

## Patient information factsheet

# Your cardiac rhythm management device: CRT-D

**You have been implanted with a cardiac resynchronisation therapy implantable cardioverter defibrillator (CRT-D).**

A CRT-D 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-D can also treat fast heart rhythms and heart rhythms which 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

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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.

**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-D.

**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-D 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-D via our home monitor.** Your home monitor sends information

through to the department, which we then review to check the function of your CRT-D.

Keep your monitor plugged in at home. We will send you a letter instructing you when to use it. The home monitor may mean you do not have to come in to the hospital for as many appointments.

The home monitor may occasionally light up. This is normal and may be because the monitor is doing an update. Please do not send a manual transmission if this occurs. If you are concerned about the function of your home monitor, please call the helpline number.

If we need you to come in to the hospital to have your CRT-D checked we will send you an appointment letter. Please bring a list of your current medication with you to any appointments. There is no need to bring your home monitor.

### Magnets

Please be aware that using any device containing a magnet within 15cm of your implanted device forces it to function in a different mode. It will go back to its usual mode as soon as you move away from the magnet. Some newer mobile phones include magnets, so we advise you to use phones with the opposite hand to where your device is implanted and not to keep a mobile in a shirt pocket.

### What to do if your CRT-D alarms

Your CRT-D will perform automatic checks on a daily basis. If any of these checks find a measurement out of range then your CRT-D will alert you to this with either a noise or a vibration. We will demonstrate this to you. **If your CRT-D alarms you must contact us as soon as possible using the telephone numbers in the box below.**

## What to do if you receive shock therapy

A CRT-D can give your heart electric pulses or shock therapy to get your heart rhythm back to normal. **If this happens you must contact us as soon as possible using the telephone numbers in the box below.**

If you suddenly feel very unwell, lose consciousness or receive shock therapy multiple times you should dial **999** and attend the emergency department. Do not drive yourself to hospital.

### Telephone numbers

- Between 8am and 5pm, Monday to Friday, telephone the cardiac rhythm management department on **023 8120 6404**.
- Outside of these hours, telephone the hospital switchboard on **023 8077 7222** and ask to be put through to the cardiology bleep holder. Please have your ID card ready when you call.

## Contact us

Cardiac rhythm management  
Monday to Friday, 8am to 5pm

Telephone: **023 8120 6404**

Email: [crm@uhs.nhs.uk](mailto:crm@uhs.nhs.uk)

Address: Green Area, E Level, East Wing  
Southampton General Hospital  
Tremona Road  
Southampton  
SO16 6YD

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Please note that we only routinely analyse remote transmission between 8am and 5pm, Monday to Friday. If you have any concerns regarding your device outside of these times, please contact the hospital switchboard on **023 8077 7222** and ask to speak to the cardiovascular and thoracic bleep holder.

### Further information

For additional information please see our website [www.uhs.nhs.uk](http://www.uhs.nhs.uk) and search for 'cardiac rhythm management'.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email [patientsupporthub@uhs.nhs.uk](mailto:patientsupporthub@uhs.nhs.uk)

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)