

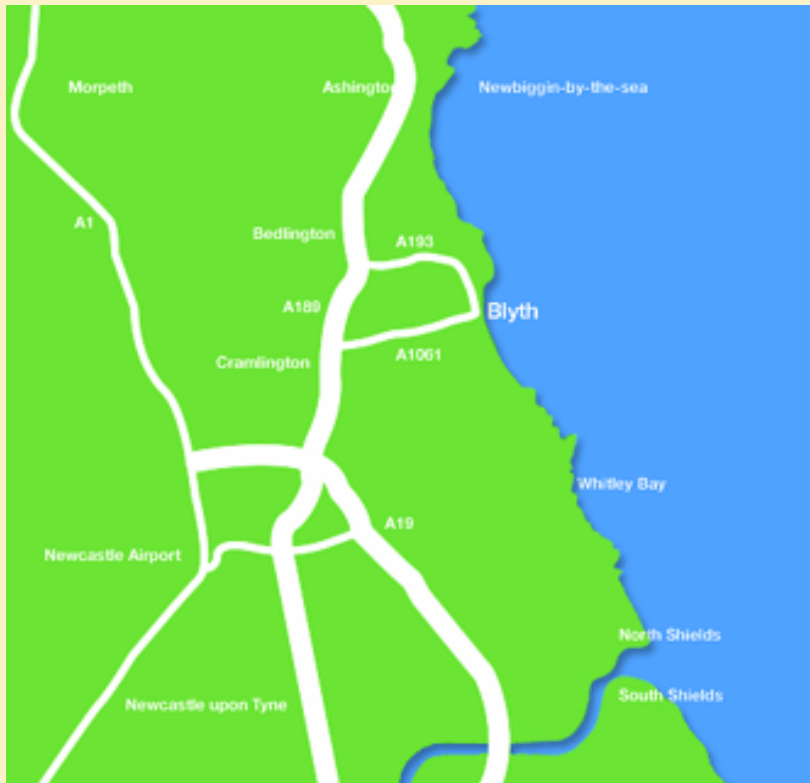
# COMMUNITY BASED PHASE III & IV CARDIAC REHABILITATION IN SOUTH EAST NORTHUMBERLAND: AN INNOVATIVE APPROACH

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CORAL HANSON  
HEALTH AND FITNESS MANAGER  
BLYTH VALLEY ARTS AND LEISURE



# SOUTH EAST NORTHUMBERLAND



## 3 local authority areas

- Blyth Valley
- Castle Morpeth
- Central

## 2 Northumberland Care Trust localities

- Blyth Valley
- Central

# ORIGINS OF COMMUNITY BASED CARDIAC REHABILITATION IN SOUTH EAST NORTHUMBERLAND

- Ω Historically - no co-ordinated approach
- Ω No community based phase III, patients offered phase III at the Freeman Hospital
- Ω Referral to phase IV via GP at 12 weeks post MI or revascularisation surgery in Blyth Valley: no phase IV in other areas
- Ω Phase IV delivery originally developed by leisure rather than health authority

# CHALLENGES IN DEVELOPING COMMUNITY BASED CARDIAC REHABILITATION SESSIONS

- ∞ Skills gap within leisure - very few fitness instructors with a recognised qualification to work with cardiac clients
- ∞ Fitness instructors employed on casual contracts for very few hours per week
- ∞ No coordinated approach from the local health authority

# A JOINT APPROACH TO DEVELOPING CARDIAC REHABILITATION SERVICES

- Ω 2003 - appointment of specialist cardiac rehabilitation nurses by Northumberland Care Trust
- Ω Partnerships formed by local authorities and NCT to plan and deliver community based phase III & IV
- Ω Partnerships formed between local authorities for joint provision of services

# PARTNERSHIPS IN SOUTH EAST NORTHUMBERLAND

- ∞ County wide planning with NCT and local leisure providers to ensure the same standard of service is provided across the county
- ∞ South East Northumberland agree to deliver community led Phase III across three local authority areas through NCT and BVAL – 5 sites – 10 sessions per week

# PHASE III CARDIAC REHABILITATION: THE BENEFITS OF JOINT DELIVERY

- ∞ Staff previously part time or casual offered better contracts
- ∞ More salaried staff has allowed for an increase in the skills base – 10 current staff have completed the BACR course
- ∞ Consistency and quality of delivery across South East Northumberland

# DEVELOPMENT OF PHASE IV IN SOUTH EAST NORTHUMBERLAND

- ∞ With phase III established, all areas also required phase IV for long term physical activity adherence
- ∞ Phase IV in Blyth Valley already established. No phase IV in Wansbeck or Morpeth
- ∞ No qualified staff in Wansbeck or Morpeth

# SHARING THE GOOD PRACTICE: A JOINT APPROACH TO SERVICE DEVELOPMENT

- ⌚ BVAL agreed to set up Phase IV sessions in Morpeth and Ashington using their own qualified staff and withdraw once staff were in place and qualified from other organisations
- ⌚ Wansbeck and Morpeth were offered the opportunity for their staff to receive in house training from BVAL staff, assist with Phase IV and receive support whilst completing the BACR course

# PHASE IV: THE CURRENT SITUATION

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- ⌚ Morpeth has chosen to continue delivery of phase IV through BVAL and is now jointly developing a GP referral scheme. 2 members of BVAL staff to be based in Morpeth facilities 4 days per week
- ⌚ Wansbeck currently have 1 BACR qualified member of staff and a further 1 completing the course at present. BVAL will withdraw when appropriate

# CARDIAC REHABILITATION: FUTURE DEVELOPMENTS

- ⌚ One year pilot funded by the Northern Network of Cardiac Care for fitness instructors to deliver home based phase III exercise programmes across the whole of the area
- ⌚ 20 week heart failure / COPD exercise pilot in Blyth Valley

# CONCLUSION

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- ∞ Joint working between local authorities has led to a more highly skilled workforce with better prospects for staff
- ∞ Joint working has led to quality delivery of services at a consistent level throughout the area
- ∞ Strong partnerships between leisure and health has allowed planning for more innovative developments