

Identified in hospital

Referral from surgical centre to participating hospitals

MI / PTCA

CABG

Agree to randomisation

Collection of baseline data - Randomisation stratified by sex, ethnicity, diagnosis & hospital

Hospital rehabilitation programme:

Supervised exercise, relaxation, risk factor assessment and life-style counselling

Home rehabilitation programme:

The Heart Manual with home visits at 10 days, 6 weeks and 12 weeks, plus telephone support.

Hand over to primary care team or phase IV rehabilitation

Follow-up at 6, 12 & 24 months for clinical endpoints