



AUTUMN EDITION



Welcome to the autumn edition of defib news. We would like to invite you all to our Christmas meeting of the support group, the details of which are below. We are planning a Christmas quiz so get those thinking caps on!

You will also see that we are not having a formal 'talk' at this session. Some of you have requested the opportunity to ask about the manufacture of ICD's and associated technical questions. Jonathan Gliddon, a company technical representative with a clinical background will be coming to do an informal question and answer session.

We know that some of you have not been able to attend your 'Carelink' meeting. This is a system that monitors your ICD from home, meaning that you only have to attend the hospital once a year to have your device checked. Jonathan has kindly agreed to stay at the end of the meeting to speak to anyone with a Medtronic ICD about Carelink (this information will be on your card-it may be helpful to bring this with you) and teach you how to use the system or to answer any questions. We hope that he will be joined by one of the physiologists from Musgrove.

At our last meeting in September we had a guest speaker, Serenella Oaten, from the expert patient programme who herself lives with a long term health condition. She talked about the free programme which is aimed at improving health and wellbeing by learning how to cope with issues related to having a long term health condition including; extreme tiredness, pain, depression, communicating with family and health professionals and planning for the future. If you would like more details about this programme, which holds regular courses for patients and carers across Somerset, please call 0800 988 5520.

We are currently planning the speakers for next year's meetings; in March the Cardiac Rehabilitation team will talk about exercise and in June we are delighted to have a Clinical Psychologist from Musgrove Park Hospital to speak. We are now looking for your suggestions for topics for the back of "The Defib News" and speakers for the September and December meetings.

Article	Page No.
Autumn Edition	1
Christmas Meeting	1
What's the Difference?	2
Contacts	2

**Somerset ICD
Support
Group**

**Christmas
Meeting**



Thursday 10th December, 10am to 11.30am

The Meeting Room, Taunton Library, Paul Street, Taunton.

Q & A with Jonathan Gliddon, Company representative Medtronic

Mince Pies & Christmas fun quiz!

Family and guests welcome

Please book your place with the arrhythmia nurses

Janice Bailey and Jacqui Kemp
BHF Arrhythmia Nurse Specialists
Level 2 Duchess Building
Musgrove Park Hospital TAUNTON, TA1 5DA



One of the most common questions we are asked is about the difference between a pacemaker and an ICD, so here goes!



Pacemakers (PPM)

Pacemakers are smaller than an ICD and have 1 or 2 leads. They are usually put in because the heart is going too slowly (bradycardic) or pausing, this may happen all the time or intermittently. Pacemakers can also be used to treat fast heart rhythms that come from the top chambers of the heart called the atria. There are approximately 25,000 pacemakers put implanted in the UK every year.

Implantable Cardioverter Defibrillators (ICD)

ICD's have 1 or 2 leads and are larger than pacemakers. They act as a monitor of your heart rhythm and can give treatments if needed. ICD's are implanted because of fast heart rhythms, either because the person has experienced them or because their heart condition means they have been shown to be at risk of them.

The ICD can also act as a pacemaker if your heart beats too slowly, if your heart beats too fast (tachycardic) it can produce extra beats at a faster rate to override the heart and return to a normal rhythm. If this fast pacing does not work or if the ICD sees a faster rhythm called ventricular fibrillation then it will deliver a shock (defibrillate). Each person's ICD will be programmed to their individual needs and so may not need all of these treatments.

***Biventricular pacemakers (CRT/P) & *Biventricular ICD (CRT/D)**

These pacemakers have 3 leads in the heart and are used in heart failure. Their aim is to improve the way that the 2 bottom chambers of the heart (the ventricles) work together to improve that pumping function of the heart. This **may** make you feel less breathless and have more energy. They can be combined with ICD's or with pacemakers. There are approximately 21,000 of these devices implanted in the UK every year.

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