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We have produced 7 languages (including English) - Hindi, Punjabi, Bengali, Mirpuri, Gujarati and Urdu.

We originally produced the CD in one language - Punjabi and distributed to 5 patients from both HF and AMI patients. Their feedback was very positive, this allowed us to produce the other CD's in different languages. Our local patient Clinical

Governance group and Network group provided positive feedback.

The CD has been designed for other organisations to use, allowing their contact details to be placed on the covers of the CD's.

Patients will be more aware of services available to them, and be more vigilant about their condition. This will encourage patient empowerment and understanding

to adopt a more active lifestyle, to improve quality of life, improve patient outcome and increase survival.

For further information on the CD's, please contact Harry Madhar on 01922 721172 ext 7240 or email

madharh@walsallhospitals.nhs.uk

*Harry Madhar, Cardiac Rehabilitation Nurse,  
Walsall Hospitals NHS Trust*

## A step in the right direction

The national 'Walking the Way to Health' (WHI) initiative (funded by the British Heart Foundation, the Countryside Agency and the Big Lottery Fund) has recently launched a **Step Counter Loan Pack** specifically designed for use in all four phases of cardiac rehabilitation (CR).

NICE (the National Institute for Clinical Excellence) recently issued guidance on the use of pedometers. The guidance suggests interventions should include patient records of pedometer use and short-term and long-term outcomes.



*Cardiac rehabilitation Step Counter (Pedometer) Loan Pack*

The pack includes:

- 30 Silva step counters in a sturdy compartment box
- an evidence guide and user handbook
- advice on motivating patients and helping them to become more active
- a supply of 50 'Quick Start Guides' and

6 Week Logs' including instructions for using the step counter

- a step programme
- 6-week log
- step and distance conversion chart
- 20 helpful hints.

The use of the pack supports the new Department of Health campaign entitled 'Small Change big difference'. The key message for adults is that it is never too late to change and even small changes in physical activity and diet can make a difference.

The Step Counter packs were extensively piloted in both Salisbury and at the Royal Bournemouth Hospital. In Salisbury, patients on the phase IV CR programme participated in a six week trial of step counter. Trevor (51) said, "They are very good. They made you realise you weren't walking as far as you thought you were – then made me realise how much you were actually achieving".

In North Tyneside, one primary care trust has been putting step counters to good use as part of its CR activities. Dawn Hoggarth of Northumbria Healthcare reports, "over the last year we have been using step counters in rehabilitation to allow individuals to see what their current activity levels are and set appropriate goals."

The pack costs £199 (excluding VAT, including post and packaging)

For more information or to purchase the Loan Pack contact: Be-Active Ltd (the official distributor of the WHI step counter), Tel 01202 888508, email info@be-activeltd.co.uk or visit the website www.be-activeltd.co.uk

### Your ideas invited

The Be-Active team would like to hear from CR programmes, with ideas on how the pedometers could be successfully piloted in phase I, phase II or phase III of the CR pathway, in either a surgical or medical programme.

The most original submission will be offered a free Step Counter pack to trial in exchange they will provide evaluation and feedback on their proposed initiative.

Please send your ideas to Dawn Vernon, WHI Training Manager, 3 The Square, Wimborne, Dorset, BH21 1JA.

*Dawn Vernon, WHI Training Manager*

**The Editorial team would also be interested in hearing about your own experiences of using a Pedometer in cardiac rehabilitation. Please write to us at [cardiacrehab@bhf.org.uk](mailto:cardiacrehab@bhf.org.uk)**