

# BAD NEWSLETTER

## JUNE 2010



### DATES FOR YOUR DIARY:

#### BAD GROUP MEETINGS 2010

- Monday 5th July
- Monday 8th November

#### BAD GROUP SOCIAL EVENTS:

- Monday July 12th - **Coffee Morning** at Stewarts, Christchurch (next to Sainsbury's) at 10:30 am.
- Monday August 2nd - **Walk at Hengistbury Head** at 10:30 am (meet in car park)
- Monday September 6th - **Coffee Morning** at Haskins, Longham at 10:30 am
- Monday November 1st - **Coffee Morning** at Haskins, Longham at 10:30am
- Friday November 26<sup>th</sup> - **Christmas Skittles** at Hoburne Holiday Park, Christchurch (BH23 4HU) at 6:30pm for 7:00pm start. Tickets £10 (obtainable from Mike Ebdon 01202 484373)

*Finally, please remember we need your support for the group so do join in, cheers*

*Mike Ebdon, Comm member.*

## THE ROLE OF THE ARRHYTHMIA NURSE

Many of you may wonder what the Arrhythmia Nurses do all day! If ever you call us, the phone always goes to answer phone, and when you get a call back it may be as late as 7 o'clock at night. We do not keep the usual hours of specialist nurses as ours is a rather unique role

The Arrhythmia Nurse Service commenced in March 2005, and the first ICD's were implanted at RBH in April 2005. Since then over 400 ICD's have been implanted. With other ICD patients moving to the area, there are quite a lot of you to keep us busy. Here is an idea of things we get up to.

Prior to ICD implant one of the Arrhythmia Nurses will spend time with the patient and their family explaining in depth what the procedure entails. Different people have these put in for different reasons so many patients need time spent psychologically preparing for this procedure. For some, driving implications affect their work practices and this can understandably have a big impact on their lives. As you are aware we also provide the buddy service and this can help our patients enormously; to be able to talk to someone who has already lived through this experience.

Following implant we prepare the patient for discharge and provide more information. We try and give small amounts of information at a time, so we are not bombarding you with too much, but there is a lot to get through. There is also an ICD check carried out at this time

A week after discharge, we call patients with new implants to see how they are coping at home, and then we see them in clinic at one month to check

the wound is healed and life is getting back to normal.

After that we see you if you want us to. When there are any concerns or wound issues or if you experience a shock; then we help you through that difficult time, guiding and supporting; or when you go on holiday and want to know your nearest centre, we can help.

We don't just look after patients with ICDs. We also care for patients with rhythm disturbances. We see them prior and post procedure, providing education and support and discharging them home when ready. These patients also require a lot of support prior to and after their procedures, with various tests that we oversee.

As part of an ever-expanding area of cardiology we are involved in setting up new clinics, as Pete explains in this newsletter, and developing our role further. We are involved in audit, research, maintenance of protocols and databases, and teaching of other members of the RBH team. We often have student nurses working alongside us. When you are having a procedure with one of our consultants, the arrhythmia nurses are the ones who arrange which day you are coming in.

So, when you give us a call and it goes to answer phone, please be patient with us, we will get back to you as soon as we can!

*Sharon Cassidy – Arrhythmia Nurse*

### ARRHYTHMIA NURSE UPDATE

It has been a busy few months for the Arrhythmia Nurse team with the depletion in nurses due to Rachel leaving maternity leave. Now however, it is exciting times with Kirsty returning in May and Gaynor in August. We also have a new member of the team Peter, who joined in March after a three month secondment

last summer. The service is due for expansion with new ventures planned for nurse led clinics such as a rapid access Atrial Fibrillation clinic. We continue to audit our service to ensure best practice is achieved and that we fulfil patient satisfaction through support. Once again the BAD meeting in March was another success with positive feedback. This meeting continues to grow in numbers and we look forward to seeing you all again in July.

*Pete Uren– Arrhythmia Nurse*

### **REMINDER OF WHAT TO DO IF YOU EXPERIENCE A SHOCK**

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 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.

### **SOCIAL EVENTS UPDATE.**

Hello everybody, it seems like only yesterday that I sat down to report on BAD events in 2009 and here we are, half way through 2010!

Well, back in February we had our first Coffee Morning of this year. It was on Feb 15<sup>th</sup> at John Brown's Garden Centre and we had quite a good turnout with some of us staying on for lunch.

The next Coffee Morning was held on March 22<sup>nd</sup> at Haskins Garden Centre and although we were few in number we all had a jolly good old chat and a laugh.

We seem to be mainly supported by the same gang which means we all know one another better but it would be nice to see some fresh faces. You will be made very welcome I assure you so come along and have a natter!!

Dates for the next events are listed at the front of this Newsletter.

The last Skittles Evening at Hoburne was on March 25<sup>th</sup> and as usual we had a good number of people and we all enjoyed ourselves with lots of laughs, a drink or two and some good food. Thanks as always go to Maureen for all her hard work and to John and Andy for the marking and shouting names etc. Thanks also to Patsy and everybody who got involved.

On April 12th we gathered for another walk round the grounds of Upton House. About twelve came along, the weather was lovely and as always we had a good old chat and finished off in the cafe for drinks and ice-creams.

Any suggestions or comments to me please - best of luck all you baddies!!

*Mike Ebdon, Comm member (01202 484373).*

### **APPEAL FOR NEW COMMITTEE MEMBERS**

We have had several committee members leave over the past year, and would love other BAD group members to join our committee.

You do not need any special skills, just enthusiasm and a willingness to take part. Without more support arranging BAD group meetings and Newsletters is becoming harder and harder.

Please contact Sharon on 01202 726154 if you would like more information on how you could help.

### **APPEAL TO YOUNGER MEMBERS OF THE BAD GROUP**

The arrhythmia nurses are very aware we get very little involvement from younger ICD patients. If there are younger ICD patients who would like support and have suggestions regards how we can improve the support and social events we provide to our younger members so it appeals to them please get in touch with Sharon on 01202 726154

**Anyone with a tale to tell or any ideas for future Newsletters please call or email. The Arrhythmia Nurse Specialists can be contacted on:**

Tel: 01202 726154  
Email: [arrhythmia.nurses@rbch.nhs.uk](mailto:arrhythmia.nurses@rbch.nhs.uk)