

Heart Failure Service

What is heart failure?

Heart failure occurs when the heart muscle has become too weak or stiff to pump enough blood around the body efficiently. If you have heart failure it does not mean that your heart is about to stop working. It means that your heart needs some support to do its job. Our Heart Failure Service specialist nurses offer practical and emotional care as well as tailored advice to support people living with heart failure. We work closely GPs with specialist interest in cardiology and Consultant Cardiologists.

What we provide

- Ongoing care and support
- Review treatment plans
- Monitor and titrate* medication aimed at relieving symptoms
- Education, guidance and support to help you understand your heart condition
- Tailored advice and tips to support you to manage your heart condition
- Support to make lifestyle changes which will improve your heart health
- Referral through to heart failure rehabilitation programmes where appropriate
- Signposting and referral to other services which may support your needs

Understanding your heart condition

To help understand your heart condition better we will talk to you about your symptoms and may need to run some tests such as:

- Echocardiography - ultrasound of the heart
- Resting ECG (heart tracing)
- 24 hour blood pressure monitoring
- 24 hour ECG
- Cardio memo event recording (patient operated heart tracing, usually for palpitations)
- 7 day event recording (heart tracing for patients with intermittent palpitations)
- Blood tests

Where necessary we will fast-track referrals to Arrowe Park Hospital or Liverpool Heart & Chest Hospital for further investigation or intervention.

* gradually increase the dosage to the required level.

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Your appointment

You are welcome to bring a family member or friend to your appointment. **A chaperone is available on request.**

How can you prepare?

It is important that you always bring any medication you are currently taking or a medication list to your appointment.

Wear loose fitting, comfortable clothing, and make sure your skin is clean and free from any body lotions or oils. If you are unable to attend your appointment please let us know as soon as possible.

What happens next?

Your nurse is able to review your medication and if necessary prescribe heart medications. Any medication changes will be faxed to your GP for you to pick up your prescription after 48 hours.

Your nurse will send your GP a letter. If you wish to receive a copy of this please let the nurse know or contact our administration team on **0151 604 7711**.

Referral to the service

You can be referred to the service by your GP/ Community Nurse or if you have been admitted to hospital you may be referred by them.

How to contact us

Tel: **0151 604 7711**, Monday - Friday, 9.00am - 5.00pm.

Where can I be seen?

We offer services and clinics at the following locations:

- **Community Cardiology, Birkenhead Heart Centre:**
St Catherine's Health Centre, Birkenhead, CH42 0LQ.
- **Community Cardiology, Wallasey Heart Centre:**
Victoria Central Health Centre, Wallasey, CH44 5UF.
- **The Warrens Medical Centre**, Arrowe Park Road, Wirral, CH49 5PL.

Home visits may be available for patients who are unable to attend clinic. This is based on clinical review by the Heart Failure team.

NOTE: Outside of clinic times we do not have staff based at Victoria Central Health Centre or the Warren's Medical Centre.

If you need to speak to us please contact us on **0151 604 7711**, Monday - Friday, 9.00am - 5.00pm.

If you would like this information in another format, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

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