

# BAD NEWSLETTER



November 2008

[www.bournemouth.icd-support.org.uk](http://www.bournemouth.icd-support.org.uk)

## DATES FOR YOUR DIARY-

### **BAD MEETINGS:**

Monday 2<sup>nd</sup> March 2009  
Monday 6<sup>th</sup> July 2009  
Monday 2<sup>nd</sup> November 2009

### **BAD CHRISTMAS SKITTLES EVENING:**

Tuesday 25th November 2008

### **BAD MEETING JULY 2008**

Thank you to all those who came along to the last BAD meeting. The first part of the meeting involved grouping people with ICDs in one room and relatives of those with ICDs in another. These groups were

subdivided into smaller groups and encouraged to discuss the implications both positive and negative of living with an ICD. Generally the feelings related to ICDs were positive and concerns raised were common to both people with the ICDs and their family members. Clare Shaban, Clinical Psychologist, summarised the feedback of both groups at the end. Following the tea break, Vicky Sievey, Cardiac Rehabilitation Sister, talked on relaxation. We all had the opportunity to wear "stress spots" and see how stressed we were! Then we all did some relaxation and some people even fell asleep!

### **BAD MUSIC QUIZ SEPT 2008**

The BAD group hosted the first quiz night to raise funds for the BAD group at Hoburne Holiday Park. 83 people attended, however, disappointingly only 8 members of the ICD group attended. The Quiz was led by Chris Tubbs who did a fantastic job in stretching our brain cells!!! The food was excellent- as always. The night raised £174 towards BAD group funds. Thanks to the hard work of the BAD committee who did an excellent job in organizing the night especially to Mike and Maureen who through their hard work and friendships, formed mainly at Bournemouth Heart club, were responsible for the good turnout. The night was thoroughly enjoyed by all those who attended.

### **PLEA TO THE BAD GROUP**

The BAD Group is well established but its continued success is dependant upon the support of the Group attending the meetings and social events. The venue- the Village Hotel, refreshments, guest speakers and social events are all dependant upon the funds generated by the group. Without these funds the success of the group and its continued existence would be compromised. So please, when possible, help to support the group by attending the social events and meetings. Besides these events are fun and enjoyed by all those who come!!!!

On the note of social events, Mike J recently collated results of a questionnaire that we distributed at the last meeting. The aim was to find out what social event the group wanted. The most popular social event was an evening boat trip followed by a theatre visit, coach trip and cheese and wine evening. The committee has taken your views and will be using them to plan the social calendar next year.

### **ANNUAL GENERAL MEETING (AGM)**

The next BAD Meeting (November 3<sup>rd</sup> 2008) will involve the AGM. This will be the first AGM the group has had and will include a group of activities, a treasurer's report and an entertainments report- summarizing the success of the group so far!

The BAD Committee has been central to the development and maintenance of the group and all members have agreed that they would like to continue in their posts for the next year.

The committee includes:

<b>Mike and Maureen Ebdon</b>	<b>Social sec</b>
<b>Rob Coley</b>	<b>Treasurer</b>
<b>Anne Johnson</b>	<b>Secretary</b>
<b>John Peskett</b>	<b>Newsletter Editor</b>
<b>Mike Johnson</b>	<b>General Member</b>
<b>Margaret Payne</b>	<b>General Member</b>
<b>Patsy Voss</b>	<b>General Member</b>
<b>Gaynor Richards</b>	<b>Arrhythmia Nurse</b>
<b>Sarah O'Connor</b>	<b>Arrhythmia Nurse</b>
<b>Rachel Cawston</b>	<b>Arrhythmia Nurse</b>

The AGM will give you an opportunity to vote for current committee members and to put yourself forward for the committee. All committee members elected shall hold post from the conclusion of the next meeting. If you are interested please contact the Arrhythmia Nurses (Tel:01202 726154) by the 21st October 2008.

### **ICDs AND SPRINT FIDELIS LEADS**

Some of you will have a Sprint Fidelis defibrillator lead (that is manufactured by a company called Medtronic). This lead connects the ICD box (or 'generator') to one of the chambers of your heart. In common with all pacemaker and ICD leads there is

the small possibility of a fracture of the lead occurring which could lead to a malfunction of the system. This is a very rare event but has been found to be a little more common than usual with the Fidelis lead. Malfunction of an ICD could result in inappropriate pacing or shock therapy being delivered to the heart when there is no heart rhythm disturbance and/or a failure to pace the heart when it needs to be paced.

People with this particular lead have all been contacted and given a special kind of magnet to carry around with them all of the time. They have been issued with special instructions of when to use the magnet and avoid potential problems that can result from the Fidelis lead. The story below relates to life with a magnet.

### **LIFE WITH THE NEW MAGNET**

*Patsy Voss, BAD Committee Member*

On the 31st of December I went for my ICD check and was given a magnet to carry with me at all times. After getting my head around the serious side of the magnet next came the funny side! My daughter and I were out shopping. Whilst walking past a display of DVDs my bag suddenly took off. My first thought was my bag's been snatched. However, when I turned around there was only a little elderly man behind me. I then realised my bag was attached to the display unit and as I went to pull my bag away the display unit came with it. My daughter quickly grabbed the display whilst

I pulled my bag off- we had to laugh about it! We then went to the bank where I caused more chaos- the cashier took my pass book then promptly asked if I had any problems before using it as the magnetic strip was wiped clean- oops my magnet again!!!

A few days later hubby was rushed to hospital. I went with him in the ambulance. Lo and behold my bag got stuck on the metal bar of the bed. The paramedic said "What have you got in there?" My reply was "Don't worry only a magnet!" We then arrived at Bournemouth hospital. When in A & E my magnet struck again, this time causing chaos to another bed!

Couple of weeks later hubby lost a screw down the back of the washing machine whilst he was mending it and couldn't reach it I said "Don't panic" and out came my magnet- problem solved!

This all happened in the first month of having the magnet - now my magnet and I are trying to behave ourselves!

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

**Arrhythmia Nurse Specialists can be contacted on:**

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