



BOURNEMOUTH AREA DEFIBRILLATOR GROUP

Affiliated to the Arrhythmia Alliance
(The Heart Rhythm Charity)
www.hearrhythmcharity.org.uk



DATES FOR YOUR DIARY:

All at
The HAMWORTHY CLUB

MONDAY 30TH OCT 13.30-16.30
BAD GROUP MEETING

FRIDAY 24TH OCTOBER
SKITTLE EVENING

TUESDAY 21ST MAY 13.30-16.30
BAD GROUP MEETING

APRIL BAD MEETING

Our last meeting at the Hamworthy Club was well attended, with over 60 people attending. We had some new faces and many familiar faces! and were fortunate enough to have **Dr. Tom Jackson**, Electrophysiology Clinical Fellow, talking to the group. He gave a very interesting talk on ICDs which included an overview of ICDs, their history, follow up and the issue of safety advisories relating to ICD devices. An 'advisory' relates to an issue that

has been found with a particular device model such as premature battery depletion whereby the battery life of the ICD is less than expected. The ICD company, following consultation with Medical Advisory Groups, produce recommendations on how to manage the particular issue that has been identified. Whilst a rare occurrence, the companies that manufacture the devices ensure that both patients and health care professionals are provided with prompt information about the advisory and issue recommendations to help with patient management ensuring that patients are managed appropriately. Indeed, when advisories are issued the hospital has procedures to address these alerts, ensuring the safety of the patients that are under their care.

If your ICD is under an 'Advisory', you will have been notified in writing of the particular issue and how the alert is being addressed.

If you have any concerns in relation to an ICD advisory then please discuss them with the cardiac physiologist at your next ICD check.

The second half of the meeting involved a talk from **Richard Hesketh**, volunteer manager at Hengistbury Head. The Visitor Centre, owned and run by

Bournemouth Borough Council, opened in 2014 and has a grass roof and walls insulated with straw. Richard presented on the wildlife habitat and the practical conservation and management work that is done at the Hengistbury Head nature reserve. This includes tree planting, litter picking, pond creation and footpath maintenance mostly carried out by an army of volunteers. Richard also played us bird tunes relating to the birds that can be found at the Head. A most enlightening and interesting talk!

DONATION OF A FURTHER AED

At our last meeting the BAD group donated an Automated External Defibrillator (AED) to Hengistbury Head Visitor's centre. An AED is an emergency life-saving device that can be used by anyone to help restart the heart in the event of sudden cardiac arrest. Having access to an AED will ensure prompt treatment and increase the likelihood of survival for visitors in the centre and in the local area. The BAD group is affiliated to the Heart Rhythm Charity Arrhythmia Alliance which is currently leading campaigns to increase placement of AEDs across the United Kingdom. We feel privileged that the BAD group has been able to support this charity and our local community.



EXERCISE AND YOUR ICD

Physical activity and exercise has a substantial role in enabling patients with an ICD to take control of their condition. Exercise can be performed safely without increasing the risk of complications so long as the exercise is performed at the appropriate intensity and the exercise session incorporates a warm up and cool down period. The type of exercise needs to be similar to daily activity, e.g. walking, in order to gain the most from exercise sessions and maintain the effect over years. A long-term, preferably lifestyle, approach to physical activity and

exercise is essential if patients are to achieve the greatest benefits.

Light to moderate strength activities performed within a normal range of movement, that closely match functional daily activities have been used successfully in patients with an ICD. Moderate physical activity as well as leisure and sport are known to benefit health and where possible, these should be pursued most days of the week. Continuous physical activity of 30 minutes or more is considered most effective, although multiple activity sessions of 10 to 15 minutes duration, on the same day, have also demonstrated significant health improvement. It is recommended that for most forms of recreational exercise someone who knows that you have an ICD should accompany you. You should also ensure that you have your ICD card with you AT ALL TIMES, in case you need to be taken to hospital for any reason.

Most arrhythmias treated with ICDs will be significantly faster than your normal heart rate would reach, even with strenuous exercise. Occasionally, however, the ICD needs to be programmed to recognise abnormal heart rates that are close to those that can be achieved with exercise. It is worthwhile to check how your ICD is programmed before undertaking anything other than recreational exercise or exercise to lose weight; your cardiologist, arrhythmia nurse or cardiac

physiologist can advise you about how high you can safely raise your heart rate.

Taken from the Arrhythmia Alliance leaflet:
Physical activity and exercise advice for patients with an ICD
www.heartrhythmcharity.org.uk

ANY CONCERNS WITH YOUR ICD SITE?

If you have any of the following issues with your ICD site then please contact the Arrhythmia Nurses urgently.

- ☼ Is the ICD site red/hot and/or inflamed?
- ☼ Is there increased swelling at the site?
- ☼ Is there any discharge or bleeding from the site?
- ☼ Are you experiencing any discomfort at the site?
- ☼ Have you got or had a fever/temperature?
- ☼ Can you see the ICD box or leads?

The Arrhythmia Nurses can be contacted

on **01202 726154**
Monday to Friday
08:00 to 18:00hrs.

If outside these hours then please contact Ward 23

on **01202 704085**.

This should be done regardless of whether you have seen your GP and irrespective of the length of time the ICD has been present.

Very rarely, patients with insertion site related issues may develop life threatening illnesses, therefore, prompt attention is required.

Bi-Annual Election

Our October meeting will include the bi-annual general meeting. This meeting will include a report of the group to date, a treasurer's report and a social event's report. The BAD Committee has been integral to the success of the group.

The current Committee includes:

John Read *Chairperson*
Christine Read *Secretary*
Adrian Morris *Newsletter editor*
Mike and Maureen Ebdon *Social Secretaries*
Alan Dugdale *Treasurer*
Sue Dugdale *Meeting bookings co-ordinator*
Patsy Voss *General Member*
Glenn and Angela Foreman *General Members*
The Arrhythmia Nursing Team

The AGM will give you the opportunity to vote for the above committee members to remain in post and, if interested, put yourself forward for the committee. You do not need any special skills, just enthusiasm and a willingness to take part. No public speaking is required.

Please contact the Arrhythmia Nurses **by the 13th October** if you are interested in joining the committee. All committee members will hold post from the conclusion of the October meeting.

NEWSLETTER MAILING LIST

If you wish to unsubscribe to this newsletter please inform the **Arrhythmia Nurse Team**.

The BAD group generates its funds from social activities and donations. These funds are used to pay for postage to send you the newsletter. Therefore, to reduce our costs, we would prefer to send this information via email.

If you have an email address please contact the Arrhythmia Nurses and we will update our records.

SUGGESTIONS FOR BAD NEWSLETTER CONTENT

If you would like to write a section for the next BAD newsletter, or have any suggestions on what you would like us to include, please contact the Arrhythmia Nurses

arrhythmia.nurses@rbch.nhs.co.uk

01202 726154

Post Point B47,
Royal Bournemouth Hospital,
Castle Lane East,
Bournemouth, BH7 7DW.

Thank you all for your continued support.

Gaynor Richards & Sharon Morris