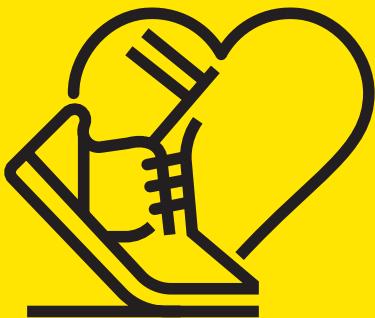


# My Marvellous Guide to Cardiac Rehabilitation



# Why is Cardiac Rehabilitation Important

If you are looking to improve your symptoms and live your life well with Heart Failure, or get back to some form of everyday life after being diagnosed with Heart Failure or following a cardiac event such as a heart attack, then cardiac rehabilitation (cardiac rehab) may help you achieve this goal.



Cardiac rehab is a customised program that includes exercise, education, and support to meet your needs and circumstances. You can access it in various ways, such as by in-person attendance or remote participation from home, including video calls, websites, mobile apps, or telephone support. Here, the Pumping Marvellous Foundation offers a cardiac rehab platform to access on your desktop, tablet, or mobile device.

Cardiac rehab is not just a supplement to your medication; it's a crucial part of your treatment plan. It's a program that everyone can benefit from, and it's free. So, why not seize this opportunity to enhance your quality of life, making it more fulfilling and active?

**If you haven't been referred to cardiac rehab, make sure you ask your healthcare team to see whether you are suitable. Cardiac rehab is considered to be as important as your other treatments.**

## What Happens Next?

Before embarking on the program, you should discuss your suitability and program type with your healthcare team. Together, you can set goals and address any risk factors. If available in your area you can attend classes in person or online, or even a combination of both. Regardless of the program you choose, whether it's a face-to-face session or through the Pumping Marvellous Platform, your program will include exercise, education, peer support, and emotional well-being. Your team is there to provide the support you need and will collaborate with you to create the most effective plan. **Before using this platform, you'll need to confirm that you have permission from a healthcare professional to exercise. This validation process is a necessary step to ensure your safety and well-being. If you have not been directed by your healthcare team to this resource, contact your Heart Failure team or GP surgery and get confirmation that they are happy for you to start the program.**

The platform will give you access to the following:

- A choice of 2 exercise programmes by a qualified cardiac rehab practitioner. The programmes include three sections: warm-up, main exercise, and cool-down.
- Patient educational material from the Pumping Marvellous Library of resources used by patients across the NHS in the UK.
- Access to emotional support through the Pumping Marvellous peer to peer online communities.

Next, we will cover which programme is right for you and which one works for you.

# Wellness Chart - How Are You Feeling?

Refer to our Marvellous Symptom Checker using the traffic light system to help you complete this Wellbeing Chart each week. Share this Wellbeing Chart with your healthcare team.



SCAN ME

DATE	WEIGHT (kg)	TRAFFIC LIGHT	How Is Your Mood?		
		 Red Amber Green	  	  	  
		 Red Amber Green	  	  	  
		 Red Amber Green	  	  	  
		 Red Amber Green	  	  	  
		 Red Amber Green	  	  	  
		 Red Amber Green	  	  	  

# Borg RPE Scale®

This scale can be used to tell how strenuous and tiring exercise feels to you. Exertion is mainly felt as fatigue/tiredness in your muscles and as breathlessness or aches. This scale is very individual to you and your own feeling of exertion which is important. A simple way to measure exertion is when the exercise becomes harder it is more difficult to talk.

Using the scale can help you to keep track of your own progress and give you a realistic goal to aim for factoring in your current level of fitness.

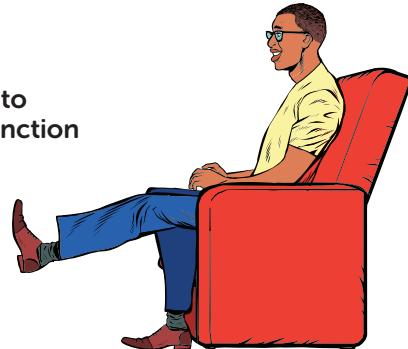
RPE SCALE	RATE OF PERCEIVED EXERTION
10	<b>MAX EFFORT ACTIVITY</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time. 
9	<b>VERY HARD ACTIVITY</b> Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8	<b>VIGOROUS ACTIVITY</b> Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	<b>MODERATE ACTIVITY</b> Breathing heavily, can hold a short conversation. Still somewhat uncomfortable, but becoming noticeably more challenging.
2-3	<b>LIGHT ACTIVITY</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	<b>VERY LIGHT ACTIVITY</b> Hardly any exertion, but more than sleeping, watching TV, etc.

