

DATES FOR YOUR DIARY

BAD Group meetings 2010

- Monday 8th March
- Monday 5th July
- Monday 8th November

BAD Group social events :

- Skittles Evening-** Friday 25th March 2010 at Hoburne Holiday Park, Highcliffe. 18:30 for 19:00 start. Tickets £10.
- Cheese and Wine Tasting-** Friday 7th May 2010, 19:30 – 21:30 in the “Inspiration suite” Village Hotel

Tickets for both events can be obtained from Mike Ebdon, tel: (01202) 484373.

CHEESE AND WINE TASTING EVENING

DATE: Friday 7th May 2010
TIME: 19:30 – 21:30
VENUE: The Village Hotel, Wessex Fields, Deansleigh Road, Bournemouth (opposite A & E entrance, Royal Bournemouth Hospital).

This evening will offer the opportunity to socialise with other people and their relatives with ICDs. Its open to everyone so please come along even if you haven't been to a BAD meeting. All ages are welcome. We know that some of you are unable to attend the BAD meetings on weekdays due to work commitments so this gives you the opportunity to meet us and tantalise your taste buds!!!

As the evening will be funded by the BAD Group we can only offer 100 places. This will be done on a “first come first served basis” with one relative / friend per person with ICD. Please contact. Tickets available from April 1st 2010, and will be on sale at the BAD Group meeting on 8 march
 Mike Ebdon for ticket tel: (01202) 484373

What should I do if I have a shock?

Many of our patients have never experienced a shock. When you first had your device implanted, an arrhythmia nurse will have spent some time going through the do's and don'ts and what to do if you experience a shock, but as time goes by and you haven't experienced a shock the advice on what to do may

fade so here is a reminder for you all.

Some patients experience palpitations or feel dizzy or light-headed before they receive a shock. If this happens to you, inform someone that you are feeling unwell and sit or lie down.

You may collapse from your abnormal heart rhythm and come round a short while later having received a shock.

Or you may feel unwell due to your abnormal heart rhythm and receive a shock while conscious.

In both of these situations the ICD is functioning appropriately. In these circumstances please contact the Arrhythmia Nurse Specialists (within normal office hours) so that we can arrange for you to come in to the clinic to have the ICD checked and for us to be able to review exactly what happened. If this occurs at night or at the weekend and you do not feel unwell, you may wait until the next day or the Monday morning before contacting us.

You may receive a shock without feeling any symptoms in which case you need to contact the Arrhythmia Nurse Specialists (within normal office hours) or attend the Casualty Department if this occurs out of office hours.

This needs to be done as soon as possible as in these circumstances it may be that the ICD has delivered a shock inappropriately and it needs to be checked.

In any circumstance, if you continue to feel unwell following a shock or if you are given more than one shock, dial 999 for an ambulance. It is very important to take your ICD card with you whenever you attend hospital. If the hospital is not the Royal Bournemouth Hospital please make sure the staff contact us to let us know you have had a shock.

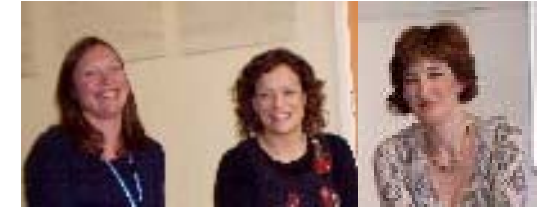
At the next BAD meeting we shall be giving our ICD information session presentation as a refresher of ICDs, how they work and what they treat.

WHAT IS A “BUDDY”?

Ken Hadley writes:

According to the English Dictionary a buddy is in fact an American colloquial term for a pal, friend or even brother, so that's alright then, we are someone's mate, chum or kindred spirit. We don't have to spare a dime, nor do we have sing to anybody, we are however volunteers ready to be someone's friends, companion or simply willing ears to a prospective ICD implant patient and or their respective partner. We are good listeners and recognise, or even share their concerns and anxieties, we are willing to put out a friendly helping hand when needed, for we ourselves have been in the very same position those people now find themselves in.

We are eight in number, we do not wear a white coat or get to wear a stethoscope round our neck when we enter the hospital, nor do we even get a badge, as I'm sure I was lead to believe from the beginning.



Gaynor,

Lucy and

Brenda

On the ‘BUDDY’ training day of the 14th October 2009, we spent a whole working day with some of the arrhythmic nurses – Gaynor, Lucy, and a professional learning skills trainer, Brenda Block. Brenda returned to us after last year successful session and put us once again through her carefully guided ‘hands-on’ training programme. There was no need to put a thick hard backed book down the back of our trousers, the cane did not appear under our nose's once nor the did the chalk board eraser fly across the class, Brenda understood our needs and simply acted accordingly, we were on our best behaviour of course, ask Gaynor.

Sessions of interactive discussion were followed by ‘pens on paper”. Complete patients anonymity was strictly maintained throughout. It became very clear that we had ONE mouth and TWO ears for a reason and that we needed to listen twice as hard as we actually spoke. Learning from last years buddy experiences was part of the group learning curve. Emphasize was also put on body language and the control of one's own personal behaviour towards anxious people.

