

<b>Taunton and Somerset NHS Trust (logo)</b>		<b>Guideline (Cardiology)</b>	
<b>Title: Guidelines for BHF Arrhythmia Nurse Specialists ICD Follow-Up Clinic</b>			
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<b>Policy Lead:</b> Dr S Walker			
<b>Ratified by:</b> Cardiology MDT		<b>Active date:</b> July 2007 Reviewed August 2010	
<b>Ratification date:</b> 6 <sup>th</sup> July 2007		<b>Review date:</b> August 2011	
<b>Applies to:</b> All patients attending BHF Arrhythmia Nurse Specialists ICD follow-up clinic		<b>Exclusions:</b> Patients without an ICD	
<b>Purpose: To ensure patients assessed needs are met in accordance with the National Service Framework for Coronary Heart Disease Chapter 8</b>			

### 1.0 Aims

- 1.1 To establish patient has had a safe recovery from recent procedure.
- 1.2 To ensure all patients (and family / significant other) understands the ICD, feels confident living with ICD and returning to activities / work.
- 1.3 That they have sufficient support networks / information to meet their needs or are referred as necessary / given contact details for further support.

### 2.0 Objective

- Assessment of support needs
- 1.2 Assessment of activity /exercise, return to work / previous activities
- 1.3 Give advice re activity/exercise , return to work / previous activities
- 1.4 Assessment of required knowledge and understanding of ICD and ' living with ICD'
- 1.5 Relevant education and information resources given out.
- 1.6 Review of HAD score
- 1.7 Assess wound is healing safely.
- 1.8 Onward referral to other members of the multi disciplinary team / support charity

### 3.0 Personnel

The Clinic will be undertaken by  
BHF Arrhythmia Nurse Specialists Janice Bailey and Jacqui Kemp

### 4.0 Location

- 4.1 Cardiology Dept
- 4.2 Friday afternoons.

### 5.0 Patient Group

- 5.1 Patients 4- 6 weeks following ICD Implant after technicians follow up appt
- 5.2 Patients who need support and advice (including driving) following a shock and/or ATP.
- 5.3 Patients who require 3 month follow-up due to work, lifestyle or support issues.

## **6.0 Booking**

- 6.1 Letter explaining BHF Nurses clinic to be given at POAC
- 6.2 Pacing Sister (Alison Whitcher) will inform Arrhythmia Nurse admin assistant weekly of patients to be booked onto the clinic, i.e. new ICD implants – name, hospital no and date of implant
- 6.3 The admin assistant will book pts onto BHF/ICD clinic on the same day as technical check clinic half an hour after their physiologist's appointment.
- 6.4 Patients may also be re-booked for a 3 month follow-up at their 1 month appointment if ongoing issues are identified. Arrhythmia Nurses will inform admin assistant to book patient.
- 6.5 Patients post shock/ATP may be identified by Arrhythmia Nurses or Cardiac Physiologists or may self refer. Patients appointments will be booked by admin assistant and letters sent.

## **7.0 Equipment and Set – Up**

- 7.1 Patients medical notes
- 7.2 Copy of clinic list
- 7.3 HAD score sheet
- 7.4 Healthy lifestyle information
- 7.5 Relevant charity leaflets – BHF, SADS UK, Arrhythmia Alliance, industry leaflets
- 7.6 MPH ICD booklet
- 7.7 DVLA information
- 7.8 Health and travel Insurance information

## **8.0 Administration**

- 8.1 Patient's notes will be requested and taken to clinic by the arrhythmia nurses admin assistant.

## **9.0 Nursing**

- 9.2 Pacemaker ICP filed and stored in patients notes
- 9.3 The patient will be referred on for further support if the Nurse feels it necessary, referrals may be made to: Cardiology Consultant, Pacing Sister, Cardiac Rehab, Physiologist, manufacturing rep, support group / charity, BHF Heart Failure Nurses.
- 9.4 The patient will be informed and a record made in the medical notes.

