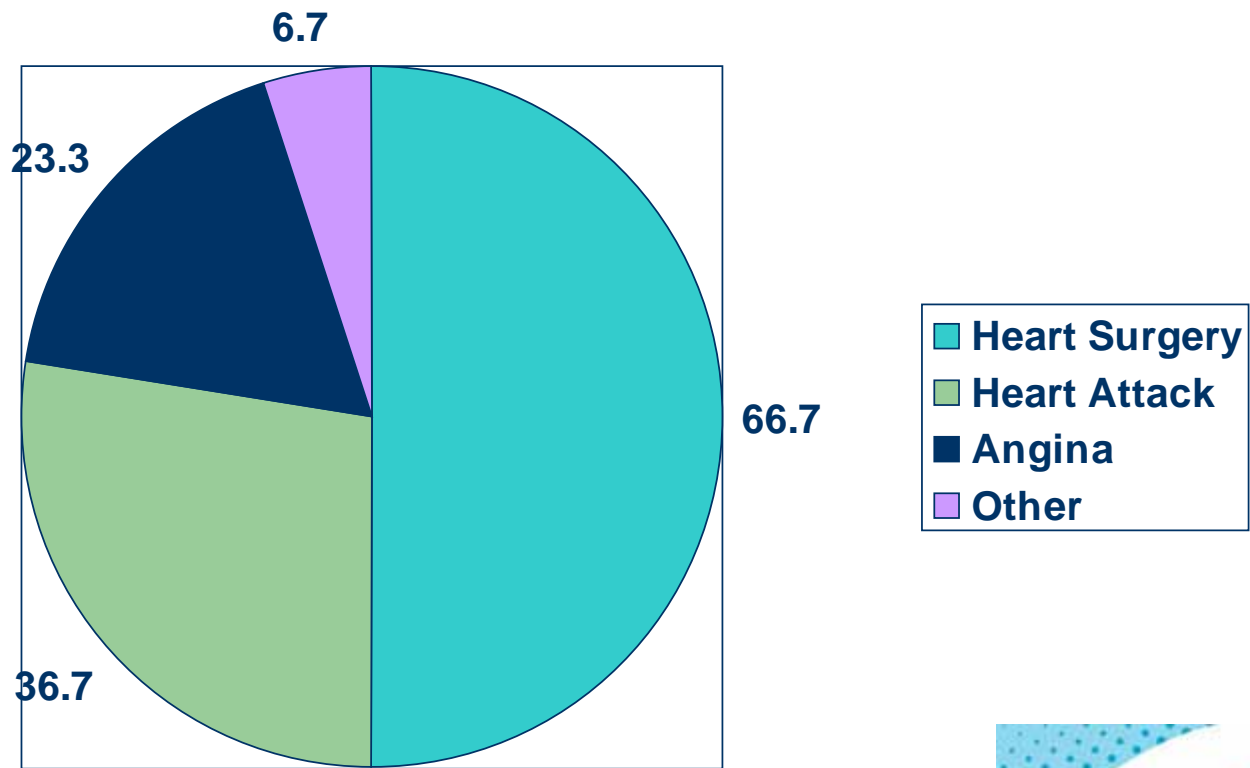
Evaluation Of Phase IV

- | Post programme questionnaire
- | Yearly report and figures
- | Scotland wide phase IV figures and programmes
- | BACR – central point for data collection
- | Snapshot of information from Feb – Sept 08 (30 individuals)