Enhancing awareness and understanding of people's concerns and feelings is a skill in itself, and it that was well addressed in these enjoyable sessions.

UPTON HOUSE WALK 26th OCTOBER 2009

A healthy walk at Upton Park



SKITTLES NIGHT AT HOBURNE PARK Christchurch. Friday 20th November 2009

Ace cub reporter HAK.

This practically annual event was an evening for some to relax and others to throw hard wooden balls at nine inoffensive skittles standing at the end of two panelled bowling lanes.

The more fortunate of we intrepid sport folk around the tables, being perhaps those sheltered by the waist high covered screens at the end of each lane, they at least stood a faint chance of actually living through the ensuing battle. Standing side-by-side, watched by sixty plus nefarious miscreants howling encouragement or insults, I was never quite sure which, a pair of stalwart participants poised ready to hurl solid wooden round-shot for all they were worth at the cowering skittles. In total eight teams of eight people vied to be the victors on the night, the



halt, the lamed and the blind (like me) equally prepared and adept at causing mayhem along the way, it cannot be normal I mused, for grown adults to show such disregard for life and limb of their fellow man and woman but I was wrong.

A free-for-all, so favoured by our erstwhile organisers, Maureen, Patsy and Mike, who have asked to remain nameless, swept the bowling alley with their grape-shot. As the cries of anguish and pain echoed, helpers, in their inimitable fashion threatened and cajoled the rent-a-mob crowd until raffle tickets fluttered about like confetti on the breeze of a passing canon ball at Waterloo.

As luck would have it a lovely young couple of dubious allegiance, controlled the point scoring, with the aid of a laptop computer, ignoring Mike's offered verbal mathematical skills, trivial aspects such as these ensured that a reasonable fair and even account of the evening's frivolities were recorded upon the easel mounted score sheets for all to see. Bowls, aimed and unaimed, thundered down both lanes shaking the floor and people alike, some simply whimpered, others were reduced to tears and just occasionally, a ragged cheer of sorts, was heard. The more agile ignored it all as they stepped this way and that, pint glass or a ice filled tumbler of toxic beverage balanced casually, as they nonchalantly defied death on returning through the throng after a sortie at the bar. The capacious carpeted room and bar were alive with humour, noise and possibly the odd curse or two occasioned when a score was voiced to loudly, it is times like these that one finds out that two and two does not necessarily make four and moreover that he who

shouts loudest is not necessarily a mathematician. Suffice to say that some all-together, unusual scores were attained by fair means and even possibly by foul, I only report what I saw of course and make no distinction or cast any aspersions of the characters or parties involved.

If I were honest I would tell you that not all was well on the night, for a start, the venue was not decorated as last year, a distinct lack of Christmas decorations was noticeable, music too would have been nice. These minor reverses were down to the venue proprietors and not our erstwhile event organisers, but I make them to show how fair and even handed I am as ace reporter. To all intents and purposes those of us with defibrillators, pacemakers and dodgy hearts welcomed the exercise as well as the chance to have chicken and chips or a ploughman's supper. Of course you must realise I am speaking figuratively, as I am apt to do when reporting on such illustrious events, the scurrying that occurred to and from the bar itself, proved that regular exercise is beneficial to one's health especially if one supped a pint or two of the amber liquid. The Bournemouth Hospital Heart Club and the BAD folk excelled themselves yet again, team 1 secured victory by scant margins, whilst the individual prize for the highest ladies score was impressive to say the very least, it only remained for the two joint highest scoring men to fight it out with one last fling of a ball to declare the final winner on the night and to clear away the debris and the fallen. For those of you not there, you were the losers I am afraid, maybe another time, for the event organisers certainly wish you to be there if only as first aider's, I on the other hand must say a very big thank you to Patsy, Maureen and Mike Ebdon and the other helpers on the night, on behalf of all those who were there, for they did a sterling job as usual, well done my beauties, well done.

BAD Group Meeting 4th November 2009

The speakers were Candy Meckes (Chief Cardiac Physiologist at the RBH) about "What Happens in an ICD Check", Ken Hadley reporting on the activities of his fellow "Buddies", and Clare Shaban (Clinical Psychologist at the RBH) reporting on the findings of July meeting on "What difference has the ICD made to your life?"

NOT SO NEW TEAM MEMBERS

The team headed by Dr Mark Sopher, is fortunate to be enhanced by two new electrophysiologists consultants: Dr John Paisey, who joined the team February 2009 and Dr Richard Bala, who completed the team July 2009. As we already know, electro-physiologists are cardiac specialists in the electrophysiology of the heart.

CONTACTS

Do you have a tale to tell or any suggestion for topics that would you like to see covered in future issues of the newsletter?

Please let us know ideally by sending an email to the Arrhythmia Nurse Specialists who can be contacted on: Email: arrhythmia.nurses@rbch.nhs.uk. Tel: 01202 726154, www.bournemouth.icd-support.org.uk