Cardiac Rehabilitation Strategy – ‘The Journey so Far’

Denise Lewis
Cardiac Rehabilitation Team Leader
Hywel Dda Health Board - Ceredigion

Cardiac Rehabilitation Strategy Launch
Tuesday 20 July 2010
Background
Dear Mr Gibbons

The All Wales Cardiac Rehabilitation Relay Walk, 8th - 14th September 2006.

Cardiac Rehabilitation is an integral component of Cardiac Care as identified within the National Service Framework for Coronary Heart Disease. The Cardiac Rehabilitation teams across Wales have had a proven beneficial effect on long term health prospects for cardiac patients providing comprehensive Cardiac Rehabilitation programmes that are of high quality, accessible and part of local communities, meeting the requirements set within Design for Life.

Unfortunately, due to resources available there is inequity in the delivery of services across Wales and many of the programmes have only been able to develop through the support of short term funding from Inequalities in Health and the Big Lottery Funds. As this support draws to an end these services are under threat of closure.

In order to raise awareness of the concerns this presents to teams, patients and communities, the need for funding and the proven need for Cardiac Rehabilitation Schemes across Wales, Cardiac Rehabilitation teams from across Wales are drawing together to walk from North to South Wales, a distance of approximately 135 miles, starting at Chirk and ending at the Assembly buildings in Cardiff Bay. A paper will be carried and passed between teams outlining the main concerns and signatures of support. We would like to invite you to meet the teams at the end of this walk at the Assembly buildings and to accept this paper.

Yours sincerely

Denise Lewis
Chair
Welsh Cardiac Rehabilitation Working Group
<table>
<thead>
<tr>
<th>AREA</th>
<th>NAME OF SERVICE</th>
<th>FUNDING STREAM</th>
<th>START AND END OF FUNDING</th>
<th>CURRENT STAFFING LEVELS</th>
<th>CURRENT PROVISION</th>
<th>IMPLICATIONS FOR SERVICE AT FUNDING TERMINATION</th>
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<tbody>
<tr>
<td>Amman Valley Llandovery</td>
<td>Carmarthenshire Cardiac Rehabilitation Service</td>
<td>WAG Inequalities in Health Fund Big Lottery Fund</td>
<td>March 2002 Dec 07</td>
<td>3.5 WTE GH Specialist Nurses  1.4 WTE F Grade Nurses  1.2 WTE E Grade Nurses  1.0 WTE Occupational Therapist  0.4 WTE Physiotherapists  2.0 WTE Secretarial Support</td>
<td>Phase 1 Community Service Home visits Phase 3 Hospital Rehabilitation 2 classes Phase 3 Community Rehabilitation 4 classes</td>
<td>Reduction of Service, decrease to 1 session per week (probably in hospital )</td>
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<tr>
<td>Bridgend</td>
<td>Bro Morgannwg Cardiac Rehabilitation Service.</td>
<td>WAG Inequalities in Health Fund</td>
<td>April 2002 December 2007</td>
<td>1.6 WTE C.R. Nurses  0.1 WTE Clinical Psychologist  0.4 WTE Specialist Health Visitor  0.3 WTE Community Dietitian  0.8 WTE Senior Physiotherapist  0.4 WTE Secretary  0.08 WTE Occupational Therapist</td>
<td>Phase 1: Inpatient counselling Phase 2: Post discharge surgical patient visits Phase 3: Exercise provision and C.R nurse input</td>
<td>Phase 1: No inpatient counselling Phase 2: No post discharge surgical patient visits Phase 3: No exercise provision and C.R Nurse input</td>
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<tr>
<td>Cardiff</td>
<td>Cardiff Community Cardiac Rehabilitation Project Vate Community Cardiac Rehabilitation Project</td>
<td>Big Lottery Fund</td>
<td>May 2003- June 2007</td>
<td>2.0 WTE CR Nurse Band 6  1.0 WTE Occupational Therapist Band 6  1.0 WTE Physiotherapist Band 6  1.0 WTE Dietitian Band 6  1.0 WTE Physio Tech Band  0.2 WTE C. R. Support Worker Band 3  1.0 WTE Clerical Support Band 3  Pharmacist (4hrs/8wks) Band 5</td>
<td>Home visits Community based Phase 3 and 4 classes - 2phase 3 and 14 Phase 4 Community Dietetic clinic Community O.T. clinic Community nurse lead follow up clinic Long term exercise classes</td>
<td>Termination of Service</td>
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<tr>
<td>Ceredigion South Gwyneedd West Powys</td>
<td>Ceredigion Communities Cardiac Rehabilitation Scheme</td>
<td>Big Lottery Fund</td>
<td>April 04 - 31st March 2007</td>
<td>1.0 WTE Community C. R.Specialist Nurse  1.0 WTE Community C. R.Exercise Instructor  0.5 WTE hrs Admin Assitant</td>
<td>16 Community Based phase 3 and 4 classes 16 Classes per week across the county Home visits Individual assessments Supervised Woodland Walks</td>
<td>Termination of Service</td>
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<tr>
<td>Denbighshire</td>
<td>Denbighshire Cardiac Rehabilitation Team</td>
<td>WAG Inequalities in Health Fund</td>
<td>31st December 2007</td>
<td>0.8 WTE Physiotherapist Post (Vacant)  1.0 WTE Specialist Cardiac Liaison Nurse G grade  0.2 WTE Cardiac Nurse F Grade  2.0 WTE Technical Instructors  0.48 WTE OT for psychology (Vacant)</td>
<td>Due to lack of staff will be cutting back on classes from Mid-January. Have been unable to recruit to vacant posts due to funding issues or due to posts being temporary.</td>
<td>Termination of Service</td>
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<tr>
<td>Denbighshire</td>
<td>Acute Cardiac Rehabilitation Team for Denbighshire</td>
<td>WAG Inequalities in Health Fund</td>
<td>31st December 2007</td>
<td>1.0 WTE C. R Co-ordinator (Vacant)  0.32 WTE OT for psychology (Vacant)  1.0 WTE C. R Specialist Nurse  0.59 WTE Physiotherapist</td>
<td>Cover acute team at Ysbyt Glan Clwyd on wards and in classes</td>
<td>Reduction of In Hospital classes for high risk patients</td>
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<tr>
<td>Flintshire</td>
<td>Flintshire Community Cardiac Rehabilitation Service</td>
<td>LHB Funding was BLF prior to this.</td>
<td>Have not received Permanent Funding</td>
<td>1.2 WTE Specialist Nurse Band 6 (1 part time post)  1.0 WTE Leisure centre based exercise Instructor</td>
<td>Home visits for post MI Surgical patients  3.2 hrs centre based exercise classes sessions in health centre</td>
<td>NA</td>
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<tr>
<td>Gwen</td>
<td>Heart Failure Rehabilitation Project</td>
<td>WAG Inequalities in Health Fund</td>
<td>Feb 2002 to Feb 2008</td>
<td>Nurse Band 7 - 0.91 Nurse Band 6 - 0.6 Physio Tech - 0.16 Physio Basic - 0.2 Physio Sen 1 - 0.32 Physio Tech - 0.16 Dietician Sen 1 0.1 Psychotherapist - 0.05 MTO III - 0.05 AC III - 0.2 AC II - 0.59 Fitness Instructor - 0.12</td>
<td>Comprehensive rehabilitation programme covering 4 phases of rehab model Nurse led outpatient clinics</td>
<td>Termination of Service</td>
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Latest news on National Campaign for Cardiac Rehabilitation in Wales