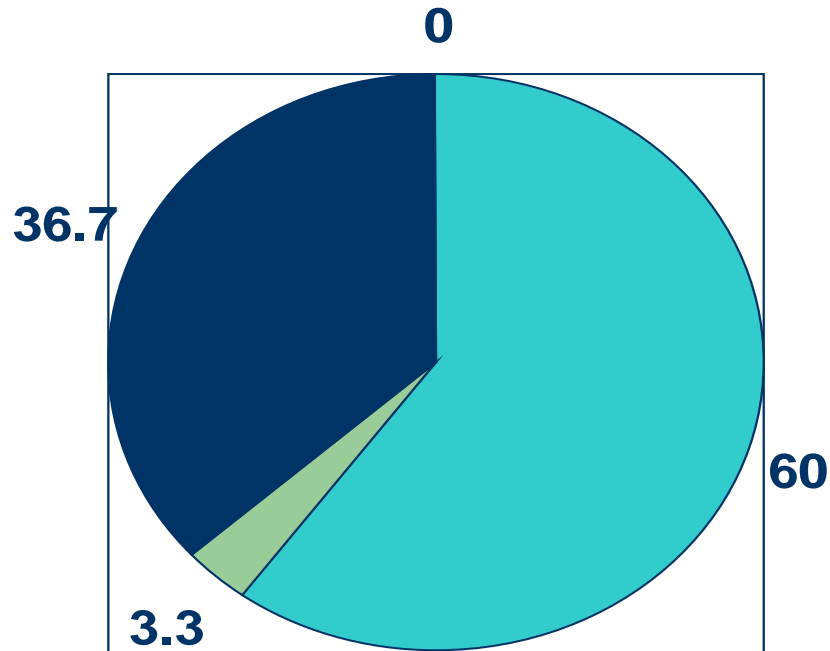
Question 1

Have you had a ?



Question 2

Where were you offered Cardiac Rehabilitation from?



-  Hospital
-  GP
-  Cardiac Practice Nurse
-  Self Referral

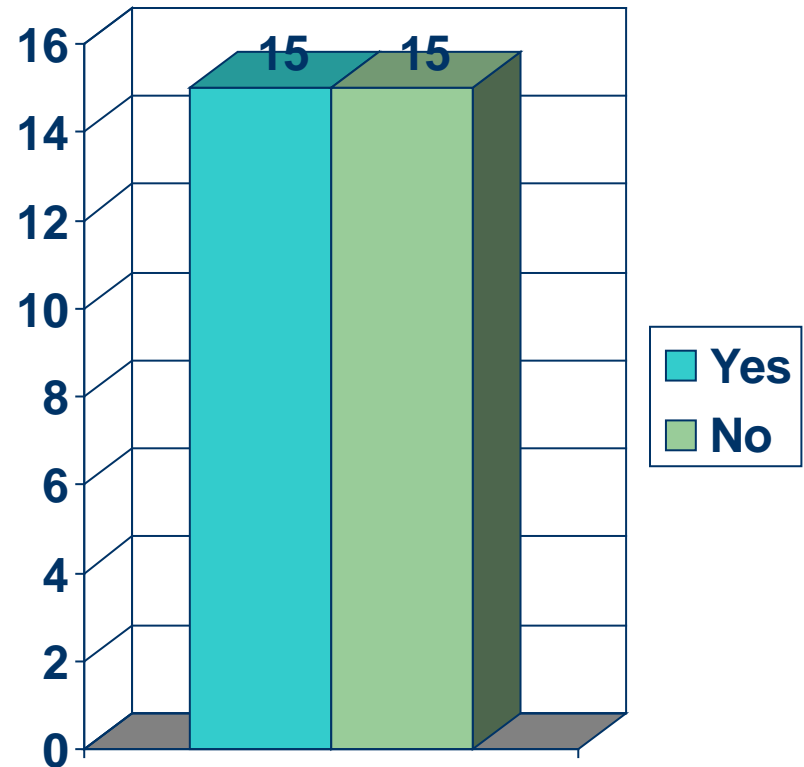
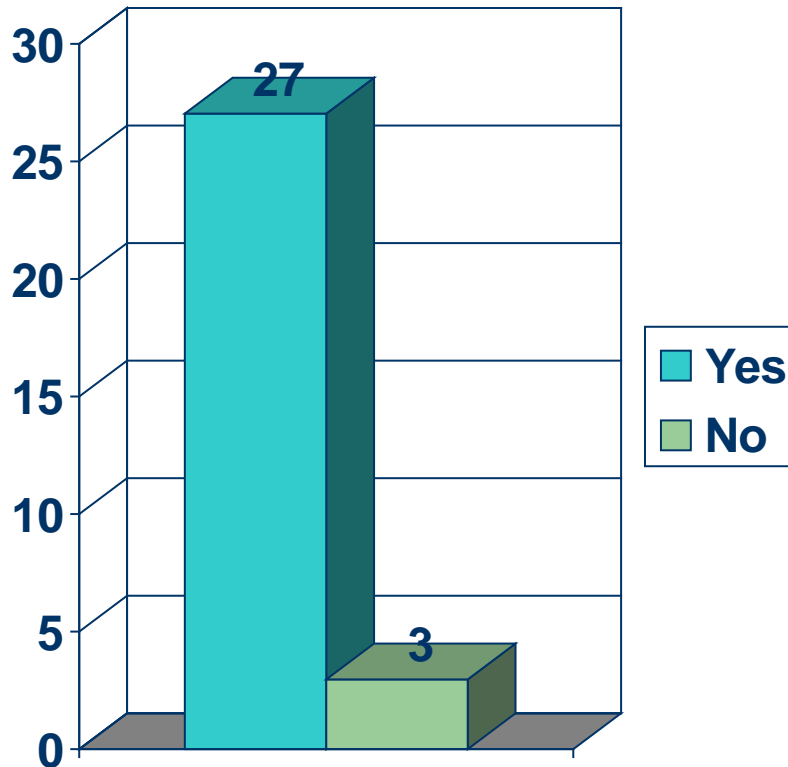
Question 12

