

# Service Evaluation of Fenland Cardiac Rehabilitation Programme

## Healthy Heart Event - April 2017

Cambridgeshire and Peterborough NHS Foundation Trust, Doddington Hospital PE15 0UG

Jane Green, Specialist Dietitian; Sue Corbett & Stephanie Waldron, Cardiac Rehabilitation Nurses

### Introduction

Fenland Cardiac Rehabilitation Programme (CRP) supports cardiac patients in dispersed rural communities with sparse public transport.



### Purpose

To qualitatively evaluate the impact of Fenland CRP on service users and identify potential for service improvements (SI).

### Method

88 past participants were invited and 47 attended. The two-hour programme included presentations by an experienced CR nurse, a personal account from a service user & a food demonstration by a dietitian. Partner organisations that supported the event:



- Camquit
- Patient Advice and Liaison Service (PALS)
- Leisure Services Fenland District Council
- Personal Health Trainers
- Blood Pressure Stand
- Medicine Management
- Mediterranean Diet practical food demonstration
- Psychological Well Being Service (PWS)
- British Heart Foundation Resources
- Drink Aware
- CPR Demonstration

Questionnaires were sent out pre-event to learn about: patient experience of CRP, seeking information on:

- I. Risk factors identified & modified over past year
- II. GP/PN follow up post CRP discharge
- III. Incidence of anxiety &/or depression assessed by HAD scale



### Results

38 questionnaires returned.

This qualitative evaluation provides evidence for Service Improvement (SI):

- 71% confirmed, identifying & addressing 1 or more risk factors for CHD.  
**SI: promote discussion during CRP education sessions to emphasise risk factors.**
- 49% had seen a GP or PN for follow up post CRP discharge, of which 31% had consulted GP re cardiac problems.  
**SI: patients to be given written information detailing desirable follow up measures.**
- 29% had significant anxiety scores.  
**SI: increased collaboration & access to PWS.**
- 14% had significant depression scores.

### Service Improvements



Will be reviewed annually in partnership with recent service users, addressing the needs of the Fenland population.

### Acknowledgements

#### Thank you to:

Fenland Cardiac Rehabilitation Service Users (January 2016 – January 2017) for participating in this service evaluation. Partnership Organisations for their engagement at this event.