

The Harley Street Cardiology Practice

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Where we have a passion for healing and are dedicated for care,
.....because your heart matters



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This is your personal health plan designed to help you record information which is important and useful to you in managing your condition.

You can complete all sections or just those that you feel are relevant to you.

Our staff can assist you with completing some parts of the plan.

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<http://www.ukcardiologist.com>
<http://www.myheartmyhealth.uk>

Personal Details

Notes

Name:	Hospital No.
Address:	Tel No.
NHS No.	
Next Of Kin:	Tel No.
GP Details:	Tel No.

Notes

Investigations & Appointments

Test	Date
Exercise Test	
Echocardiogram	
Angiogram	
MIBI Scan	
Cardiac Assessment Clinic	
Hospital Appointment	

Heart Attack

A heart attack occurs when a clot forms in one of the arteries supplying the heart muscle. This causes a lack of oxygen to part of the muscle which then becomes permanently scarred and less able to work effectively. The rest of your heart muscle will now have to work harder to get used to the extra workload. A heart attack may be treated with an emergency angioplasty and stent insertion or this may be done as a planned procedure.

Angina

Angina is a pain /tightness or discomfort in the chest which may radiate to the neck, arm or jaw. It is caused by a narrowing in the coronary arteries resulting in a reduced blood supply to the heart muscle. The symptoms are not the same for everyone. You might experience angina when you exert yourself, or if it is a cold day, or being very upset can sometimes trigger an angina attack. The symptoms usually fade after a few minutes rest or after taking your GTN spray. Angina can be treated with medication, coronary angioplasty and stent insertion or coronary artery bypass surgery.

Angioplasty & Stent

Coronary angioplasty is a technique that “squashes” the fatty tissue in the narrowed artery making the inside of the vessel wider and allowing the blood to flow through it more easily. A stent may then be inserted to keep the artery open. This procedure may be planned beforehand or it can be done as an emergency treatment.

Coronary Artery Bypass

This procedure involves an operation in which the surgeon will use arteries from your chest wall or arm, or veins from your leg to bypass blockages or narrowings in your coronary arteries and restore a good blood supply to your heart muscle. The number of bypasses needed will depend on how many arteries are narrowed. The coronary arteries are on the outside surface of your heart, so the surgeon does not need to open your heart.

Useful Contacts

Heart Valve Surgery

Heart valves can become damaged for a variety of reasons. Most patients with heart valve disease will be monitored regularly to ensure that they have treatment / surgery at the right time. In many cases treatment may not be needed for many years.

If surgery is required the surgeon will either replace or repair the faulty valve. Whether you have a repair or a replacement will depend on the type of valve affected and how badly it is affected. If you are having a valve replaced, it may be replaced with either a tissue valve or a mechanical valve.

The heart valves are inside the heart so the surgeon will have to open the heart to reach them. In some cases treatment can be carried out using a different technique. Your surgeon will discuss the various options with you.

Post Discharge

Medication

Upon leaving hospital, you will be given a supply of your medication. It is important that you understand how and when to take your medication. If you are unsure please ask the nurse to explain. You must obtain repeat prescriptions from your GP. Do not stop taking your medications without first consulting your doctor.

Work

Following a heart attack / bypass surgery you will usually be advised to take 8-12 weeks off work and return on a part time basis to allow you to get used to the increased activity. Following a planned angioplasty and stent you should be able to return to work sooner. Please ask your doctor for advice.

Diet

Eat a healthy, well balanced diet. Cut down on saturated fats. Try to eat at least 5 portions of fruit and vegetables per day. Cut down on salt and if you drink keep alcohol within recommended limits.

Smoking

If you are a smoker, stopping smoking is the single most important step you can take to reduce the risk of further cardiac events. There is plenty of free advice and support available to help you quit. Please ask your nurse or doctor for information. Alternatively see the back of this booklet for a contact number of the local stop smoking service.

Alcohol

Drinking excessive alcohol can cause weight gain. It will also increase your blood pressure and can lead to liver disease. Large amounts of alcohol over a long period of time can also cause damage to the heart muscle.

