

*Patient Information Booklet
for people living with an
Internal Cardioverter
Defibrillator (ICD)*



The new logo for ICDC Surrey was designed & created by a Graphic Designer & friend of this Patient Support Group, Harry Poole. Currently, he works for a consumer health technology company & has experience on both digital & print based projects. The approach for our new logo was to consider the true nature of ICDC Surrey. Care, support & the heart were the three key themes for the logo, whilst also taking inspiration from other charitable organisations.

YOU ARE INVITED TO BECOME A MEMBER OF THE ICD PATIENT SUPPORT GROUP [PSG]

The PSG is jointly operated by the clinical medical staff of Ashford & St. Peter's Hospitals, patients who have had an ICD [Implantable Cardioverter Defibrillator] implant operation & members of the patient's family. Each of these three groups have a very important role to play in establishing what the main problem areas are when ICD patients try to return to a normal family life at home. The PSG will make every effort to help the patient obtain the effective support that is needed.

THE MAIN AIMS OF THE PSG ARE:-

1. To provide an automatic free membership & forum for all patients who have had their ICD Implant Operation at Ashford & St. Peter's Hospitals. This provides the opportunity for their family, partners & friends to discuss their concerns & problems taking into account both medical & social requirements.
2. To operate a dedicated website that is available for all ICD patients within Surrey. This facility will enable each hospital to have their own section in order to undertake their own individual requirements.
3. To assist patients with ICDs to regain their confidence & well-being if they should ever experience problems or during difficult times.
4. To provide literature, notice of meetings & relevant information that is available or being undertaken by the various Hospitals, heart-related organisations on various topics which involve ICD patients.
5. To organise the opportunity for ICD patients & their families to meet or contact other people who have had similar experiences & gain support from their knowledge.
6. To provide current information about the DVLA, insurance, basic holiday parameters & many other areas where patients with ICDs could experience problems.
7. To provide current information on the latest technology & improvements from the manufacturers & suppliers of ICDs.

PROMPT COMMUNICATIONS BETWEEN MEMBERS USING THE EMAIL MESSAGING SERVICE.

In order to enable a prompt & reliable channel of communication between members, we have established an E-mail messaging service. If you wish to be part of this system & gain the numerous benefits that are available to you, we do need your consent to contact you in this matter. If you are agreeable, please send your email address to:-

admin@icdc-surrey.org.uk

We can then send you an electronic consent form which you must complete & email back to us.

OR

Find it on the ICDC Surrey website:-

icdc-surrey.org.uk

If you do not have an email address please refer to the Registration Application Form which is shown opposite. Please complete the form, cut it out & post it to the address as shown below.

Dr Ian Beeton
Cardiology Department
St Peters Hospital
Chertsey
Surrey KT16 0PZ

Members can also use our social sites to keep in touch with current news, events & important information from our fellow healthy heart partners

Read our blog at <http://defibrillatorclub.blogstop.co.uk>
Like our Facebook page at <http://www.facebook.com/icdcsurrey>
Follow us on Twitter at https://twitter.com/ICD_Club

Every year, usually sometime in April, the PSG hold an "Education Open Day" which is held at St Peter's Hospital. This is an event that is organised by the medical/clinical staff & PSG members. The main aim is to provide a location where medical staff, patients with ICDs, their family & friends can meet & have the opportunity to exchange points of view in a relaxed & social environment. There are short talks, lectures & demonstrations given by the medical staff. Adequate time is also allowed [when refreshments are being served] for all attendees to talk together in an informal style. This event is open to all patients who have had an ICD Implant Operation.

The PSG also aim to hold at least one social event every year outside of St Peter's Hospital. The number of social events & ICD discussions could be increased, but this would depend upon the members giving their active support. Your suggestions for such activities & volunteering to help in organising them would be much appreciated. If you wish to volunteer, please email your willingness to do so.