Cholesterol



Have you had your cholesterol
Checked recently

Do you know the results

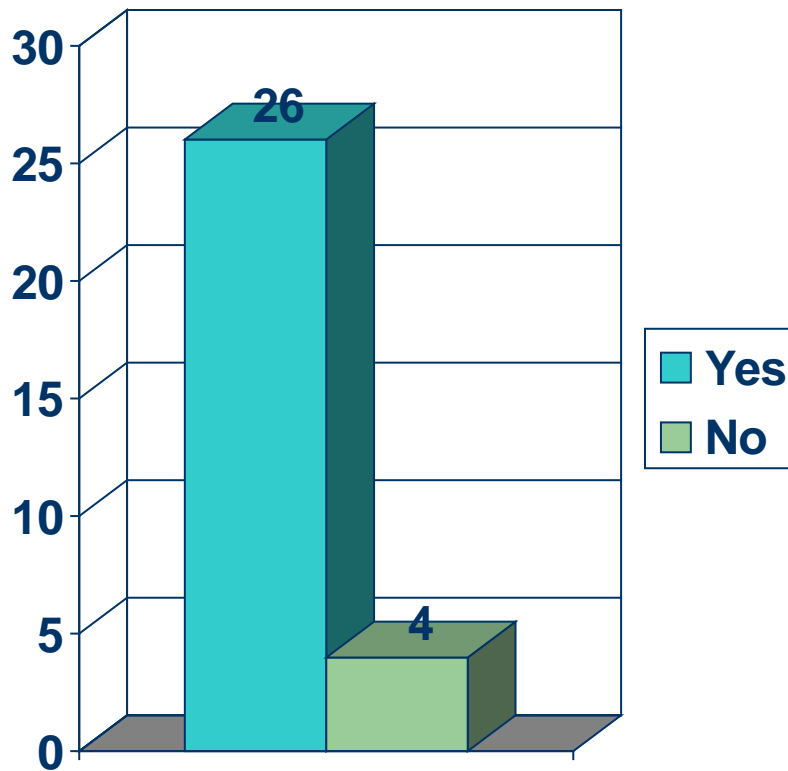


Question 13

