ANGINA MANAGEMENT PROGRAMME, ASTLE AINSLIE HOSPITAL
INFORMATION FOR GPs

The Angina Management Programme is provided within Cardiac Rehabilitation Lothian and run by the Health Psychology Department and medical colleagues. At present there is only one programme based at the Astley Ainslie Hospital (EH10).

WHAT ARE ITS AIMS?
- To reduce symptoms and disability.
- To help patients to resume the activities of daily living they have abandoned.
- To improve the patient’s understanding of angina.
- To increase confidence in ability to undertake exercise using a carefully graduated home-based exercise programme.
- To improve quality of life.
- To improve mood in particular to reduce anxiety related to heart disease.

WHAT IS THE ANGINA MANAGEMENT PROGRAMME?
It is a programme designed to help patients manage their angina more effectively using a range of educational, behavioural, psychological and exercise based strategies. It was developed from a research programme funded by the British Heart Foundation, which showed excellent improvement in patients’ level of angina, activities undertaken, disability and mood. It is now funded by NHS Lothian.

Its main elements are:-
- A carefully graduated and supervised exercise programme individually designed for each patient to increase cardiovascular performance and hence reduce ischaemia.
- Relaxation and stress management techniques to reduce the undue levels of autonomic arousal that can lead to episodes of angina.
- Use of goal setting and pacing to teach patients safe ways of increasing activities and confidence.
- Education about heart disease and angina.
- Teaching methods of tackling negative cognitions.

WHO IS SUITABLE FOR THE ANGINA MANAGEMENT PROGRAMME?
- Patients with coronary artery disease where angina has not responded to medical treatment and/or surgery.
- Patients who are unsuitable for further invasive medical treatment.
- Patients who would like to try other ways of reducing their angina.

WHAT FORM DOES THE PROGRAMME TAKE?
- Patients attend for 9 weeks for a total of 9 half day sessions.
- They also attend a pre-programme assessment and a post-programme review.
- Up to ten patients are booked into each programme.

PATIENTS NOT SUITABLE
- Those with chest pain not due to angina.
- Those with major additional ongoing physical problems e.g. brain injury, severe stroke, cancer.
- Those with major psychiatric problems (until stable and well managed).
- Those with communication difficulties eg dysphasia, poor literacy (individual treatment can be offered).
For patients for whom exercise a problem and for those with high social anxiety who would find a
group difficult, it may be possible to provide an individual programme

**WHAT IS THE REFERRAL PROCEDURE?**

Please refer patients to Dr Iain Todd, Consultant in Cardiovascular Rehabilitation Medicine, Cunningham Unit, at Astley Ainslie Hospital, 133 Grange Loan, Edinburgh EH9 2HL. Tel No: 0131-537 9236.

All patients will receive medical screening and an exercise tolerance test, where appropriate. Details of cardiological history would of course be helpful.

All patients on the Angina Management Programme will be medically supervised by Dr Iain Todd.