The main overall purpose of the PSG is to create a more knowledgeable & congenial way of life for all ICD patients. The solution for any problem is here, you only have to join & ask.

PATIENT SUPPORT GROUP [PSG] TRUSTEE MEMBERS:-

Patron: Dr Ian Beeton MRCP, MD.

Medical Support:

Pacing Clinic: Nicola Hutchison. [Cardiac Investigations Manager].

Arrhythmia: Patricia Little. [Lead Arrhythmia Nurse].

Chair: Graham Skelding.

Vice-Chair: Judi Linney.

Treasurer: Duncan Reid.

Events Secretary: Margaret Skelding.



ICDC Surrey Patient Registration Application

Patient Name:

Address 1:

E-mail address:

Address 2:

Telephone number:

Address 3:

Mobile number:

Post Code:

I consent to be placed on the register

I consent to be contacted by email

Patients will not be added to our register or contacted unless consent given

The information provided on this form will be used solely by ICDC Surrey.
It will not be available to any other party.

Data distributed by ICDC Surrey will never contain patient information
or medical records.

Please complete this form & post to :-

Dr Ian Beeton
Cardiology Department
St Peters Hospital
Chertsey Surrey KT16 0PZ



SUB-COMMITTEE MEMBERS:-

Volunteers are always needed for many important tasks. All activities do not involve meetings & communication is always via email or phone. If you are interested in joining us, please contact any of the above Trustees on:-

admin@icdc-surrey.org.uk

USEFUL TELEPHONE NUMBERS.

Birch Acute Cardiac Unit [BACU]: 01932-723246 or 01932-722012.

ICD Pacing Clinic: 01932-722530.

Arrhythmia Nurses: 01932-726496.

Cardiac Rehabilitation Unit: 01932-722207.

USEFUL LINKS



Arrhythmia Alliance

www.heartrhythmcharity.org.uk



British Heart Foundation

www.bhf.org.uk



Cardiac Risk in the Young

www.c-r-y.org.uk



Cardiomyopathy Association

www.cardiomyopathy.org



Medicalert

www.medicalert.org.uk

QUESTIONS PATIENTS ASK

When you have an ICD implanted, there are always questions arising that you think about when you get home & wished you had asked. We try & cover all eventualities when we discuss the implications of having an ICD before & after the implant. Common questions & answers are outlined below:-

WHEN CAN I RETURN TO WORK?

Usually we recommend that everybody who has just had an ICD implanted takes time off work. The exact amount required needs to be discussed with your Cardiologist as it may be affected by your underlying condition & the speed with which you heal. Taking time to recover is important in order to allow the ICD & newly implanted leads to settle down. It is advisable to avoid strenuous exercise & limit your exercise levels to that which doesn't involve arm exercise/movement. The reason for this is to allow the leads to settle into place & avoid any stress on the system that may cause the leads to displace themselves from their original position. There is a small but real risk of the leads moving until they have had a chance to form tissue growth around them which usually takes between four & six weeks [hence the timing of the first device check]. Do not restrict all movement but try & avoid any sudden or jerky movements as this may affect the leads in the early healing period. It is very important to keep some mobility, to prevent your shoulder becoming stiff or 'frozen'.

WHEN CAN I GET BACK TO NORMAL?

If your ICD Clinic states that your device is functioning properly at your post-implant check [which is usually carried out within a 4 – 6 week period], you should be able to return to a normal lifestyle. Questions regarding fitness to fly should be directed to your Cardiologist. Ultimately, the goal is to ensure that you get on with your way of life as you did before you had your ICD implanted. In our experience, many patients & the people that they live with are naturally worried about "how far" they can live a normal life style & "push" themselves on the exercise front. If exercise such as walking the dog or attending the gym are bothering you, be sure to discuss your concerns when you come for your device check – we can reassure you that you will not cause your ICD to trigger whilst doing the activities you once enjoyed before your ICD was implanted. Many of our patients carry out regular exercise & have no problems in doing so. There are plenty of ICD patients who play sport. If your underlying cardiac condition restricted your exercise level prior to your implant, the ICD will make no difference to this limitation. But if you have any concerns, check it out with your ICD Clinic.