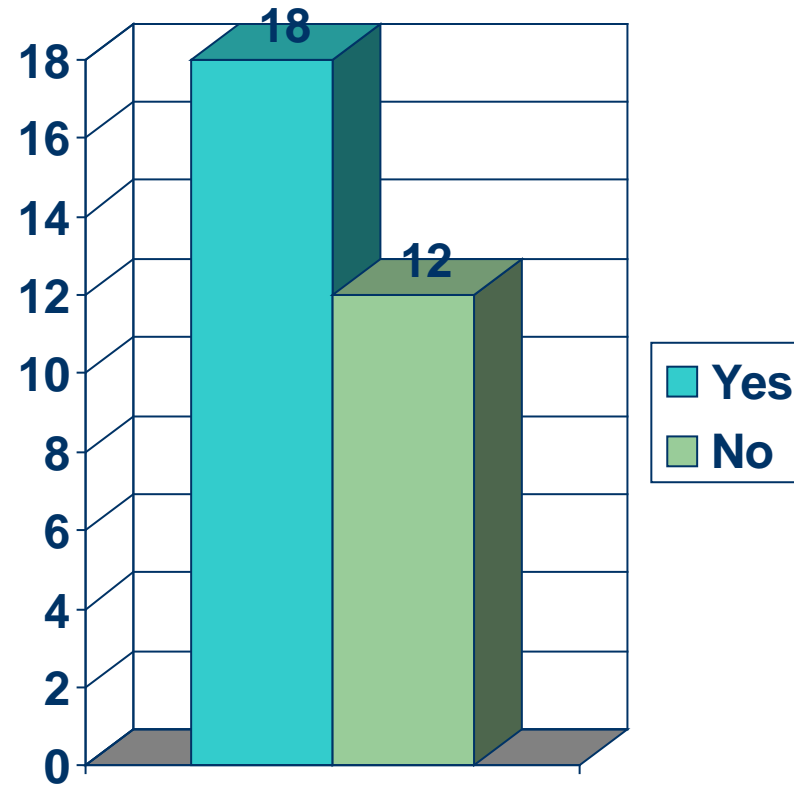
Blood Pressure



Have you had your blood pressure
Checked recently

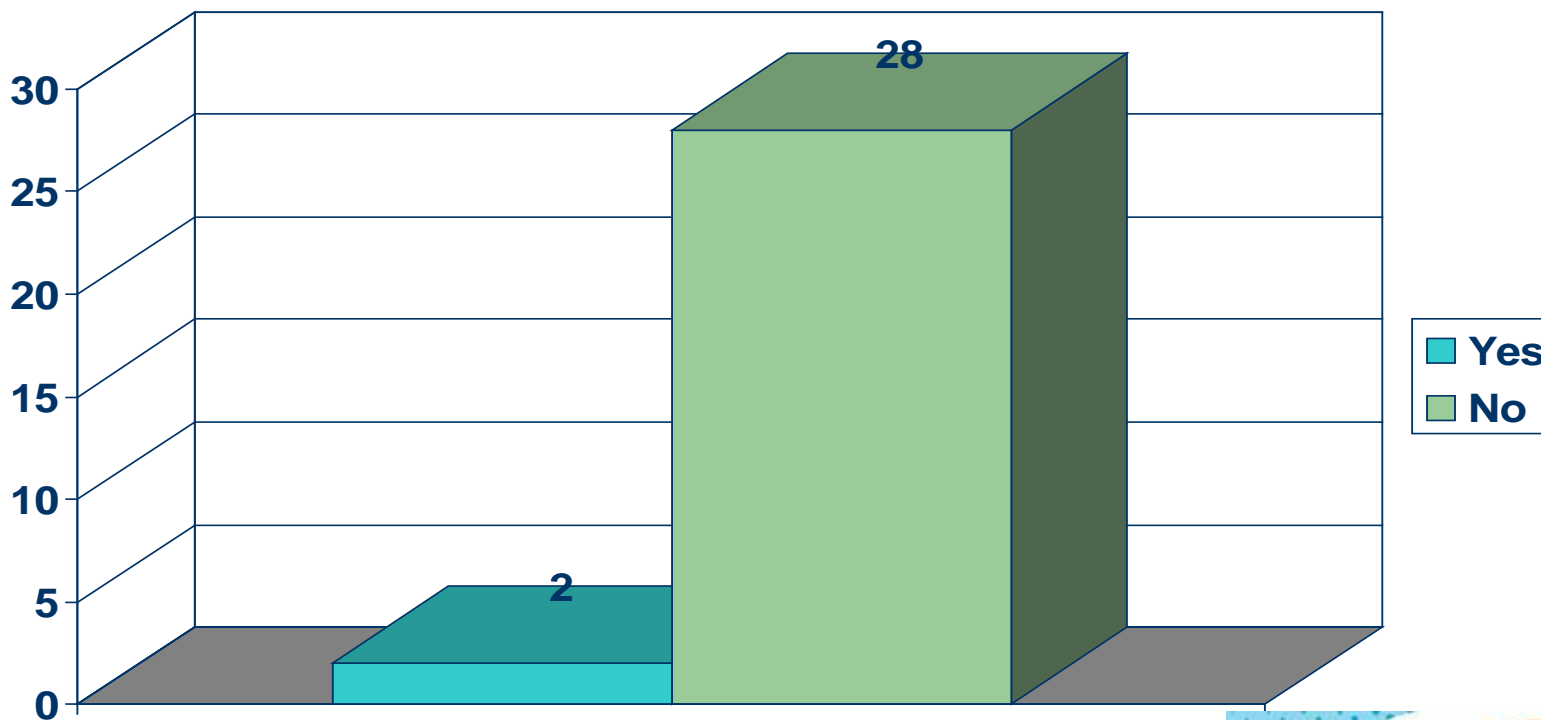


Do you know the results