# Which Course is Right For Me?

When deciding which course is right for you, it is worth considering how active you are on a daily basis.

## Low-function course

If climbing the stairs is a struggle or if you need to stop while taking a gentle walk, then the low-function course would be the most appropriate for you.



Or visit

<http://qr.pumpingmarvellous.org/LowFunction>



## Medium-function course

If climbing the stairs or carrying out general household duties such as shopping or hoovering is manageable, but causes you some difficulties at times, then the medium-function course best suits your fitness level.



Or visit

<http://qr.pumpingmarvellous.org/MedFunction>



During your 8-week Cardiac Rehab program, we will cover weekly topics to help improve your understanding of the condition while building your confidence in exercising; our goal is to help you live WELL with Heart Failure.

# Weekly Topic Overview:

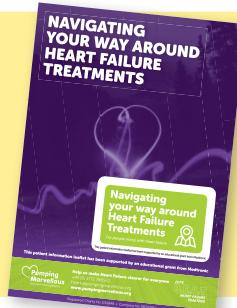
## Week 1 - Getting Started - Covering the basics



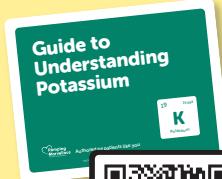
## Week 2 - Self-Management - Learn how to self-manage your Heart Failure



## Week 3 - Learn More - Navigating your way around treatments



## Week 4 - Nutrition



## Week 5 - Know Your Type



## Week 6 - Treatments - What's right for me?



## Week 7 - Lifestyle - Living with Heart Failure



**Week 8 - Course Completion - Time to collect your certificate and remember to stay active as the benefits are long-lasting.**



## One Step at a Time

We hope that this guide has triggered thoughts around some of the questions you may have. We know this is not a position you want to be in but it's about taking small steps, which is a good thing. This is likely something you never thought you would have to deal with, but you are not alone and self-management can be the key to a better life and enable you to find your new normal.

This may be the start of your journey so if you need help do seek out further advice from your Healthcare Professional or visit our website:

**[www.pumpingmarvellous.org](http://www.pumpingmarvellous.org)**

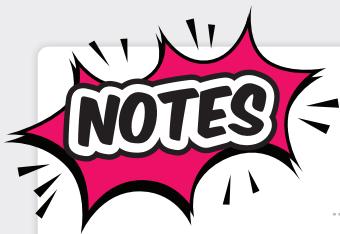
## Other Marvellous Guides in the Series

All guides are written by patients and clinically validated for accuracy by leading UK Heart Failure specialists.

**Please scan this QR code with your smartphone:  
Or visit [pumpingmarvellous.org](http://pumpingmarvellous.org)**



SCAN ME



# THINK B.E.A.T

## B BREATHLESSNESS

If you are more breathless than usual speak to your GP surgery.



## E EXHAUSTION

If you feel exhausted or are really tired speak to your GP surgery.



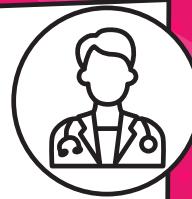
## A ANKLE SWELLING

If your ankles and lower legs are swollen speak to your GP surgery.



## TIME TO SPEAK TO YOUR GP SURGERY

If you have a combination of the above symptoms, contact your GP surgery.



SCAN ME

FIND OUT MORE SEARCH BEATHF  
OR SCAN THIS

B.E.A.T  
HEART FAILURE

If you have any concerns or questions,  
get in touch with  
**Pumping Marvellous Foundation.**



Another Mini Toolkit by the Pumping Marvellous Foundation  
Crowdsourced information from REAL patients.

### Acknowledgements and thank yous

**Dr Fozia Ahmed** Consultant Cardiologist

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**Dr Dargoi Satchi** Consultant Cardiologist

**Matt Sunter** Heart Failure Specialist Nurse

**Teresa O'Nwere-Tan** Heart Failure & Primary Care ACP

...and the **Marvellous Patient Educators** from the Pumping Marvellous Foundation.

# Contact Us



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Find out how you can support our fundraisers by visiting their JustGiving pages  
[www.justgiving.com/p-m-f](http://www.justgiving.com/p-m-f)



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