## **10.0 Anxiety and Depression**

- 10.1 Nurses will HAD score patients who are identified to be anxious or depressed, record in notes and make onward referral as necessary.

HAD score 0 – 7	No treatment
HAD score 8-10	Discuss results with patient, open conversation re worries / pacing goal setting
HAD score >11	Discuss results with patient, open conversation re worries / pacing goal setting/ and invite patient to make an appointment with GP

## **11.0 Wound**

- 11.1 Read notes for procedure
- 11.2 Observe wound for healing / infection (redness, swelling ,oozing, pain )

- 11.3 Question patient regarding healing of wound
- 11.4 Explain what patient should do if experiences signs of infection (including pain and pyrexia)

## **12.0 Exercise**

- 12.1 Understand settings re ICD therapies
- 12.2 Ascertain current activity / exercise level. Is this similar to pre – procedure onset of illness (where appropriate)
- 12.3 Is this level of activity / exercise satisfactory to patient / family / for health?
- 12.4 Offer appropriate advice regarding : realistic levels of activity / exercise depending on fitness ,cause of arrhythmia and other co-morbidities, increasing levels of activity / exercise, training issues (i.e. heart rate and warming up) , different sports, pacing and goal setting

## **13.0 Driving**

- 13.1 Ascertain relevance for patient
- 13.2 Advise re DVLA regulations
- 13.3 Give copy of relevant information if required
- 13.4 Provide patient with support with completing DVLA medical forms if required.

## **14.0 Medication**

- 14.1 Check medication with patient
- 14.2 Review medication – discuss with Consultant Cardiologist / GP if any problems.
- 14.3 Ensure understanding of medication, including common side effects, contraindications, offer relevant advice.

## **15.0 Return to Work**

- 15.1 Discuss type of work and plan to return or alternative actions if unable to return to previous employment (pacing and goal setting if appropriate)
- 15.2 Liaise with employers if necessary
- 15.3 Provide information / contact details regarding benefits and other employment issues

## **16.0 Information Given**

- 16.1 Assess knowledge and interest in developing understanding / gaps in knowledge
- 16.2 Offer appropriate advice and back up with relevant literature / websites
- 16.3 Record what information has been given
- 16.4 Offer details of support group and place on database to receive newsletters

## **17.0 Miscellaneous**

- 17.1 The clinic will be cancelled if both the BHF Arrhythmia Nurses are away unexpectedly. The technicians will inform the patients at their technical check and give a BHF Nurses card to the patient and a new appt will be made for them if they wish.
- 17.2 The clinic will not be booked if BHF Arrhythmia Nurses are on planned leave (annual leave or study leave or BHF Business, for example)

## **18.0 Referral Criteria**

- 18.1 Consultant Cardiologist

BHF Arrhythmia Nurse ICD Follow-Up Clinic  
Version 2

- Discrepancies with medication (cardiac drugs)
- Complex symptom management
- Urgent medication side effects
- Related medical problems i.e. respiratory
- Wound problems

18.2 Pacing Sister

- Wound care issues

18.3 Primary Care

GP - HAD score >11

- GP -discrepancies with medication (non cardiac drugs)
- GP -non cardiac medical problems (except respiratory)
- GP -non urgent medication side effects (non cardiac drugs)
- GP - hypertension
- PN – lifestyle issues i.e. smoking cessation , weight control , travel vaccinations,

18.4 Cardiac Rehabilitation

- Patients referred on a case by case basis, by direct contact with Cardiac Rehabilitation Nurse Specialists
- Problems with returning to exercise (i.e. lack of confidence)
- Problem with joining a gym

18.5 Manufacturing Rep

- Needs further input re workplace activities
- Needs further technical info

18.6 Support Group / Charity

- Feels anxious , isolated , lacking in support
- Needs further information

18.7 BHF Heart Failure Nurses

- Patients to be discussed on a case by case basis, but will remain under the overall care of the Arrhythmia Nurse
- Diagnosis of heart failure
- lack of symptom control
- Lack of understanding re diagnosis, medication, treatment, lifestyle issues.