

OCTOBER 2015

BAD NEWSLETTER



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

DATES FOR YOUR DIARY

2nd Nov 2015

BAD meeting and AGM
at Iford golf club.

27th Nov 2015

Skittles evening.

**BOURNEMOUTH AREA
DEFIBRILLATOR (BAD)
GROUP COMMITTEE**

It is with great sadness that we need to inform you that Graham Barnett, the treasurer of the BAD group, has passed away. Graham volunteered both his

time and support to the group amongst other voluntary work. He will be very much missed by all that knew him. Our thoughts are with his family.

ANNUAL GENERAL MEETING (AGM)

Our November meeting will include the 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:

Chairperson **John Read**
Secretary **Christine Read**
Newsletter Editor **Adrian Morris**
Social Secretaries **Mike & Maureen Ebdon**
General member **Patsy Voss**
Arrhythmia Nurses **Gaynor Richards**
Sarah O'Connor

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. All committee members will hold post from the conclusion of the November meeting.

VOLUNTEERS NEEDED!

Treasurer for the BAD committee

If anyone has an interest in maintaining the accounts for the BAD group and attending the committee meetings (approximately four a year), please contact the arrhythmia nurses or discuss with a BAD group member at the next BAD meeting.

BAD meeting help

We are looking for volunteers to help out at the BAD meetings which occur twice a year. The role would involve "welcoming" and directing people to the meeting and helping with the raffle. We have already had a couple of people put their name

forward and would really appreciate more help.

BECOMING AN ICD BUDDY

A buddy is used to provide support to individuals and their partners who are waiting for or have had an ICD. It offers the opportunity for people to speak to someone who has been through a similar experience. An ICD buddy may be someone who has an ICD or the partner of someone who has an ICD. All "buddy" contact is coordinated by the arrhythmia nurses. If this is something you would be interested in, please contact the arrhythmia nurses.

EXERCISING WITH ICDs

Arrhythmia Nurse Jess Fewings writes:

Following ICD/CRT-D implantation many people are concerned about carrying out exercise and whether this is safe. As most arrhythmias treated with ICDs will be significantly faster than your normal heart rate would reach, even with strenuous activities, it is safe to exercise and has been

proven to be beneficial in improving cardiovascular health (Brauser, 2015). It is likely that your underlying heart condition will have more influence on your ability to exercise than the presence of your ICD. Your underlying heart condition may limit your exercise due to shortness of breath, fatigue or chest pain - these should not be ignored. For this reason it is always a good idea to progress your exercise slowly and avoid becoming too breathless. Always start with a warm up and finish with a cool down period (Arrhythmia Alliance, 2010).

When exercising it is always a good idea to have someone with you who is familiar with your condition such as a relative or friend. It is important to always carry your ICD card with you when exercising (Sukala, 2015). You should avoid any contact sports. Although the ICD itself is very tough, bruising or breaking the skin over the implant site may lead to infection. Swimming can be undertaken once the implant wound has healed fully. If you

have any concerns about your safe exercise level, you should ask your cardiologist or GP.

NEED AN ICD BOX CHANGE?

When you have an ICD check, either in clinic or remotely, the battery life of your ICD is always checked. The battery won't be allowed to just run out! The cardiac physiologists identify when your ICD has about three months left of life. This is called "reaching ERI" and it may be recommended that you have more frequent ICD checks once this has been identified.

A box change is a more straightforward procedure than when you first had the box put in as only the actual box needs to be replaced. The leads will be left in place. Generally, the procedure is done with a local anaesthetic and you will be made sleepy with some sedation. You usually will only be in hospital for one day. During the procedure, the doctor will open up the skin close to the existing scar and cut through the tissue that has developed around the box. The leads are

then unscrewed from the top of the box and the box is then replaced with a new one and your existing leads are screwed into the new box. Dissolvable stitches are usually used to close the wound and a dry dressing is placed over the site. Following the procedure, you will return to the ward to recover from the sedation. Once the local anaesthetic has worn off, you may experience tenderness at the wound site. This usually settles down a couple of days after the procedure and is generally relieved by simple analgesia such as paracetamol. You will receive a new ICD ID card in the post and a follow up appointment for one month following the box change. The DVLA stipulate you cannot drive for one week following the procedure.

Please contact the Arrhythmia Nurses if you have any issues with the ICD wound site at any stage such as redness, soreness, increased swelling and/or warmth, skin ulceration and new oozing/bleeding from the wound site. Following the

procedure, and in the future, if you have any concerns about the wound please contact the arrhythmia nurses.

BRITISH RED CROSS

Have a phone app which offers first aid at your fingertips! The device is FREE to download on your phone.

[Http://www.redcross.org.uk/what-we-do/First-aid/Mobile-app](http://www.redcross.org.uk/what-we-do/First-aid/Mobile-app)

Do you have a tale to tell or any suggestion for topics that you would like to see covered in future issues of the newsletter? Please let us know by contacting the arrhythmia nurse specialists, Gaynor or Sarah, on:

Email:
arrhythmia.nurses@rbch.nhs.uk
Tel: (01202) 726154

Best wishes. We hope to see you all soon at this year's final meeting and social events, Gaynor.