

BAD NEWSLETTER



June 2009

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DATES FOR YOUR DIARY:

BAD MEETINGS 2009

6th July 2009
Support Group Meeting at The Village
(opposite RBH)

2nd November 2009
Support Group Meeting at The Village
(opposite RBH)

BAD SOCIAL EVENTS:

27th July 2009
COFFEE MORNING at Haskins Nursery,
Longham, meet 10.30 am

17th August 2009
UPTON HOUSE WALK - meet in car
park 10.30 am

11th Sept 2009
MUSIC QUIZ NIGHT at Hoburne Park,
Highcliffe. 6.30 for 7pm start

20th November 2009
Christmas SKITTLES Evening at
Hoburne Park. 6.30 for 7pm start

**PLEASE NOTE:
THE MUSIC QUIZ EVENING PLANNED
FOR SEPTEMBER HAS
UNFORTUNATELY BEEN
CANCELLED.**

WALKIES:

How about a nice walk around Upton House grounds, just a leisurely stroll and finish up in the café for a welcome cuppa! Interested? Then come along and meet us in the car park at 10.30 am on 17th August. We hope the weather will be kind and can all have a good old chin wag as well as stretching those legs!!

Any questions-see me at the meeting.

Mike Ebdon

MARCH SKITTLES EVENING

Yet another resounding success for the BAD group. Over 70 of us gathered together again and enjoyed a great evening of skittling mayhem.

The winning team, led by our very own Gaynor received their certificates and top scoring male and female contestants received bottles of wine. Well done to all our winners

Hoburne looked after us well as usual with the ever popular Chick & Chips or Cheese Salads going down a treat.

Special thanks as always to Maureen for all her work and to John and Andy our scoring wizards!

Thanks to everyone who participated, see you at the next bash

Mike Ebdon.

COFFEE MORNING:

This is a new idea for getting members together on a social basis. Having a chat and enjoying a sticky bun or two. So please come along and support us so we get to know one another better. I look forward to seeing you on the 27th July at Haskins nursery at Longham, 10.30 am.

Cheers, Mike Ebdon

BAD MEETING March 2nd 2009

by Arrhythmia Nurse Gaynor Richards

At our last meeting we were fortunate to have Dr Nicolaidis, Electrophysiology Clinic Fellow, who gave an entertaining presentation on abnormal heart rhythms. He then led a question and answer session on various issues, including medication and general ICD follow-up.

Following the refreshment break, Lee, a representative from SJM, a company that manufactures ICDs, spoke about new developments in ICDs and the development of remote monitoring. Remote monitoring offers the opportunity for people to send information from the ICD via the telephone line. Therefore, there is no need to attend hospital as regularly for ICD checks. At present, all those who have a Medtronic ICD, have been offered this service at RBH and it is likely the other companies will follow suit at some stage.

NEXT GENERAL MEETING

**1.30 p.m. MONDAY 6TH JULY,
The Village**

The first part of the meeting will be a session with Clare Sheban, Clinical Psychologist.

The members will be split into two groups – patients and ‘non-patients’ - to discuss their experiences. This proved a popular session last time we included it in a meeting.

The second part of the afternoon will be an open forum, with the members discussing travel insurance and their recommendations and experiences.

MY ROLE AS A BUDDY

by Mike Johnson

How I wish there had been such a system in place when I had my first defibrillator implanted in March 2000 in Southampton General Hospital!

The information given to me by their Cardiac Unit was naturally very detailed, but I would have loved to have had a chat with a fellow patient at the time. We are extremely fortunate in Bournemouth to have such dedicated Arrhythmia Nurses, who have been so instrumental in forming our BAD Support Group. From this the ‘buddy system’ was developed and I feel it is a privilege to have been chosen to be a buddy.

My meetings so far with patients, both with and awaiting an ICD, have been interesting and informative for me and I hope I have been able to give some help

and reassurance to the people I have met.

Initially, I was uneasy at the thought of meeting someone on the ward. However, my apprehension was short-lived and I soon felt at ease in my new role. Although I feel I did reassure this patient, I think I learnt more about free range chicken and their upkeep, than the patient did about ICDs from me!

The length of each meeting varies, really dependent on the patients, and I feel as a buddy I should be prepared to chat for as long or as short a time as needed.

In my role as a buddy, I feel I am able, in a small way, to give something back to the Bournemouth Defibrillator Unit, who have given both me and Anne such great support since my second defibrillator was implanted at Bournemouth in March 2006.

Anyone with a tale to tell or any ideas for future newsletters please email John Peskett (jpeskett@ntlworld.com).

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