Meeting with Health Minister

In January 2008, a meeting was held with Edwina Hart. She then announced £2m of interim funding for CR programmes in Wales threatened by a funding shortfall. This is a fantastic victory for campaigners and should secure the future of some vital programmes.

Growing support for CR in Wales

Thanks to our work and that of the All-Wales Cardiac Rehabilitation Group, 2000 people have signed our petition and ministers have faced numerous questions in the Assembly. First Minister Rhodri Morgan has recognised the importance of CR for heart patients (of whom he is one).

Assembly lobbying event

Over 60 heart patients and health professionals attended a cross-party Assembly reception in Cardiff Bay at the beginning of March - a successful event with over 24 (out of a total of 60) Assembly Members, and the Health Minister (pictured), present. This event was a joint organisational effort by the BHF in Wales and the All Wales Cardiac Rehabilitation Working Group as part of the ongoing campaign in Wales. The event was a great opportunity to communicate the campaign message directly to all the politicians that attended.

Got any questions about this page?

CONTACT US HERE
On The Ground

Short term funding

barrier to thinking and acting strategically

Stifles the innovation and planning needed for the future development of services

Lack of robust evidence

Welsh Audit Office (2008)
“Leadership Within”

Do we share best practice?

Do we know what works?

What data do we have?

Research Culture?

Leadership skills?

Knowledge and training?
Karen Keating Cardiac Services
Manager, Wrexham

Needs to embrace change & preferably be leading the change process

Be prepared to adapt & look beyond traditional roles, responsibilities & boundaries

Have the vision to see its role as part of a much broader agenda (eg long-term conditions)

Become much more politically savvy – need to know who your commissioners are & what makes them tick, look at how you can support the delivery of key targets, become best friends with your cardiac network manager / clinical leads etc

Make sure you gather the evidence to support what you are doing
Cardiac Network Quality Review 2008
MSWWCRAG

Development of Mid South West Wales C.R. Advisory Group

Representative of ALL C.R. teams across the Network

Multidisciplinary

Clinician Lead
MSWWCRAG- Its Job

Engage clinical and patient opinion of the best ways to improve services towards meeting NSF Standard 6

Provides a forum for sharing best practice across Mid and West Wales

Drives C.R development in partnership with other Welsh regions and through the All Wales Working Group

Develop a clear vision of priorities and an agreed patient pathway across Wales
Its Job

Adopt a clinically engaged, quality driven, patient focused approach to developing a strategy for Cardiac Rehabilitation, in Mid and South West Wales.

Using this approach re focuses on patients needs and clinical priorities to drive balanced and equitable development of cardiac rehabilitation services for the future.
How Was This Achieved

Carried out a baseline review using Wales Quality requirements to define progress against the standards contained in the Cardiac National Service Framework

Also used workforce, financial, demand and capacity information, NICE guidance, National professional standards relating to each service to assess equity, need and potential demand for Cardiac Rehabilitation