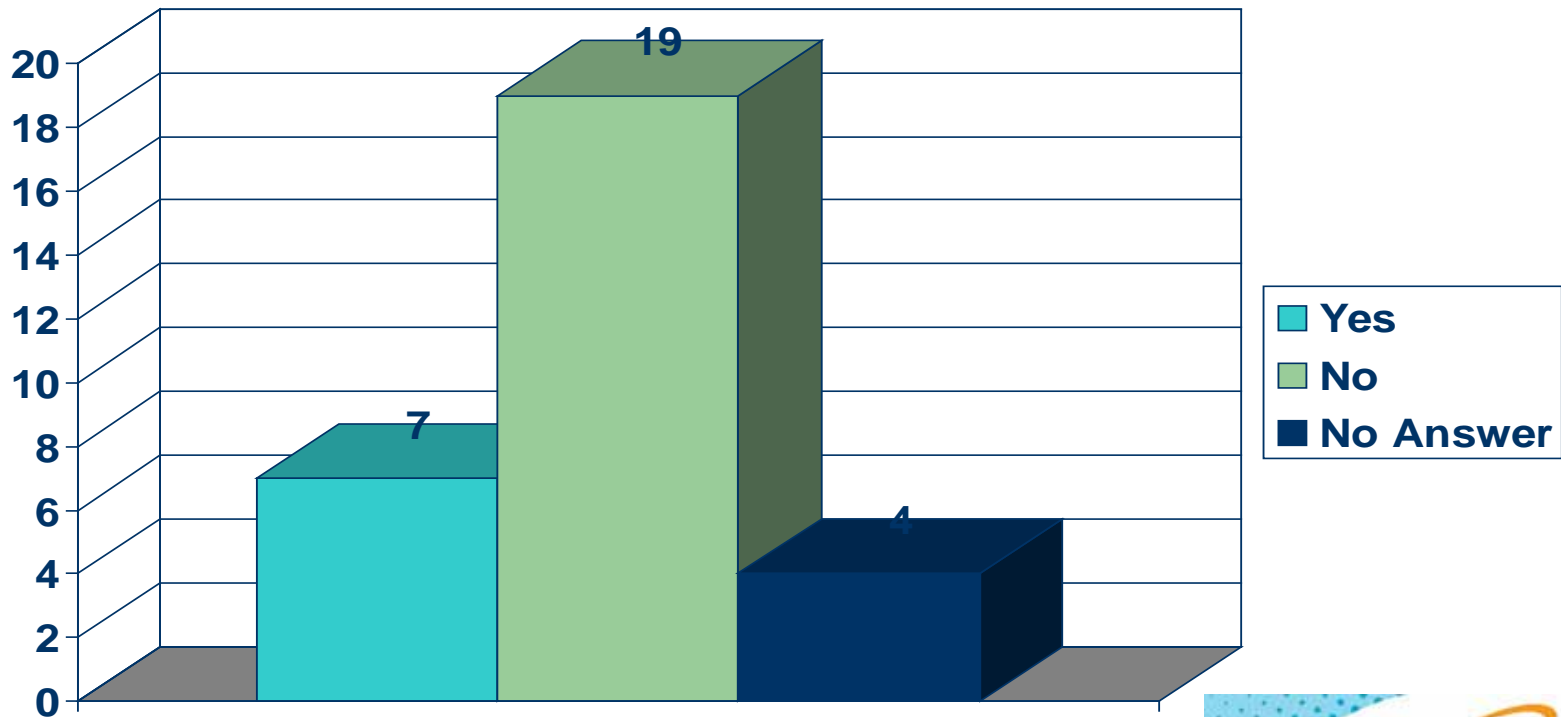
Question 14

Have you been admitted to Hospital since the Rehabilitation programme with problems relating to your Heart?



