



## Patient Referrals

- Refer direct with a BACPR Transfer Form or the patient can contact me themselves with their referral - [lauren@cardiaclauren.co.uk](mailto:lauren@cardiaclauren.co.uk)
  - Forms are available to download on my website:  
[www.cardiaclauren.co.uk/healthcare-professionals](http://www.cardiaclauren.co.uk/healthcare-professionals)
  - All risk levels can be accepted as long as the patient can monitor themselves safely with the RPE Scale (6-20)
- The classes are designed for patient referrals with the following Cardiac conditions: **STEMI, NSTEMI, PPCI, PCI, CABG, Arrhythmia, Valve Repair/Replace, TAVI, Stable Angina, Heart Failure, PPM, ICD, Medically Managed and more**
- I also have Pulmonary Rehab, Pilates & GP Referral Qualifications so can accept referrals for a range of other conditions including **Diabetes, COPD, joint pain/replacements, muscular pain and more**
- All participants are required to complete a detailed PARQ so if someone has not completed Phase III/Get Active/Rehab, I will review their medical history with them to ensure they are recommended the correct exercise level
- Most videos are aimed at those who can exercise standing for at least 20 minutes, though I offer adaptations to make the exercises easier, as well as providing videos for lower-intensity and seated exercise

## Colleague Review

**"Lauren worked within Your Healthcare CIC as a member of our multi-disciplinary team for over 10 years. Her experience and confidence in leading exercise puts people at their ease and she is able to adapt exercise prescriptions to meet individual needs."**

Ali Child MSc, RN Queen's Nurse, Lead Nurse – CV Disease Prevention and Rehab Service