



London Cardiac Rehab Services An Overview

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Introduction I

Aim: To provide an overview of cardiac rehabilitation services in London

Presentation to cover four areas

- 1. Number and staffing of services**
- 2. New providers of CR services**
- 3. Meeting the needs of a diverse population**
- 4. Expanding the role of CR**



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No. of London Services

Number of cardiac rehab services in London

North Central: 5 Services

North East: 5 Services

South West: 5 Services

South East: 6 Services

North West: 8 Services

29 services across London



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Staffing I

- Various staffing audits 07/08 across some of London networks
- Each audit in a different format
- Summary of NW London findings
- Highlight general staffing issues on a pan-London basis





Staffing II

In NW London

- Overall 40 staff
- Increase of 16 from 2005 – just 24 in post
- 8 from nursing, physiotherapy and BACR staff
- 6 from Dietitians/Pharmacists/Psychologists
- 2 from clerical staff.
- Increases focussed upon 6 out of 8 providers





Staffing III

Nursing

- South London - 70% of services meet BACR Standards
- North London c. 65 across 18 services
- Variation across centres
- Low nursing establishment *can* suit configuration of services
- Several sites had to cope without a core of nurses





Staffing IV

Therapists

- Most have access to a dietitian and physiotherapist – few have more than 1 physio in the team

Psychologist and administration

- Access to a psychologist in c. 40% of services
- Admin support is lacking in the majority of services

Future audits

- To link staff numbers to activity figures and population sizes





New CR Services

Myaction - *An evidence based programme providing integrated care for both coronary patients and those at high risk of developing vascular disease within the same community facility*

Bromley PCT – Pilot finished

Westminster PCT – Starting new MyAction programme 09/10.

Bexley Care Trust: S&C Healthcare Partnership to provide community phase II and III rehabilitation programme during 2009

Clinicenta - Heart Manual Approach for revasc and heart failure. *For several PCTs in North London only.*





Meeting the needs of a diverse population I

North Middlesex Hospital

- Rehab programme tailored to the Turkish community

Barts and the London

- Have developed culturally appropriate cardiac rehab programme for Bengali speakers.
- Programme had reduced barriers to access and increased service uptake.





Meeting the needs of a diverse population II

Expanding the variety of cardiac rehab services

- Home Based rehabilitation
- Pedometer based rehabilitation
- Family risk factor screening clinics
- Chair based rehabilitation classes
- Nurse-led home visits
- Referral to weight loss programmes
- Walking programmes
- Thrive – gardening rehab programme
- Tai Chi for rehab patients





Expanding the remit of cardiac rehabilitation

Rehab for PPCI patients

- 8 Primary Angioplasty centres in London
- Change in patient flows for rehab
- NW London – Implementing new referral procedure

Rehab for heart failure

- Currently being offered at a handful of sites
Wandsworth, UCLH, Greenwich
- Implications for staffing requirements

Rehab for ICD patients

- ICDs – pilot at St Georges highlighted that ICD patients can be integrated within existing CR programmes





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Summary

- Role and remit of CR expanding
- New initiatives tailoring services to patients' needs
- Staff increases in NW London
- Main gaps physio/psychologist/admin
- Variation in nursing establishments
- Link staffing numbers to activity and population size



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