CAN I RESUME A NORMAL SEX LIFE?

Yes!! If it was OK before you had your ICD implanted, it will be OK after. Again, we recommend that you do nothing too vigorous for the first month, but after that – no limits!!

WHAT HAPPENS IF ANYONE IS TOUCHING ME WHEN I RECEIVE A SHOCK FROM MY ICD?

The worst experience that anyone can have in such a situation is that they might feel a slight tingle. You may see the individual with the ICD have a physical "jump". No harm can come to anyone touching a patient with an ICD when a shock occurs. Many patients who have young children or grand-children have often expressed such fears. Remember, there is no need to worry, it can never harm anyone.

HOW QUICKLY WILL MY WOUND HEAL?

The rate that a wound heals always depends upon the person involved. In a typical situation, the wound should show signs of healing within 4 – 6 weeks. However, it is not uncommon for a patient to feel “pins & needles” or even short sharp twinges for several months as the tissue underneath heals. As with all wounds, itchy wounds are a sign that it is healing. If your wound ever shows signs of turning “green & pussy” or “red & angry”, you should immediately contact your GP and/or ICD Clinic.

WILL I BE ABLE TO TRAVEL?

If you feel fit, well, & have no medical reason why you shouldn't travel, then your ICD is not going to prevent you from going wherever you wish. But before making your final decision, please check our travel information leaflet [which is available at your ICD Clinic] for any recommendations concerning any precautions that you may have to take. Questions about “fitness to fly” and/or travel abroad should be raised with your Cardiologist.

WILL I ALWAYS BE AWARE OF MY ICD?

All patients will react differently to this question. It will be dependent upon the individual patient concerned & their own “anxiety” level. Patients with a thinner physique have less cover over where the ICD has been implanted. In turn, this will result in them seeing more easily the outline of the ICD under their skin. It takes time to get used to the presence of the ICD, but it will not prevent the patient from being able to continue most of their daily activities in exactly the same way as they did before having their ICD implanted. If, after 6 – 8 weeks, the patient is still concerned, they should contact their ICD Clinic. Some patients report a “saggy box” where they can feel their device move around under their skin, especially when they lie on their side. Normally this will not cause a problem but if you fall into this category then do mention it to your Cardiologist & the Pacemaker Clinic when you come for your next appointment.

IF YOU FEEL UNWELL, YOUR FIRST POINT OF CONTACT SHOULD BE YOUR GP.

If you feel that you have any heart related symptoms such as signs of dizziness, feeling faint, palpitations or receive a shock from your ICD – you must immediately contact your ICD Clinic. If it should occur “out of hours” & the shock has made you feel unwell, you should attend your local A & E department. To assist the medical staff wherever you report to, you must always remember to carry your ICD card so that the necessary data it contains can be used by them.

If it occurs “out of hours” & you feel well, then as long as you believe that you have only had one shock, you may wish to wait until morning to get in touch with your local ICD Clinic. If you get more than one shock, you must always report to your local A&E. Remember, that if you think or know that you have had a shock, you must never drive yourself to any location.

CAN I STOP TAKING MY PILLS NOW THAT I HAVE AN ICD IMPLANTED?

Do not stop taking any prescribed medicines without first discussing it with your Cardiologist or GP. The reason why you were prescribed with the pills was dependent upon your underlying medical condition. The ICD does not stop you from getting heart rhythm disturbances. It only stops them when they occur. Some of the pills that you have been prescribed may reduce the frequency of experiencing “rhythm disturbances” or “arrhythmias”. In such a case, you may therefore need to keep taking them as the ICD is there only as a back-up in the event that your pills didn’t work. You may also be taking pills for other related reasons such as helping the heart muscles pump more efficiently or to reduce the fluid levels & help your kidneys excrete fluids more efficiently. You may not be able to stop taking any of these.

