

## Arrhythmia Alliance Patients Day review

Arrhythmia Alliance Patients Day 2018 was a huge success, thanks to all of the wonderful patients and medical experts who travelled across the world to be there! For the first year ever, Arrhythmia Alliance held two separate full day sessions, one dedicated to Catecholaminergic polymorphic ventricular tachycardia (CPVT), and the other dedicated to Supraventricular Tachycardia (SVT) and arrhythmias.

We had the pleasure of being joined by experts such as Dr Kim Rajappan, Dr P Boon Lim, Dr Matt Fay, Dr Adam Fitzpatrick, Dr Colin Cunningham, James Fouhy, Dr Jan Till, Dr Karen McLeod, Dr Belinda Gray, Dr Leonie Wong, Arrhythmia Nurse Stephanie Cruickshank and Clinical Psychologist Morwenna Opie-Moran. All of these medical experts presented topics which were carefully chosen for the patients, and took into consideration the feedback that we had received from patients last year.

The CPVT sessions included subjects such as 'What is CPVT?', 'A patient's experience of living with CPVT', 'What treatment options are best for me?' and 'Device technology for CPVT', and also included information and advice about sports and lifestyle and genetic testing. CPVT patient Shannon Donovan gave an excellent presentation about her own experiences with the condition, and the patients also had time for a question and answer session with the medical experts.

In the SVT/ Arrhythmia Alliance session, many topics were covered, such as 'SVT versus PSVT', 'Ectopic beats and anxiety', 'How can I help myself with heart failure?', 'What can I do about cardiomyopathy?', 'CBT- How can it help?', 'Deactivation and palliative care with ICD' and 'Palpitations- When to seek medical attention?'. SVT patient Mark Asplen also gave a very informative and interesting presentation on his personal experience of living with the condition. Both sessions were very well received, and many of the presentations ended with a group discussion, which was very much enjoyed by all patients!

The new structure of having individual, dedicated sessions, allowed for more topics to be covered, gave patients the time to have their questions answered, and allowed us to increase the number of patients attending. The change is something that has been well received and encouraged by medical professionals and patients alike.

This year, we had more patients attending than ever before, offered our biggest number of sessions yet, and grew our annual flagship greatly! To improve upon this and grow Patients Day even further, we need YOU! Please email us with your thoughts and comments about Patients Day 2018, what you liked and what you didn't. If you did not attend but would like to see something at next year's meeting, please let us know! This is YOUR event, tell us how we can make it better for you! Please complete our online evaluation at <https://www.surveymonkey.co.uk/r/6LLWNM5> or email at [c.payne@heartrhythmalliance.org](mailto:c.payne@heartrhythmalliance.org)

A HUGE thank you to all patients, speakers and medical experts who joined us at Arrhythmia Alliance Patients Day 2018! We look forward to seeing you all again at Patients Day 2019, on Sunday 6<sup>th</sup> October!