

THE
ARRHYTHMIA
SERVICE
NEWSLETTER

DEFIB NEWS!

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BHF ARRHYTHMIA NURSE SPECIALISTS

We have all been in our roles for over a year now and are really enjoying the challenges of the job.

Our posts are funded by the British Heart Foundation and are to help improve the care of patients with heart rhythm problems.

In Somerset we have three nurses, Janice and Jacqui are based at

Musgrove Park Hospital (Taunton and Somerset NHS Foundation Trust)



From left to right:
Janice Bailey, Sandy Jackson and Jacqui Kemp

and Sandy at Yeovil District Hospital NHS Foundation Trust.

Our contact details are below. If you have any worries or questions related to your heart problems or your ICD please do not hesitate to contact us.

We are usually available Monday to Friday 8.30 – 4.30 but we have an answerphone where messages can be left and we will endeavour to reply within 24hours.

Calling all ICD Patients:



We need your help, please come along on 12 June 2008 from 10.30am until 12.30pm to our implementation meeting for the first MPH ICD Support Group

ICD SUPPORT GROUP

It is well recognised that having an ICD can be a stressful experience and meeting other people in similar circumstances can be reassuring.

We have been approached by several patients about setting up a local ICD Support Group and are holding a focus meeting to discuss the setting up of such a group and the various options available.

We would like to invite anyone who has an ICD to come to this meeting. Any partners / carers would also be welcome.

The meeting will be held at Musgrove Park Hospital from 10.30 to 12.30 on Thursday 12th June 2008. We do hope that you will come as your ideas and thoughts are very important.

It will be **YOUR** group!

Please contact the BHF Arrhythmia Nurses to confirm your place: 01823 343595 (Taunton) or 01935 384884 (Yeovil)



Travelling

We seem to be nearing the end of winter (Hurrah!) and everyone seems to be starting to plan their summer break.


The thought of travelling abroad can often be daunting and if you have an ICD it may feel even more stressful. However with careful planning and sensible precautions it can be a safe and enjoyable experience.

 tick box

Use the following checklist for planning your next holiday

- Up to date list of medicines
- ICD identification card
- Holiday insurance
- Supply of medicines to last **at least** the length of the holiday (don't forget you may be delayed at the airport)
- Contact details of the nearest hospital that can check your device
- Ensure your travel companions are aware of your ICD and know what to do if it activates or you feel unwell
- Remember to inform the airport authorities at check in that you have an ICD and cannot go through the security arch or have a wand search.

Contact the BHF Arrhythmia Nurses for any further advice / information.

**Contacts:** **Musgrove Park Hospital—(MPH)**

Janice Bailey and Jacqui Kemp
Tel: 01823 0343595
BHFarrhythmianurses@tst.nhs.uk

Yeovil District Hospital NHS Foundation Trust (YDH)

Sandy Jackson
Tel: 01935 384884
sandra.jackson@ydh.nhs.uk

Other Useful Contacts

- ♥ Pacing Sister (MPH)
Tel: 01823 333444 (bleep 2352)
- ♥ Cardiac technicians (MPH)
Tel: 01823 342953
- ♥ NHS Direct (24 hours/day)
Tel: 08454647

♥ British Heart Foundation

The British Heart Foundation is a National Charity dedicated to improving understanding of Heart Disease. "This is achieved through pioneering research, vital prevention activity and ensuring quality care and support for everyone living with heart disease."

They provide booklets, videos audio tapes and DVD's on many heart problems. They can be contacted by post, telephone or via their comprehensive website:

14 Fitzhardinge Street
London
W1H 6DH
Tel. 020 7486 5820
www.bhf.org.uk

Confidential heart information line (for information and support on anything heart related)

Tel: 08450 70 80 70

♥ Arrhythmia Alliance

The Arrhythmia Alliance is a National Charity "committed to promoting a better understanding, diagnosis, treatment and quality of life for individuals with Cardiac Arrhythmias."

They provide information booklets on many problems related to cardiac arrhythmias. They can be contacted by post, telephone or via their comprehensive website:

PO Box 3697
Stratford upon Avon
Warwickshire
CV37 8YL
Tel: 01789 450787
www.arrhythmiaalliance.org.uk

Moderated ICD message board
<http://groups.yahoo.com/group/icdsupport>

Group email
icdsupport@yahoogroups.com