Your cardiac rhythm management device: CRT-P

You have been implanted with a cardiac resynchronisation therapy pacemaker (CRT-P).

A CRT-P is recommended as a treatment for some people with heart failure. It can help to make the pumping chambers of the heart beat in time with each other. A CRT-P can also treat heart rhythms which can cause your heart to beat too slowly or miss beats.

What you need to know

Please keep a careful eye on the wound site. Leave the dressing on for five to seven days and keep it clean and dry. Once you have removed the dressing keep the area clean and dry until the wound is well healed.

Look out for any signs of infection:
- redness
- soreness
- raised appearance
- discharge
- raised temperature
- sudden severe pain at the wound site

If you have any concerns about your wound site, contact the cardiac rhythm management department between 8am and 5pm, Monday to Friday. At all other times you should attend the emergency department. (If you’re a resident of the Channel Islands please contact the Princess Elizabeth Hospital, details of your implant will be sent there).

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You should restrict your arm movements on the side of the body that the device is implanted until your first follow-up appointment. This will allow the lead(s) time to settle in to your heart muscle. Avoid motions that stretch the chest muscles on the side of your CRT-P.

Do not:
- lift heavy objects (nothing heavier than a full kettle of water, for example)
- lift your arm above shoulder height
- stretch your arm back behind your body
- use strenuous pushing or pulling motions

It is important to still use your arm for light activities to maintain movement in your shoulder joint.

Your first appointment with the cardiac rhythm management team will be in around six weeks. At this appointment your CRT-P will be checked and we will review your wound site. You will also have the opportunity to ask us any questions that you might have. If you are a resident of the Channel Islands you will receive a letter instructing you to send information to us using your home monitor.

Home monitoring
After your first appointment in clinic, we will check your CRT-P via your home monitor. Your home monitor sends information through to the department, which we then review to check the function of your CRT-P. We will send you a letter instructing you when to use it.

☐ My home monitor is automatic - keep it plugged in
☐ My home monitor is manual - plug it in when instructed

Your home monitor may mean you do not have to come in to the hospital for as many appointments.
**Future appointments**
If we need you to come in to the hospital to have your CRT-P checked we will send you an appointment letter. Your appointment will normally take between five and 15 minutes, though in some circumstances it may take longer. A doctor may be called if there are any findings at your check that need further investigation or a review of your current medication. Please bring a list of your current medication with you to any appointments. There is no need to bring your home monitor.

**Contact us**
**Cardiac rhythm management**
Monday to Friday 8am to 5pm

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Email: crm@uhs.nhs.uk
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**Further information**
For additional information please see our website [www.uhs.nhs.uk](http://www.uhs.nhs.uk) and search for ‘cardiac rhythm management’.
If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.