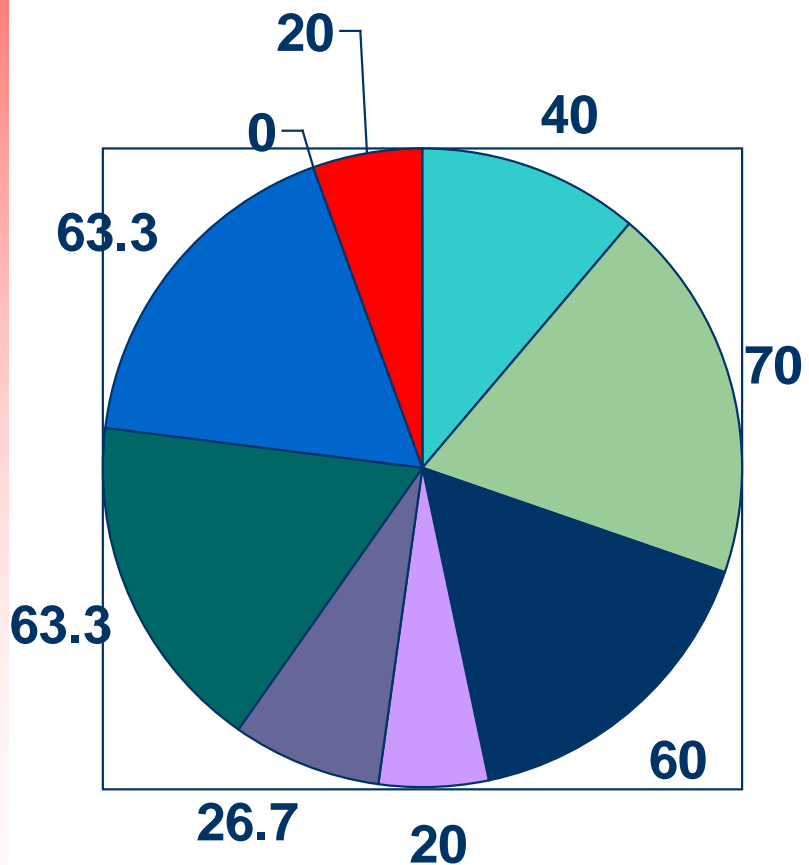
Question 16

Would you have used the Leisure centre if this programme had not been available ?



