



GP consent form – accompanying person

Dear Dr Date:

Re: DOB/...../.....

Address:

.....

The above-named person is accompanying their partner/friend/relative to our community-based cardiac rehabilitation exercise classes and wishes to take part.

If you are willing to support this, please complete this form and return it to your patient, including any relevant details regarding existing medical conditions or medications that could be adversely affected by exercise. Your patient will pass the form to our Cardiac Rehabilitation Exercise Instructors for review before they are allowed to take part.

Please note, any information you provide will be held in the strictest confidence, in accordance with GDPR Regulations and our Privacy Policy, which is available on our website.

For further information about the Charity and our classes, please see overleaf. Alternatively, visit our website, cardiac-rehab.org.uk, or email me at info@cardiac-rehab.org.uk.

Yours sincerely,

Jacky Miles MBE, PhD

(Founder and Chairperson, North Gwent Cardiac Rehabilitation and Aftercare Charity)

I do / do not support my patient taking part in the Charity’s cardiac rehabilitation exercise classes (*please see reverse for key contraindications*).

Existing medical conditions and/or medications:

.....

.....

.....

GP’s signature:

PRINT NAME: Date:





North Gwent Cardiac Rehabilitation and Aftercare Charity

- We are a registered charity (no. 1056887), set up in 1990 to provide community-based cardiac rehab exercise classes at venues across North Monmouthshire and Blaenau Gwent.
- Our classes are tailored specifically for people who have either had a heart event and completed their Phase 3 hospital-based cardiac rehab programme, or who are living with heart and cardiovascular disorders, including heart failure.
- Our Cardiac Rehabilitation Exercise Instructors are all qualified through the British Association for Cardiovascular Prevention and Rehabilitation (BACPR), the gold-standard for instructors.
- We aim to make safe, regular exercise easy and affordable for our members and subsidise our classes through fundraising, donations and grants. We currently charge £4 per class for members (annual membership fee: £10), or £4.50 for non-members.
- We offer a weekly timetable of 10 classes at 8 different locations, including Tredegar, Ebbw Vale, Nantyglo, Blaenavon, Abertillery, Abergavenny, Usk and Monmouthshire.
- Our founder and chairperson is Jacky Miles MBE PhD, a former cardiac nurse with the Aneurin Bevan University Hospital Board. During her time with ABUHB, Jacky developed an award-winning multidisciplinary hospital-based cardiac rehabilitation programme and went on to qualify as a nurse consultant. She is currently Associate Professor with the School of Care Sciences at the University of South Wales.
- To find out more, visit our website, cardiac-rehab.org.uk. Alternatively, please email info@cardiac-rehab.org.uk or call the Charity's Secretary, Tony Lowery, on 07856 692148.

KEY CONTRAINDICATIONS

- ✗ Unstable angina
- ✗ BP drop > 20 mmHg demonstrated during ETT
- ✗ Uncontrolled atrial or ventricular arrhythmias
- ✗ Unstable diabetes
- ✗ Systolic blood pressure ≥ 180 mmHg and / or diastolic blood pressure ≥ 100 mmHg
- ✗ Resting tachycardia > 100bpm
- ✗ Unstable or acute heart failure
- ✗ Febrile illness

If any of the above apply, please explain to the patient that they are not yet ready for our classes.