Cardiac Recovery Programme

To start on (date):.....

At (venue):.....

From (time):.....

Topic	Date
Heart disease	
Understanding risk factors	
Medication for the heart	
Exercise: safety and benefits	
Understanding your lipid profile and food labels	
Eating for a healthy heart	
Stress management	
Back to normal	

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Health education

Topics will include

- What is heart disease ?
- Risk factors for heart disease
- Medications for the heart
- Exercise: safety and benefits
- Understanding your lipid profile and food labels
- Eating for a healthy heart
- Stress management
- Back to normal

Sexual Intercourse

Following a heart attack, sexual intercourse is best avoided for the first 2 weeks after your discharge. If you have had surgery you may want to wait a little longer until you are feeling more comfortable. It is important to talk to your partner so that you are both comfortable about making love again.

Driving

Guidance from the DVLA states you should not drive for at least 4 weeks following a heart attack or bypass surgery. In some cases driving can resume after one week but strict guidance must be adhered to. Please clarify this with your consultant. This advice is for a group 1 licence. We recommend you inform your insurance company of your diagnosis. This should not affect your premiums and will help prevent problems in the future if a claim is made.

If you hold a group II licence, special restrictions apply and you should contact the DVLA 0300 7906806 for specific advice.

Travel

We recommend that you do not undertake long journeys for 6-8 weeks. If you have a holiday planned shortly after your cardiac event please talk to your cardiac nurse or consultant. When you are ready to travel it is very important to inform your travel insurance company about your heart condition to ensure you have sufficient cover.

Anxiety & Stress

It is normal to feel anxious and worried after a cardiac event. Most people start to feel less anxious as they get better and return to their normal activities. However if the symptoms become worse, please ask your nurse or doctor about support that is available.

Getting Back to Normal

Over the next six to twelve weeks, you should be able to gradually increase your level of activity until you get back to normal. For the first four to six weeks you should avoid activities that involve lifting, pulling, pushing or any sudden bursts of activity. Previously mentioned activities increase the workload of the heart suddenly and this may slow down your recovery rate.

The guide below gives a brief overview of the type of activities that are OK for you to do and what should be avoided.

OK To Do	Avoid
Light housework	Heavy housework
Dusting	Vacuuming
Cooking	Scrubbing
Washing dishes	Washing windows
Making tea	Lifting heavy items
Light shopping	Decorating
Light gardening	Running upstairs/for a bus
Weeding	Driving
Light trimming	Heavy gardening/mowing/digging
Planting out	Watering with a can

Following Your Cardiac Event

Following your discharge from hospital you will be invited to attend an appointment for an assessment visit with a cardiac support nurse. The appointment will be in the Cardiology department Level 2 Beeden House. It will last between one and one and a half hours and may involve a gentle walk on a treadmill. During the appointment your diagnosis and any interventions will be discussed. Risk factors for heart disease identified and appropriate lifestyle advice given. Your medications will be reviewed and explained. Following this assessment you will be given an opportunity to join the cardiac recovery course or other options for exercise will be discussed with you.

Cardiac Recovery Course

The cardiac recovery course is run by the cardiac rehabilitation team at Bedford Hospital. We hope you will gain support from staff and other members of the group which will help towards a speedy recovery. Your partner is also very welcome to accompany you. You will be invited to join the course for either 4/8 weeks depending on your diagnosis. You will attend once a week for 2 and a half hours.

What the Cardiac Recovery Course will Include

Exercise

You will follow a personal exercise programme tailored to your fitness levels. The exercises will be coordinated by our cardiac exercise instructor and will be circuit based.

Relaxation

You will be taught simple methods of relaxation to help you deal with the stress of everyday life. You will have access to resources so that you can practice these techniques at home.

Medications

Name	Dosage and Date	Action
Aspirin		Reduces stickiness of blood
Clopidogrel		Reduces stickiness of blood
Ticagrelor		Reduces stickiness of blood
Ramipril		Improves pumping action of heart and controls blood pressure
Bisoprolol		Slows heart rate and reduces the amount of work the heart has to do
Atorvastatin		Reduces cholesterol
Simvastatin		Reduces cholesterol
GTN Spray		Relieves angina

What to do if you get Chest Pain

The information below is for people who already have coronary heart disease and are being treated with GTN spray or tablets.

