

# Secondary prevention after a myocardial infarction

Information for the public

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## About this information

NICE quality standards help to improve key areas of health or social care so that people are offered the best care available.

This information explains the care and support described in the NICE quality standard for secondary prevention after a myocardial infarction (heart attack).

## Secondary prevention after a myocardial infarction

The quality standard for secondary prevention after a myocardial infarction (heart attack) is made up of 5 statements that describe high-quality care for adults who have had a heart attack. These statements set out the quality of care you should receive.

1. Adults who are admitted to hospital with a heart attack have a scan to see how well the blood is being pumped through their heart. This helps with decisions about the type and dose of drug treatment and the recovery programme that is appropriate for them. The scan should be done before a person leaves hospital.

2. Adults who are admitted to hospital with a heart attack are referred to a cardiac rehabilitation programme while they are in hospital. A cardiac rehabilitation programme includes exercise sessions, information about health and lifestyle changes and how to cope with stress. This helps to slow down or stop heart disease and to reduce the risk of a heart attack or stroke in the future.

3. Adults who are admitted to hospital with a heart attack have a letter sent to their GP, which includes the results of any tests and a plan for treatment and monitoring in the future. This helps to make sure that people get the right treatment after they leave hospital and start a programme to improve their long-term health (cardiac rehabilitation) as soon as possible.

4. Adults referred to a cardiac rehabilitation programme after a heart attack have an appointment for an assessment within 10 days of leaving hospital. Starting cardiac rehabilitation as soon as possible encourages people to take part in the programme and makes it more likely that they will carry on.

5. Adults referred to a cardiac rehabilitation programme can choose a programme in the daytime or outside working hours, at a hospital, in the local area or at home. Having a choice of time and place means that they are more likely to be able to take part in a programme.

## Your care

Your health and social care team should explain any treatment, care or support you should be offered so that you can decide together what is best for you. NICE has also produced advice and quality standards on [improving the experience of care for adults using the NHS](#) which you might like to read.

We also have more information on the NICE website about [using health and social care services](#).

## More information on secondary prevention after a myocardial infarction

NICE has also produced guidance (advice) on [secondary prevention after a myocardial infarction](#) (heart attack). The guidance was used to develop this quality standard.

### *Sources of advice and support for people who have had a heart attack, their families and carers*

- British Heart Foundation, 0300 330 3311, [www.bhf.org.uk](http://www.bhf.org.uk)
- British Cardiac Patients Association, 01223 846 845, [www.bcpa.co.uk](http://www.bcpa.co.uk)
- HEART UK, 0345 450 5988, [www.heartuk.org.uk](http://www.heartuk.org.uk)

You can also go to [NHS Choices](#) for more information about health and social care.

A number of organisations who share NICE's commitment to improving quality in this area formally support this quality standard. They may also be able to provide advice and support. For a list of these organisations see the secondary prevention after a myocardial infarction (heart attack) quality standard [overview](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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### *Accreditation*

