

What patients say...

“I’ve been able to work on my allotment without any problem and I’m following a healthy diet and getting plenty of exercise.”

“Although I’m still getting angina daily, I’m able to control symptoms with relaxation and Raiki and I’m continuing to attend exercise classes.”

“I’m a lot less anxious when I get angina because I feel more in control.”

“Since coming on the course I haven’t had to call out the paramedics and I’ve avoided hospital admission.”

“I liked learning about my angina and the drugs I’m taking. I’m hoping to be able to reduce my medication.”

Some patients who have completed the programme have formed a support group which holds regular meetings, sometimes with speakers and social events and they have an on-line forum.

Useful contacts

For more information contact:

Wendy Sunney

The Angina Management Programme
wendy.sunney@nhs.net
Tel 01623 659561

Are we accessible to you?

This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages.

For free translation and/or other formats please call **01773 525 099** extension **5587**, or email us communications@derbyshirecountypct.nhs.uk

Patient Advice and Liaison Service (PALS)



We provide confidential advice and support, helping you to sort out any concerns you may have about the care provided by the NHS and guiding you through the different services available. PALS can give information and help you get the best from your care. Contact PALS on freephone: **0800 783 7279**.

Living with angina - How we can help you

If you suffer from angina you may benefit from a new service we are able to offer to patients in Derbyshire.

Our angina management programme is based on ground-breaking work at the National Angina Refractory Service in Liverpool.

Patients who have been on the programme report a much better quality of life and greater confidence to control their symptoms.

ANGINA MANAGEMENT PROGRAMME



Who is it aimed at?

This might benefit you if you:

- Suffer from chronic, stable angina
- Struggle to manage your angina with medication
- Often need emergency care at hospital because of your angina
- Find your quality of life is badly affected by your angina
- Are not waiting for other treatment to control your angina, such as a stent or bypass.

What does it involve?

You will be given a full initial assessment and two hour consultation. You will then be invited to join four informal weekly sessions at the Surgery@Wheatbridge in Chesterfield

These sessions:

- Are run by a GP or nurse with a specialist interest in angina
- Involve family and carers
- Train participants to cope with anxieties
- Include relaxation techniques
- Provide understandable explanations to everyday concerns about angina
- Teach participants how to take control of their symptoms
- Use proven techniques which have shown how a better quality of life and fewer hospital admissions can be sustained long after the end of the course

Afterwards, you will be seen for a follow-up and invited for an annual review, for ongoing support and advice.

What patients say...

We have received many positive comments. Here are just some of them:

“My angina episodes have been much less frequent, with no severe episodes, since the end of the course.”

“I’m back to dancing and planning to book a holiday”

“I had a couple of bad episodes and considered calling an ambulance, but by doing my relaxation techniques, I managed at home and my angina went away.”

“I’ve lost weight and my quality of life has improved from 50 to 95 per cent.”

“I now feel totally confident to go to Tesco’s and walk around with the trolley by myself, as well as taking longer trips solo.”

“It has been very helpful to listen to others who have experienced angina and also to have my partner with me to help absorb the information.”

“My fear of angina has been taken away by understanding it better.”

“I liked the friendly atmosphere with the rest of the group and the way the sessions were presented.”