

**THE  
ARRHYTHMIA  
SERVICE  
NEWSLETTER**

# DEFIB NEWS!

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## Heart Rhythm UK

Article

Page No.

Heart Rhythm UK	1
ICD Support Group Invite	1
ICD Support Group 1st Meetings	2
Contacts	2

HR-UK  
Heart Rhythm UK



The BHF Arrhythmia Nurses, Janice, Jacqui and Sandy have recently got back from Birmingham where they attended the National Heart Rhythm Conference. Heart rhythm experts from all over the UK (including Consultant Cardiologists, Surgeons, Cardiac Physiologists and Specialist Nurses) meet to discuss new treatments and exchange ideas and innovations. The patient day was really well attended and it was very useful and interesting to hear patient experiences as well as listen to their thoughts and ideas.

It was very important that we keep up to date with the new research and current technology, and we were also able to increase our understanding of the needs of patients with arrhythmias.

We have come back with some interesting new ideas and plans for proving the care of patients with Arrhythmias in Somerset as well as increasing our own knowledge.

**INVITATION**

### SOMERSET ICD SUPPORT GROUP



You are invited to:

**A Christmas Get Together**

With the

**Somerset ICD Support Group**



**On Wednesday  
2pm - 3pm**

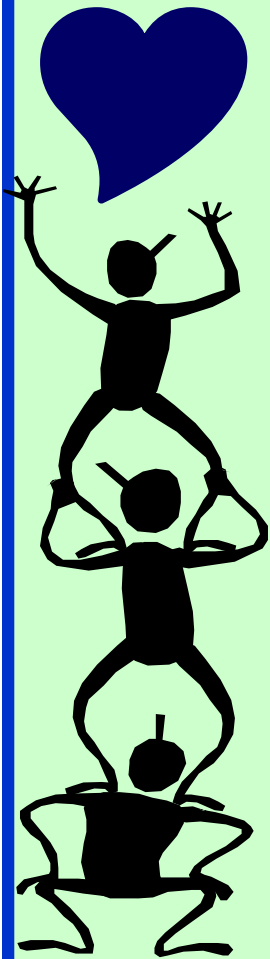
**3<sup>rd</sup> December 2008**

In the Conservatory (Orchards Restaurant), Old Building  
Musgrove Park Hospital



Please RSVP  
by 26<sup>th</sup> November  
BHF Arrhythmia Service  
01823 343595

Janice Bailey and Jacqui Kemp  
BHF Arrhythmia Nurse Specialists  
Level 2 Duchess Building  
Musgrove Park Hospital TAUNTON



Saturday the 27<sup>th</sup> September saw the first ICD support group take place. We had 40 people attend, both patients and their families. We started the afternoon by talking over some ground rules (not talking over each other and so on) and then spent about half an hour talking about travel with your ICD. Lots of people asked questions or shared their experiences of travel with their ICD.

Website details were also given for 2 companies who offer travel information to patients with their ICD's. Some of the ICD manufacturers have detailed information regarding travelling with their devices on websites. For further information please contact the BHF Arrhythmia Nurses. A 'dummy' device was also passed around for people to look at.

At the end of the meeting there was time for a chat with others or questions with the arrhythmia nurse over a cuppa. We are keen to have as much involvement as possible from you in running the support group and hold a planning meeting once a year. If anyone would like to join us we would welcome your thoughts and opinions, this is not a 'formal' committee so you won't be asked to carry out any other duties.

#### Dates for your diary!

We have agreed the following dates for meetings for next year (2009)

- ♥ Thursday 12<sup>th</sup> March 10am-11.30am
- ♥ Monday 8<sup>th</sup> June 6pm-7.30pm
- ♥ September date will be announced nearer the time!

#### Contacts:

##### Musgrove Park Hospital—(MPH)

Janice Bailey and Jacqui Kemp  
Tel: 01823 343595  
[BHFarrhythmianurses@tst.nhs.uk](mailto:BHFarrhythmianurses@tst.nhs.uk)

##### Yeovil District Hospital NHS Foundation Trust (YDH)

Sandy Jackson  
Tel: 01935 384884  
[sandra.jackson@ydh.nhs.uk](mailto: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](http://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](http://www.arrhythmiaalliance.org.uk)

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

Group email  
[icdsupport@yahoogroups.com](mailto:icdsupport@yahoogroups.com)