**Heart Failure Cardiac Rehabilitation Service:**

The Heart Failure Nursing Team in Bath and North East Somerset are now offering a Heart Failure Cardiac Rehabilitation Service. NICE (2018) ‘Chronic Heart Failure in Adults: diagnosis and management’ state that heart failure patients should be offered a personalised, exercise-based cardiac rehabilitation programme unless their condition is unstable. This service is available to all patients with confirmed diagnosis of left ventricular systolic dysfunction with an ejection fraction of 40% or less.

The Heart Failure Cardiac Rehabilitation Service has two different programmes available to meet the needs of all eligible patients. One programme is the Home Based ‘Heart Failure Manual’ which is a 12-week home-based programme, which involves a patient completing chair-based exercises three times a week and having several resources given to them to improve knowledge and understanding on their condition. The second programme is an 8-week, leisure centre and group-based programme. This is a once a week programme with one hour of exercise and one of education with an approved fitness instructor. A Heart Failure Cardiac Rehabilitation Nurse is involved with patient care on both programmes.

Please refer patients who you think will be eligible for this programme through RIVIAM or ARDENS. If you would like more information on specific inclusion/exclusion criteria or to discuss the programme in more depth please contact the Heart Failure Cardiac Rehabilitation Nurse Emily on 01225396060 or email on: [vcl.bathneshfs@nhs.net](mailto:vcl.bathneshfs@nhs.net). Please see link for poster, which can be posted at your GP surgeries!