

Contacting the Primary Care Cardiac Service

Contact your Nottingham CityCare Partnership Heart Nurse on **0115 883 4733**

The team are available from 8am and 6pm Monday to Friday

Our service is offered to those people who are registered with a GP in Nottingham City boundaries

We will send you a questionnaire to ask for your feedback about the service when you are discharged from our care

If you would like this information in another language or format such as larger print, please contact: **0800 561 2121**

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں جیسا کہ بڑے حروف میں درکار ہو تو برائے مہربانی اس نمبر پر رابطہ کیجئے: **0800 561 2121**

Jeżeli życzycie Pan/Pani otrzymać niniejsze informacje w innym języku lub formacie, takim jak dużą czcionką, należy zadzwonić pod nr tel.: **0800 561 2121**

در صورت تمایل به داشتن این اطلاعات به زبانی دیگر یا فرمی دیگر، به طور مثال، چاپ بزرگ تر، لطفاً با شماره تلفن: **۰۸۰۰۵۶۱۲۱۲۱** تماس بگیرید

Getting in touch with CityCare

You can feed back any compliments, concerns, complaints or comments by:

T: 0115 883 9654

E: ncp.customercare@nhs.net

W: www.nottinghamcitycare.nhs.uk

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Primary Care Cardiac Service



Who are CityCare?

We are your local provider of high quality community health services.

We provide quality care you can trust.

We deliver a range of nursing and healthcare services – from health visiting and education for young families, to community nursing and home-based rehabilitation services for older people, to the NHS Urgent Treatment Centre and specialist diabetes and educational nutrition and dietetics sessions.

We have a long heritage of delivering high quality care for you and your family at home, or close to home, in community settings such as health centres, schools and GP surgeries.

As a social enterprise we work in partnership with patients, staff, partners and the local community to build a healthier more sustainable future for all.



What is the Primary Care Cardiac Service?

The team offers you tailored support and advice to improve your cardiovascular health and reduce your risk of further cardiovascular problems and Transient Ischaemic Attack (TIA).

This service is for patients with a diagnosed cardiovascular condition.



What can I expect from the service?

- You will be visited by a Primary Care Cardiac Nurse who will carry out an assessment of your current health.
- We will help you to identify your personal risk factors and can help you to look at ways of reducing them, for example stopping smoking.
- We will work with you to identify your personal health goals and will provide you with tailored education and advice to help you achieve them.
- You may also be visited by other team members who can support you to achieve your goals, such as a Physiotherapist.
- We will monitor your condition to make sure your treatment is right for you.

Other ways we can help you

Other services you may be able to access include:

- Weight management groups.
- Stop smoking advice (with Thriving Nottingham).
- Free specialised exercise programme.
- Local Heart Support Group, walking groups.
- Counselling services.
- Access to DVDs and booklets from our British Heart Foundation library or the Stroke Association.

How your Primary Care Cardiac nurse works with other health professionals

- Your Nurse will update your GP on your progress.
- Important information about your care is shared with other health professionals who are looking after you. We respect data protection laws when sharing information about you with colleagues.
- You may also have been offered cardiac rehabilitation or a TIA clinic appointment in hospital.

You will still be eligible for our service if this is the case, and we will speak directly to the hospital team about your care.

Physiotherapy and exercise

Your Nurse will let you know if you are eligible to complete the Cardiac Rehabilitation Programme. The Programme is one session each week, and runs for 8 sessions. You can choose to attend this at a number of local venues, at Nottingham City Hospital or you can choose support at home from a Cardiac Physiotherapist. There may be a virtual option available – please ask your heart nurse

Heart Support Group

There is a local heart support group in Arnold, Nottingham that meet frequently. Please ask your Primary Care Cardiac Nurse for more details.