

DEFIB NEWS!

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New Venue Update

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On Monday 8th June the support group met at a new venue, the meetings room at Taunton Library. We hope that those of you able to attend found the venue easier for parking and public transport. As you will see the same venue has been booked for the Saturday meeting on 19th September. The meeting was well attended and the speaker was Ellaine Thompson, Cardiology Manager and Physiologist who spoke about what happens at your technical checks. Ellaine is keen to hear from anyone who has any feedback about having your ICD checked or about the appointment system, as she is in the process of implementing changes in the service. She hopes that in the next year you will have more choice about when you attend your appointment or if it is suitable, you may be offered home monitoring.

We have had enquires from patients about support group dates for next year, as you all know our posts are currently funded by the British Heart Foundation. This funding will cease at the end of the year and at present we do not know whether our posts will continue and how this will effect the continuation of the group. We thank you all for your patience and as soon as we have further information we will share it with you, if you have any further questions or comments please do not hesitate to contact us as we would be very pleased to hear from you.



We would also be pleased to hear from anyone who would consider helping with the group. In particular we are looking for a volunteer to help with refreshments and putting out the leaflets at the start and end of the group. This will help to free up the nurses to spend more time answering your questions or concerns. If interested please contact us or Jeni Clark Volunteer Coordinator at Musgrove Park hospital.

Next Meeting



- When** : Saturday 19th September 2 –3.30 pm (**Please note:** change of date from that advertised in February)
- Where?** : Meetings Room, Taunton Library, Paul Street, Taunton. TA1 3XZ
- How?** : To book your place, please contact the arrhythmia nurses on 01823 343595 (*Partners and Guests welcome*)

Also please note: there will be no entry to the meetings room until 15 minutes before the meeting.

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

Don't Forget to Book

We have received a few queries recently from people unsure what to do in the event of receiving a shock. We hope that the following information will be useful.

Practical Help

- ◆ If you feel unwell or do not recover quickly phone 999;
- ◆ If you are having repeated shocks phone 999;
- ◆ If you have just received your first shock ring the cardiology department as soon as possible as we will need to check your device ;
- ◆ If you have a home monitoring system do a ‘download’ and phone the cardiology department for advice;
- ◆ If you have a received a shock which is not your first, feel well, AND you have not had a shock recently we would still like to know about it, please do not wait until your next appointment as we will still need to check that your device has fired appropriately.



Support

- ◆ Ring the arrhythmia nurses if you feel anxious, worried or would like someone to talk to
- ◆ Many people recognise symptoms which for them may lead to a shock. It can be reassuring if there is someone to sit with you or hold your hand;
- ◆ Partners & family will not be affected if they have physical contact with you during a shock, indeed some people may find it reassuring to have their partner sit with their arm around them as if having a cuddle, especially if they have concerns about receiving a shock in a public place;
- ◆ We know that for some people the days and weeks following a shock may be a time when they have lots of questions or may want to talk about their feelings. We will always be happy to see you in clinic or talk to you on the phone at any point;
- ◆ If you are travelling abroad and are concerned about travelling with your device contact the arrhythmia nurses for advice and local hospital information.

Contacts: ☎

Musgrove Park Hospital—(MPH)

Janice Bailey and Jacqui Kemp
Tel: 01823 343595
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