

Patient information factsheet

Your cardiac rhythm management device - Guernsey patients

We have given you this factsheet because you have either had a cardiac device implanted or a procedure to change the battery of your implantable cardiac device at University Hospital Southampton NHS Foundation Trust. As you are a resident of Guernsey, your follow-up care will be under the cardio-respiratory team at Princess Elizabeth Hospital in Guernsey.

We hope this factsheet helps to answer some of the questions you may have. If you have any further questions or concerns, please contact the cardio-respiratory team using the details at the end of this factsheet.

To be completed by your healthcare team:

Device (please tick)	Procedure (please tick)
<input type="checkbox"/> Implantable loop recorder (ILR)	<input type="checkbox"/> New implant or lead revision
<input type="checkbox"/> Pacemaker	<input type="checkbox"/> Battery change
<input type="checkbox"/> Implantable cardioverter defibrillator (ICD)	

What you need to know

Wound care

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, such as:

- 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 cardio-respiratory department at Princess Elizabeth Hospital between 8am and 4pm, Monday to Friday.

Outside of these hours, go to your nearest emergency department.

Physical activity

If you had a **new implant** or **lead revision**, you should **restrict your arm movements** on the side of your body on which the device is implanted until your first follow-up appointment. This will allow the lead(s) time to settle into your heart muscle. Avoid motions that stretch the chest muscles on the side of your device.

Do not:

- lift heavy objects (nothing heavier than a full kettle of water)
- 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.

If you had a **battery change**, you do **not** need to restrict your arm movements.

Follow-up appointments

If you had a **new implant** or **lead revision**, your first follow-up appointment will be with the Guernsey cardio-respiratory team around six weeks after your procedure.

At this appointment, a cardiac physiologist (a healthcare professional specialising in cardiac device management) will:

- check your device
- review your wound site
- answer any questions you may have

After your first follow-up appointment, the team will check your device via your home monitor (see the 'Home monitoring' section below for more information). Occasionally, you may be asked to attend an onsite appointment with the cardiac physiologists.

If you had a **battery change**, your healthcare team at Princess Elizabeth Hospital will tell you when your next appointment will be, and whether it will be in person or via a home monitoring system.

Home monitoring

A home monitor sends information through to your cardio-respiratory team at Princess Elizabeth Hospital, so that they can check the function of your device. If you have been given a home monitor, they will send you a letter instructing you when to use it. Your monitor may be a smartphone or tablet-based app which uses low energy Bluetooth. The home monitor may mean you do not have to go 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. If you are concerned about the function of your home monitor, please call the helpline number provided with your device.

If your healthcare team needs you to come into the hospital to have your device checked, they will send you an appointment letter. The appointment will take approximately 15 minutes, though in some circumstances it may take longer. Your healthcare team may call a doctor if there are any findings at your check that need further investigation, or a review of your current medication is needed. Please bring a list of your current medication with you to any appointments. There is no need to bring your home monitor.

Magnets

Many everyday objects contain magnets. As magnets can temporarily change how your implanted device works, it is important that you:

- keep a distance of at least 15cm between your implanted device and any objects containing magnets (such as induction hobs and newer mobile phones and chargers).
- inform healthcare professionals caring for you that you have an implanted device before you have any treatment.
- do not keep a mobile phone in a shirt pocket.
- use the opposite hand to where your device is implanted to hold any objects containing magnets.

Normal function of your implanted device will resume once you move away from the object containing the magnet.

What to do if your ICD alarms

Your ICD will perform automatic checks on a daily basis. If any of these checks find a measurement out of range, your ICD will alert you to this with either a noise or vibration.

Your healthcare team will give you a demonstration of this at your first follow-up appointment. If your ICD alarms, contact the cardio-respiratory department as soon as possible using the details at the end of this factsheet.

What to do if you receive shock therapy

An ICD can give your heart electric pulses or shock therapy to get your heart rhythm back to normal. If this happens, contact the cardio-respiratory department as soon as possible using the details at the end of this factsheet.

Call **999** for an ambulance if you:

- suddenly feel very unwell
- lose consciousness
- receive shock therapy multiple times

Do not drive yourself to hospital.

Who to contact

If you have any further questions or concerns, please contact the cardio-respiratory department at Princess Elizabeth Hospital, Guernsey using the relevant details below.

In working hours (Monday to Friday, 8am to 4pm)

Cardio-respiratory department
Princess Elizabeth Hospital
Le Vauquiedor
St Martin
Guernsey
GY4 6UU

Telephone: **01481 225300**

Email: cardiologyunit.generic@gov.gg

Outside of working hours

If you have any urgent concerns regarding your device outside of these hours, please contact the emergency department on **01481 225092**.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**