Question 17

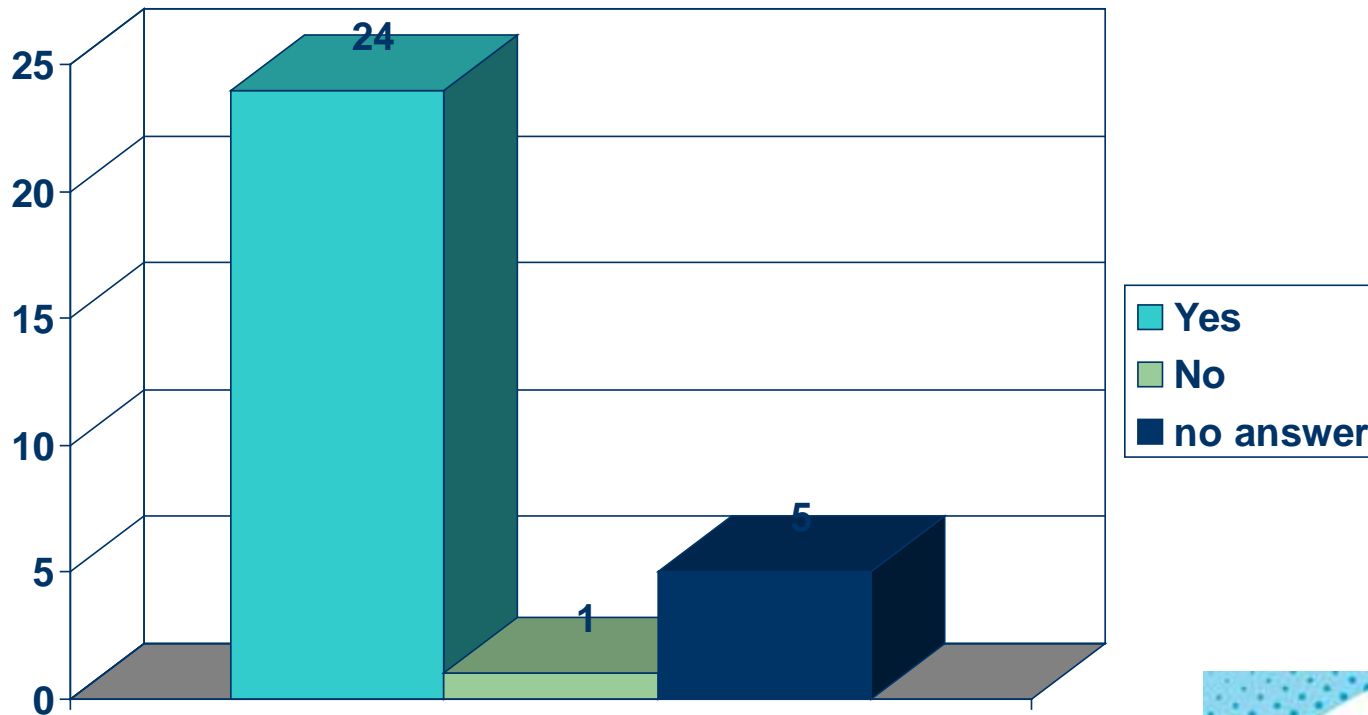
Please indicate below the health benefits achieved from this exercise Programme



- Mobility
- Feel Fitter
- Lose Weight
- Improve Self esteem
- Improve confidence
- Meet new people
- Feel Healthier
- Help existing Pain
- Reduce stress Levels

Question 18

Do you intend to continue with an exercise programme ?



Analysis of CR programme

- | Database of referrals
- | Individuals attending CR classes Jan-Dec 07
- | 9222 (excluding higher education and community venues)
- | Individuals attending CR classes Jan-Dec 08
- | 14042 (excluding higher education and community venues)



The Way Forward

- | Continuing to develop the current programme
–recruiting instructors
- | Raising the profile – Website
- | Pilot Stroke referrals
- | Signposting
- | Primary prevention
- | Partnerships – Voluntary sector



| Thank You for listening

| Any questions????

