



Our Vision
To provide every patient
with the care we want
for those we love the most

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Integrated Qigong for Heart Health

Our cardiac rehabilitation and cardiology team are working with Deniz Paradot from the Centre of Integrated Qigong for Health and Wellness CIC, in establishing an Integrated Qigong programme for cardiac patients, 'IQ for Heart Health.' This has proved very successful with rapidly increasing interest from our patient groups. The therapeutic exercises taught have shown benefit both physically and emotionally for the participants, initial feedback appears very positive. This is currently being analysed by Active Norfolk. The sessions were well planned and delivered.

IQ for Heart Health offers our patients a different form of therapeutic exercise combined with mindfulness which is of proven benefit in cardiac disease. Many patients who would not engage in traditional rehabilitation circuit style exercise can be encouraged to participate in this exercise and it is suitable for patients of all abilities. Within the group patients will also help to support each other. Different abilities were well catered for and I think this will be very successful in the future helping our patients become more active, but also helping to manage some of the stress, anxiety and other issues that accompany a long term health condition.

I would like to see this as a sustainable option in the future for cardiac patients and for other long term conditions.

Jo Hayward
Cardiac Rehabilitation Coordinator
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