# CARDIAC REHABILITATION REFERRAL GUIDELINES

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<th><strong>Author(s):</strong></th>
<th>Angela Knott, Aneurin Bevan HB</th>
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## Purpose and Summary of Document:
Cardiac rehabilitation should be an integral part of treatment for those with established coronary disease and all patients should be offered an appropriate evidence based cardiac rehabilitation plan provided by a multi disciplinary team (NSF 2009). To this effect patient's identified as requiring cardiac rehabilitation should be referred to the cardiac rehabilitation team within two working days of diagnosis following an acute event (NSF QR 119). For those who present in primary care this should be following their initial consultation having been recognised as requiring cardiac rehabilitation.

## Publication / Distribution:
- Cardiac Rehabilitation Centres
- Network website (http://www.sewcn.wales.nhs.uk; http://nww.sewcn.wales.nhs.uk)
- Highlight in next e-Newsletter and Heart Matters

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Cardiac Rehabilitation Referral Guidelines

Background:

Cardiac rehabilitation should be an integral part of treatment for those with established coronary disease and all patients should be offered an appropriate evidence based cardiac rehabilitation plan provided by a multi disciplinary team (NSF 2009).

To this effect patient's identified as requiring cardiac rehabilitation should be referred to the cardiac rehabilitation team within two working days of diagnosis following an acute event (NSF QR 119). For those who present in primary care this should be following their initial consultation having been recognised as requiring cardiac rehabilitation.

Following referral the patient will be contacted by the local cardiac rehabilitation team within seven working days of referral from primary care or discharge from secondary or tertiary care and arrangements for on-going management are agreed (NSF QR 125). Referrals from tertiary care will be sent within 24 hours of discharge to the local service.

These guidelines are based on the All Wales Cardiac Rehabilitation Management Pathways and The Cardiac Disease National Service Framework for Wales (2009). Currently not all cardiac rehabilitation centres offer services to the entire patient groups listed.

Indications for referral:

- Acute Coronary Syndromes;
- Post Revascularisation (to include post CABG & post primary, rescue & elective PCI);
- Newly diagnosed Angina;
- Heart Failure;
- Established Stable Angina;
- Pre-hab (pre-CABG/elective PCI);
- Valve and other Cardiac Surgery;
- Specialised Interventions (e.g. ICD implant, transplant)

Primary Care:

Patient is identified for Cardiac Rehabilitation in Primary Care, having been either:

- Diagnosed with any of the above within the previous month and not yet known to local Cardiac Rehabilitation Team; or:
- Diagnosed with any of the above and previously known to Cardiac Rehabilitation, but now presenting with new or specific secondary prevention needs that require specialist intervention

Patient is referred by Primary Care to local Cardiac Rehabilitation Team for ongoing management.
Secondary and Tertiary Care:

Patient is identified for Cardiac Rehabilitation as an in-patient. Following confirmed diagnosis the patient is referred to local Cardiac Rehabilitation Team for ongoing management. Referral from tertiary care and other Health Boards within the South East Wales Network area will be made using the agreed out of area referral form (appendix 1).

Self Referral:

Patients who self refer to cardiac rehabilitation services should be directed to their G.P to ensure an appropriate referral is received.