



GP/Practice Nurse/Physio exercise consent form – accompanying person

Dear..... Date:

Re: DOB:

Address:

.....

Patient to complete:

Emergency contact: Tel no:

The above-named person wishes to accompany their partner/friend/relative/client to our community-based cardiac rehabilitation exercise classes.

If you support this, please complete this form and return it to your patient. They will then pass the form to one of our Cardiac Rehabilitation Exercise Instructors for review prior to taking 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*).

Relevant medical conditions and/or medications:

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.....

.....

Signature: Job title:

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 circuit-based classes are tailored specifically for people who have had a heart event and completed a Phase 3 cardiac rehab programme; are living with heart and cardiovascular disorders, including heart failure; or are at risk of developing heart disease. **We also welcome partners, or other family members and/or carers.**
- Our Cardiac Rehabilitation Exercise Instructors are all qualified through the British Association for Cardiovascular Prevention and Rehabilitation (BACPR), the gold-standard for cardiac rehab 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 £5 per class for members (annual membership fee: £10), or £6 for non-members, with the option of 2 x free taster sessions for newcomers.
- We offer a weekly timetable of 10 classes at 8 different locations, including Tredegar, Ebbw Vale, Nantyglo, Blaenavon, Abertillery, Abergavenny, Usk and Monmouth.
- 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 cardiac-rehab.org.uk, email info@cardiac-rehab.org.uk, or call Charity Secretary Tony Lowery on **07856 692 148**.

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.