This medication is used to relieve chest pain (angina) when it occurs. You can also use it before doing anything you know will bring on your chest pain.

How to Use GTN

- 1 Stop what you are doing and sit down if possible.
- 2 Remove the top and hold the spray upright with your finger on the button.
- 3 Press the button firmly and spray one puff of medicine under your tongue.
- 4 Close your mouth immediately.
- 5 The spray should relieve the pain in 5 minutes. If you still have pain take another 1-2 puffs.
- 6 If the pain continues for longer than 15 minutes **call 999 immediately.**

Possible Side Effects

GTN may cause a headache. You may also experience dizziness / feeling faint/ facial flushing. This is normal and usually passes after you have used the GTN a few times. Sit or lie down until the effects pass off.

Remember, if at any time you think you are having a heart attack call 999 immediately.

How to Exercise Safely

It is important that you talk to your cardiac support team or your doctor or nurse about how much activity you can do and how to increase your level of activity. You can also ask them what types of activity are suitable and safe for you to do.

Whenever you do any exercise, start slowly for the first few minutes and build up gradually. This will prepare your muscles and heart for exercise. At the end, spend some time slowing down gradually and don't stop suddenly.

Aim to build up to completing 5 exercise sessions each week.

Each session should last for 30 minutes at a level 3 on the feelings on exercise scale below.

1. Easy, effortless, breathing comfortable, no muscle tension. At this level you could continue this activity for 2 hours.
2. Mild effort, breathing more deeply, muscles now working harder. At this level you could continue for 1-2 hours.
3. Breathing harder, slight sweat, muscles working harder, heart beating harder than at rest. At this level you could continue for 20 minutes —1 hour.
4. Breathless not speechless, sweating, muscles working hard, heart beating strongly. At this level you could continue for up to 20mins.
5. Very breathless, speechless, uncomfortable, chest tight, muscles hurt, dizzy, nauseous. At this level you could continue for 1-2 minutes.

Risk Factors

Risk Factors	Target	Date	Date	Date	Date	Date	Programme Completion Date	CHD Clinic Date
Exercise	5x30 minutes Level 3							
Diet	5xFruit & Veg Low fat							
Diabetes	HbA1c <53 good 53-64 fair 64-75 In-adequate >75 poor							
Alcohol	<14 units							

Risk Factors	Target	Date	Date	Date	Date	Date	Programme Completion Date	CHD Clinic Date
Smoking	Non-smoker							
Total Cholesterol	< 4.0 mmols							
LDL Cholesterol	<1.8 mmols							
B/P	Below 130/80							
(BMI)	20-25							
Waist								
Weight								

Walking Plan

The only way to make your heart stronger is to exercise. Walking is the cheapest and easiest form of exercise. When you walk you may experience: slight breathlessness, feeling like your muscles are working harder. Feeling warmer and possibly sweating.

Weeks 1-2 Aim to walk 2-3 times per day for up to 5 minutes. Keep close to home until your confidence has grown.

Weeks 3-4 Walk daily for 10 minutes. Walk at a pace that is comfortable for you.

Weeks 5-6 You should now be walking daily for 20 minutes.

Weeks 7-8 This week take one long brisk walk for 25-30 minutes and take four shorter walks of 20-25 minutes at a slower pace.

Weeks 9-10 Walk 30-45 minutes daily without a stop. Try to find a local walking group to keep yourself motivated.

STOP IMMEDIATELY IF YOU EXPERIENCE;
Chest pains, sickness/nausea, palpitations, faintness/dizziness, excessive sweating or shortness of breath.

IF YOU HAVE HAD A PLANNED ANGIOPLASTY WITH NO COMPLICATIONS, you may be able to increase the amount of activity you do more quickly. Ask your doctor or cardiac support team for advice.

