

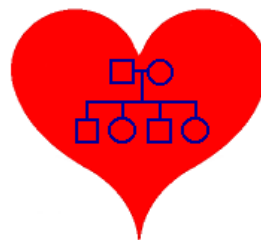


Regional Inherited Cardiac Conditions Service

JAYNE SLACK

Counsellor

MBACP Accred





Aims

- To tell you a about my role within the Regional Inherited Cardiac Conditions Service
- To look at psychosocial implications of inherited cardiac conditions and scd on a family
- To look referral to the Service



Chapter 8: Arrhythmias and sudden cardiac death

- **Is a BHF funded post** – response to NSF for CHD Chapter 8
- **Quality requirement one: Patient Support**
Marker of good practice:
People with arrhythmias receive a formal assessment of their support needs and those at significantly increased risk of anxiety, depression or a poor quality of life receive appropriate care
- **Quality Requirement three: Sudden Cardiac Death**
Marker of good practice:
Suitable bereavement services are available for those who have lost a family member



My role

- BACP accredited and UKRC registered independent counsellor. I work within the ethical and professional codes and standards of these bodies
- Theoretical Approach - Person Centred Counselling
- Previous experience – bereavement, addiction, abuse, relationships, work problems, stress and anxiety.



Genetic Counselling or Therapeutic Counselling?

- **Genetic Counselling:**
Sensitive and expert medical information and advice to family members regarding the screening process to investigate risk of an inherited cardiac condition.
- **Therapeutic Counselling/Bereavement Counselling:**
Offering emotional support in a safe and confidential environment where an individual can talk in depth about how they are affected by bereavement, the screening process or their diagnosis.



Emotional issues of Inherited cardiac conditions and SCD and the implications for other family members

- Bereavement
- Loss/changes to life as they know it
- Fear, Anxiety, depression, isolation
- Anger at misdiagnosis
- Adapting to Role changes
- Survivor guilt
- Cause of death unascertained
- Uncertainty of diagnosis
- Asymptomatic but affected
- Over protective of family members
- Employment- childcare issues
- Restrictions on lifestyle
- Financial/Insurance implications
- Family relationships
- Affects of treatment
- Childs autonomy for future care
- Lifestyle changes
- Mortality
- Perception of world as a dangerous place





Role of Counselling

- Form a relationship which is confidential, where individuals feel safe and supported
- Normalisation of thoughts and feelings
- Explore response to what has happened - thoughts and fears for future
- Not advice giving
- Facilitate change of thoughts, feelings or behaviour
- Develop coping strategies



Who is the Counselling Service for?

- Children, young people and families affected by inherited cardiac conditions and Sudden Cardiac Death who have had a:
- Bereavement due to a sudden cardiac death
- Who are considering or undergoing investigation and screening to see if they are at risk of an inherited cardiac condition
- Diagnosis of an inherited heart condition



Referral to the Service

- Consultant, GP, Health Professional, Coroner, Pathologist, Support Group
- At a time when the individual feels it will help
- Assessment of support needs
- 1-1 counselling
- Telephone support/counselling
- Referral to appropriate agency in own locality



Future developments for the Service

- Raise awareness of service with coroners and pathologists to provide support and screening earlier
- Increase awareness of the clinic within Pct's
- Establish relationships with the Support Groups



Contact Details

JAYNE SLACK

0113 3928834

**Ward 10, E Floor, Jubilee Building,
Leeds General Infirmary, Great George Street,
Leeds LS1 3EX**

Jayne.slack@leedsth.nhs.uk

www.yorksandhumberhearts.nhs.uk