

What is Phase IV Cardiac Rehabilitation?

- Once you have completed Phase III cardiac rehabilitation, Phase IV is the next stage of the program which involves the continuation of regular physical activity (or exercise)
- This is a 12 week exercise based program (to cover home-based and face-to-face) circuit based program that aims at making you breathe slightly harder
- A qualified cardiac coach will help you work at a level of exercise that you are comfortable with
- You will do this as part of a group at a venue of your choice (venue options on the last page)

Why should you continue with a Cardiac Rehabilitation program?

Continuing with your cardiac rehabilitation can result in:

- Improved health outcomes for patients with heart disease
- Maintained health
- Maintained energy
- Making you feel and look good
- Reduction in weight/weight management
- Reduced blood pressure
- Reduction in stress and anxiety
- Improved strength, mobility, coordination and balance

How much will it cost?

This programme is free of charge.

What happens if I decide to attend this program?

Before you start the program, you will have an informal meeting with your coach. This could be in person or over the phone. This will include:

- An introduction to the cardiac coach
- A discussion about your cardiac journey and referral form
- Information on the structure of the classes you will be attending, including days and times of activities available
- Information on how to book classes
- Advice on what to wear and bring to the class
- An opportunity for you to ask questions about the program

You will then choose a cardiac class from the timetable, which you will attend on the next possible session. Throughout the program you will have the opportunity to take part in a range of activities depending on what is available at that time.

What about COVID-19

Due to COVID-19, adaptations to this programme may be required. This could mean that face to face contact during the program is limited. However, your cardiac coach will let you know all of the options available.

What does the class look like?

Your cardiac class will be up to 1 hour in total, depending on what level you are at.

15 minute warm up: 5mins of walking and 10mins of marching with some stretching and mobility exercises.

Up to 30 minute circuits: there will be variety of different activities for you, where you will spend a short period of time on each activity before moving on to the next. This can include weights if it is suitable to you.

There will be more weights involved in this program than the cardiac nurses program. You do not have to do the weights at every station, but you will be encouraged to use them if you can.

15 minute cool down: Once the circuit is completed, there is a 10min cool down, 5mins walking and 5mins stretching.

What you need:

- Loose comfortable clothing
- Flat comfortable shoes
- Water
- GTN spray (if you forget this and you have used it recently you will not be able to participate in the session.)
- Any other required medication (inhalers etc)
- If you are diabetic and check your own blood sugar you will need to do this also

You may have your blood pressure and heart rate checked before the class starts, your cardiac coach will advise you on this.

Important information:

Before starting your exercise session each week you MUST tell the coach if you have any of the following:

- Changes in symptoms eg. new or worsening chest pain
- Changes in medication
- Test results?
- New or worsening joint problems - knee or back pain
- General feeling of being unwell - if you have a cold or flu or are on antibiotics do not participate in your class (contact cardiac coach to make them aware and return when you are well)

During your cardiac rehabilitation class if you have any of the following please make the coach aware:

- Angina, chest discomfort or dizziness
- Joint problems
- General feelings of being unwell

What happens after the 12 weeks?

Final class: when you have completed the program, your cardiac coach will help you to decide how you can continue with regular exercise. They will provide you with an information sheet with different options available.

Venues:

Belfast Venues:

- Healthy Living Centre
Maureen Sheehan Centre,
106 Albert Street, Belfast, BT12 4HL
Contact: 028 9031 0346

GLL/Better Centres

- Girdwood Community Hub, 10 Girdwood Avenue, Belfast, BT14 6EG
- Grove Wellbeing Centre, 120 York Road, Belfast, BT15 3HF
- Olympia Leisure Centre, Boucher Road, Belfast, BT12 6HR
- Lisnasharragh Leisure Centre, Montgomery Road, Castlereagh, Belfast, BT69HS

For all of these centres, contact:
07880328551

South Eastern Venues:

- Laganvalley Leisureplex, 18 Lisburn Leisure Park, Lisburn, BT28 1LP
Contact: Vitality Gym
reception 02892600266 or
02892448004

For more information contact:

The Physical Activity Referral Lead Officer,
Belfast Health Development Unit,
Cecil Ward Building, Belfast.
Email: activebelfast@bhdu.org
Tel: 028 9050 2073



Cardiac Rehabilitation

Phase IV patients leaflet

