Arrhythmia Care Coordinators
An Update

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The Arrhythmia Care Coordinator

♥ Role first proposed within working groups for NSF Chapter Eight – Arrhythmias and Sudden Cardiac Death

♥ Aim – To support implementation of the quality requirements set out in Chapter Eight

♥ Develop ‘one model’ to promote equity across the country

♥ Designated health professional responsible for the coordination and delivery of care

♥ Provide accurate, timely information and support based on an assessment of need

♥ Based in primary or secondary care act as a link between care providers

♥ A generic role - Nurse/Physiologist
Arrhythmia Care Coordinator

- September 2006 - British Heart Foundation announce that funding will be made available for ACC posts
- Bids submitted from across the country
- Advisory Group formed to provide guidance - develop job description/person specification/education
- Commission an audit of the impact of the appointments
Geographical Spread 2006

- 16 London
- 4 Wales
- 6 South West
- 4 Midlands
- 2 North West
Developments 2008

- 2 South East
- 2 South West
- 2 Wales
- 2 East Yorkshire
- 2 North East
Geographical Spread 2008

- 2 South East
- 2 North East (1 SACC South Tees Trust)
- 2 North West
- 2 East Yorkshire
- 16 London
- 6 Wales
- 8 South West
- 4 Midlands
Progress to date

- Develop robust systems between primary and secondary care
- Support services for patients/carers
- Development of arrhythmia clinics in primary and secondary care
- AF clinics – primary/secondary care
- Inherited disease clinics
- Educational role with patients/carers and other healthcare professionals
- Raise awareness of signs/symptoms of arrhythmias and the diagnostic and treatment options available
South Tees Community Arrhythmia Service

- Collaborative venture between South Tees Hospitals Trust and two PCTs, Middlesbrough, and Redcar & Cleveland PCT
- Launched in September 2007 as a one year pilot
- Outreach service
- Triage, assessment and treatment service for patients presenting to primary care with the symptoms of arrhythmia
- 4 community based clinics per week serving population of the two PCT’s
WHO RUN THE CLINICS?

❤ Senior Arrhythmia Care Coordinator and Specialist Arrhythmia Nurses

❤ Physiologists

❤ Support from Consultant Cardiologists

❤ Scheduled time to discuss patient treatment plans
REFERRALS

♥ All patients in whom an arrhythmia is suspected

♥ Exclusions
  - Patients under the age of 16
Diagnosis of Cardiac Arrhythmia

Benign ectopy
- Atrial Fibrillation
  - Non-Life Threatening
  - Assessment
  - Management (as per protocols)
  - Reassurance
  - Refer back to GP or Review in 12 weeks

Atrial Flutter
- AVNRT
- AVRT
- Atrial Tachycardia
- RVOT
- ILVOT
  - Symptoms not interfering with daily activities/can be managed with medication/physiological manoeuvres/reassurance
  - Non-Life Threatening
  - Assessment
  - Discuss treatment options
  - Management (as per protocols)
  - Refer back to GP or review in 12 weeks

Atrial Fibrillation/Flutter
- AVNRT
- AVRT
- Atrial Tachycardia
- RVOT
- ILVOT
  - More than 2 emergency admissions in 6 month period/Symptoms interfering with daily activities
  - Non-Life Threatening
  - Assessment
  - Discuss treatment options
  - Management (as per protocols)
  - Refer to Electrophysiologist

Bradycardia/Heart Block
- Non-Life Threatening
- Management (as per protocols)
- Immediate referral to Consultant Electrophysiologist
- Further investigation required
- Management (as per protocols)

WPW/VT
- Potentially Life Threatening
- Management (as per protocols)
- Immediate referral to Consultant Electrophysiologist
- Further investigation required
- Management (as per protocols)

Catheter Ablation will be offered to this group of patients in line with the agreed protocols
CLINICS

♥ One stop clinic - echocardiogram, ECG, Holter monitoring, blood tests, clinical examination
♥ New and review patients
♥ Diagnose and treat in line with agreed care protocols
♥ Prescribe and titrate medical therapy
♥ Refer on to other health care professionals as appropriate
♥ All patient treatment plans agreed with consultant cardiologist
♥ All patients have access to helpline based at JCUH
BENEFITS

♥ Provide arrhythmia services within patients' own locality
♥ Improve access to the right treatment in the right setting from the right people
♥ Streamline the patient journey
♥ Access to knowledgeable point of contact
♥ Appropriate management of patients within the green/amber categories within primary care setting
♥ Meet key drivers
Community arrhythmia clinic/Tertiary Centre arrhythmia clinic Waiting Times Aug 07 - Jan 08

Community arrhythmia clinic/Outpatient arrhythmia clinic within the tertiary centre

Aug-07  |  Sep-08  |  Oct-07  |  Nov-07  |  Dec-07  |  Jan-08

One Life  |  Guisborough  |  Consultant 1  |  Consultant 2  |  Consultant 3

number of weeks
Patient Satisfaction

- 67% of questionnaires were completed and returned

- Patients were asked if they had found it easier to attend the community clinic than the tertiary centre

- 99% of patients indicated that it was easier for them to attend the community based clinic than attending the tertiary centre

- 1% said it made no difference

- **Comments included:** I got an appointment very quick. JCUH is a nightmare to park and is very expensive. I did not have to pay for parking. Both ok. Much easier to find the clinic and park
Patients were asked if they would have preferred to have been seen by a doctor rather than a specialist nurse.

- Yes 12%
- No 88%

Comments included: Yes at some point in the proceedings. No the nurses were thorough. I cannot really complain about treatment by nurses. The people who looked after me knew what they were doing, what more could you ask for!! The nurse was perfect.
What did you like best about the clinic?

Comments included.
♥ Local, friendly, efficient
♥ Going to the hospital can be quite daunting so much prefer to come to the one life
♥ The thorough information that I was given
♥ Easy to get to and easy to park
♥ Not having to go to the hospital
♥ I was seen very quickly
♥ Friendly staff, well informed
♥ Whole thing was excellent
♥ Size is small so this is more friendly, I was seen really quickly and looked after really well, couldn’t fault my treatment
♥ Everyone was helpful, all very good, made me feel safe
Education

♥ Masters level arrhythmia management module, Teesside University Middlesbrough, South Bank University, London

♥ Plans to develop masters programme in Cardiac Rhythm Management, Teesside University
Conclusion

♥ Number of ACC’s continues to grow with the majority being BHF funded

♥ In the North numbers remain small

♥ Early evaluation of the impact of the role is positive

♥ BHF audit data available 2009
ANY QUESTIONS?