



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

DATES FOR DIARY:

ICD SUPPORT GROUP MEETING
MONDAY 31ST OCTOBER 2016
AT HAMWORTHY CLUB, POOLE

Unfortunately, due to planned refurbishment of Hoburne, we are not planning a winter skittles night this year.

10 YEAR ANNIVERSARY CELEBRATION

TEN YEARS OLD!

I can't quite believe it. Our ten year anniversary celebration was held at the Hamworthy Club, Poole. The celebrations included music, afternoon tea and a general knowledge quiz. We were fortunate that tickets for the occasion were subsidised by the group as a 'thank you' for

everyone's valued support over the last decade. On behalf of the Arrhythmia service, I thanked the group and the committee for all their contributions. All committee members, some of whom have been with us for ten years, and the editor of the newsletter were presented with a rose bush! It was a lovely occasion made even more special by all those who attended. Thank you again. Here's to another decade.

EDITOR'S COMMENT

*As someone who attended this celebration with my wife, may I say a **very big thank you** to all who set up, and organised this very special occasion, with extra thanks to **Maureen EBDON** and **John READ**, two of our very hard-working committee members.*

DONATION OF A LAP TOP TO THE ICD SERVICE

The BAD group has recently donated money that is being used to purchase a lap top and associated software for use by the cardiac

physiologists at Bournemouth Hospital.

Cardiac physiologist,
Emma Prosser
says:



"The physiologists would like to say a big thank you for the money donated to us from the BAD group for the purchase of a portable laptop. It will enable us to access patient records and remote monitoring downloads from anywhere in the hospital. This will help us to provide a better service to all our device patients which is what we strive to achieve each day".

DONATION OF AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

If you attended our last meeting you will know that the BAD group donated an AED to Iford Golf Club. 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. Some community organisations and clubs already have access to an AED, such as sport centres, which should be visible to ensure that it can be readily accessed.



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.

GOING ON HOLIDAY?

When you have been diagnosed with a heart condition, travelling abroad can become costly.

The '**Arrhythmia Alliance**' has a list of insurers whom they have found to be sympathetic to people who have a heart condition. The '**Arrhythmia Alliance**' does NOT endorse any of the companies on its list and emphasises that insurance provision is the responsibility of the individual. Further information and the list can be found on the following website;

www.hearrhythmcharity.org.uk.

In addition to your travel insurance, you should also take a [European Health Insurance Card](#) (EHIC) when travelling in Europe. The EHIC will enable you to access healthcare in the European Economic Area (EEA) countries, at a reduced cost, or sometimes for free. It will cover your treatment until you return home. It also covers treatment of pre-existing medical conditions.

BAD MEETING APRIL 2016

Our last meeting was well attended with approximately 65 people attending. We were fortunate to have **Chris Critoph**, Bournemouth Hospital's Heart Failure Consultant, talk in the first half of the meeting.



Dr Critoph works within a heart failure team which includes two nurse specialists. He discussed causes of heart failure, the symptoms, treatment, including drug therapy, and self management. It was a very informative talk with lots of opportunity for questions from the group. The second part of the meeting was led by

volunteers from the **British Red Cross**.



They split the group into four and people rotated around four stations.. Each group covered a new skill which included; heart attack, unconscious and breathing, unconscious and not breathing and unconscious and not breathing but availability of an AED. Everyone felt that the group activity was helpful and it enabled people to practice skills with guidance and support. However, some people felt that the whole meeting should have been dedicated to give more time to each work station. We will take this on board when we next organise a similar event.

The BAD group donated £200 to the British Red cross to thank the volunteers for their time.

If any of you have any ideas for future meetings or items to be included in the Newsletter then please contact us as below.

Have a lovely summer (*cross fingers for lots of sun!*)

Gaynor,
the Arrhythmia Nurse Team
and the
BAD Group Committee

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