



Affiliated to the Arrhythmia Alliance (The Heart Rhythm Charity) www.hearhythmcharity.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.

**ARRHYTHMIA TEAM
CHANGES**

Dr John Paisey, Consultant Electrophysiologist, left to work at Southampton General Hospital over six months ago. In replacement, we have had a Locum, Electrophysiologist, **Dr Girish Babu**, who has now, I'm

pleased to say, been offered a permanent position.

Dr Girish BABU joins
Dr Mark Sopher
and **Dr Richard Bala**

as one of our "Electrical" cardiologists. All three consultants and **Dr Chris Critoph**, Heart Failure Lead Cardiologist, implant complex devices;

Biventricular Pacemakers;

Implantable Cardioverter Defibrillators (ICDs);

Biventricular ICDs.

The Arrhythmia Nurse team has also seen some changes. **Pete Uren** is currently seconded to the Advanced Nurse Practitioner Team. As his replacement we now have **Sharon Morris** who has been seconded from ward 23. She has settled well into the team and embraced the steep learning curve that she has had to face!

We are also preparing for **Ali Parish** to be away in the near future, on maternity leave to have the latest addition to our

Arrhythmia Nurse family. (Congratulations Ali!)

The good news continues in our team as **Jess Fewings** is due to get married in September. We wish her a lifetime of happiness and wedded bliss!

**ADVANCES IN ICD
TECHNOLOGY**

Until the last year, the use of Magnetic Resonance Imaging (MRI) scans has been contraindicated in people with ICDs. MRI works by generating a strong magnetic field and provides imaging not seen with X-ray, ultrasound or CT scan.

An MRI scan on a person with an ICD can cause the ICD to malfunction, potentially causing it to fail to deliver therapy in the event of a life threatening heart rhythm or provide therapies when not required.

MRI conditional ICDs (the ICD box and the leads) have been recently developed to improve the safety of MRI scans for people with ICDs. Some ICD

manufacturers enable the person with the ICD to undergo a partial body MRI scan whereas others are full body MRI compatible.

Generally MRI compatible ICDs have to be reprogrammed just before the scan and reset following the scan. This is done in much the same way as an ICD check. Generally, MRIs should be avoided until the ICD system has been in place for a minimum of six weeks. This is to reduce the potential of the leads becoming dislodged.

**FOX LEASE
'YOUNG PERSON'S' ICD
SUPPORT GROUP MEETING**

This annual Southampton Hospital meeting, held on 3rd September, was extended to include people with ICDs under follow up at Bournemouth Hospital.

People with ICDs, under the age of 55 years, together with their families/friends were invited. We were privileged that the cost of the activity day

was covered by the Southampton Wessex Heartbeat charity.



The annual **Heart Rhythm Congress** aims to provide education and training for all those with an interest in abnormal heart rhythms. It is endorsed by the **Arrhythmia Alliance**, the heart rhythm charity, and includes patient day meetings and nurse education. This year I have been asked to present at the patient's day on the "*psychological aspects of having an ICD*" and the nurses education day on "*ICD deactivation*". It is an honour to have been asked to participate, however, I am nervous with this prospect. Wish me luck!

ICD Scam

We have been informed that a patient received a phone call saying that their remote monitoring equipment was not working. The patient was then offered the opportunity to replace it with a warranty for a cost. **This is a scam.** The hospital or the ICD manufacturer will never contact you asking for

The aim of this meeting was to give people the opportunity to meet others with ICDs and to have a fun day out.

There were many activities on offer, such as kayaking, abseiling, archery and tunnelling. There were three sessions throughout the day which enabled those present to choose a different activity for each session.

The day went exceptionally well with over 50 people attending. Feedback was positive with comments made such as:-

"made me feel good"
and
"made me feel normal".

It was great for all family members to participate in the activities and see what people are capable of despite the ICD and despite their particular heart conditions.

money. Please do not give money over the phone in relation to your monitor. If you have any phone calls about your ICD and you are unsure about who is calling, please contact the Arrhythmia Nurses.

ICD BUDDIES

We now have ten ICD Buddies who have undertaken the necessary listening skills, training and hospital induction. The Buddies have either an ICD or are the partner of someone with an ICD. The Buddy Service is a form of support which complements the specialist nurse service. The main purpose of a Buddy is to be a positive role model and offer support to the people they see.

Meetings are arranged by the Arrhythmia Nurses and take place within the hospital. The volunteers are used for people who are either waiting to have an ICD fitted or already have an ICD.

From the onset, we are evaluating this service from the perspective of the Buddy and of the person using the

service. This will, hopefully, ensure that the service is useful and that any feedback is incorporated into the development of the service.

At present, we are focusing on promoting our Buddies via posters and an information booklet that will be available outside ICD clinics.

Please spread the word!

ARRHYTHMIA NEWS.

If any of you have any ideas for future meetings, or items to be included in the Newsletter then please contact the Arrhythmia Nurses.

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Thank you all for your continued support.

Gaynor Richards