EMERGENCIES

HOW DOES A DEFIBRILLATOR WORK?

The implanted defibrillator [ICD] acts as a constant heart monitor through the leads that are attached to the patient's heart & which feed signals back to the 'box' that sits under the skin. The ICD is set to detect heart rates that are higher than a pre-determined level that has been determined by your Cardiologist. The level will be different for each patient & will depend upon the patient's underlying heart problem. The level may vary from 130 beats per minute [bpm] to 220 bpm.

If the monitored heart rhythm starts to go too fast, the ICD switches to full alert. If the rhythm remains above the set detection rate for a given period of time, the ICD begins a series of tests to determine whether the rhythm is normal or abnormal and, if abnormal, whether it needs to be treated. If so, it will start to deliver any therapy that has been programmed to attempt to return the rhythm to normal. If the patient's rhythm then reverts back to normal on its own accord, the ICD will switch back to its normal monitoring setting. The treatment may be a delivery of fast pacing stimuli or a series of low/high level shocks. It will continue to treat the patient in this manner until either the heart rhythm returns to normal or until all of its treatments have been delivered. The number of treatments will depend upon the type of box that the patient has had implanted. This could be up to 7 shock therapies one after another – depending on whether the treatment from the device is successful at reverting the abnormal rhythm back to a normal one.

WHAT HAPPENS TO THE PATIENT DURING TREATMENT?

A patient's response will always vary depending on which type of therapy has been used. Many patients are unaware of pacing therapies that occur within their body, but most patients will be aware of a shock treatment if they were not unconscious at the time of the shock treatment. At the start of a fast heart rhythm, the patient may feel palpitations & begin to feel dizzy if their blood pressure drops with the increased heart rate. Some patients are not aware of their rhythm changing or any symptoms at all. However, in other cases, some patients may even lose consciousness. If you have time, the patient should always endeavour to sit down wherever they are. You must then wait for either the rhythm or palpitations to stop whilst your treatment from your ICD is being delivered. The effect of shock treatment can cause a violent twitching or jumping of the body. This can be unpleasant & the shock is felt in different ways by different patients. If you have had any symptoms or worry that you may have/be in a dangerous rhythm you should not attempt to drive.

WHAT HAPPENS IF THE ICD FAILS TO WORK?

If the ICD delivers shocks & the patient has fainted or is unconscious, take their pulse immediately. If there is no pulse, then CPR [emergency heart massage & mouth – to – mouth breathing] should be immediately started & an emergency ambulance called. If the patient has a pulse & is breathing, help them into the most comfortable recovery position & summon help. If the ICD has delivered a shock & the pulse is still rapid, help should be called.

Many patients will not lose consciousness, even if they maintain a rapid pulse. This will give you adequate time to get them to the local hospital's A&E department. Remember that you should not drive. Make certain that the paramedics are given all the relevant information that the patient has told you concerning their medical condition & ICD.

**“TRY NOT TO PANIC!!
STAY CALM FOR THE SAKE OF THE PATIENT”.**

WHAT DOES A PATIENT DO AFTER THEY RECEIVE A SHOCK?

If you think that you have had a shock from your ICD, you should immediately contact the ICD Clinic at your local hospital. If the shock occurs “out of hours” or you cannot get an answer from the local ICD Clinic; you must go to the A&E department at your local hospital. If you have more than one shock, you must attend the A&E department as soon as possible.

IF A PATIENT IS EXPERIENCING A SHOCK, WOULD IT AFFECT ANYONE TOUCHING THE PATIENT?

Anyone touching a patient whose ICD is delivering shocks will experience no more than the patient’s minor physical jumping movement. The amount of electrical energy that is transmitted to the patient’s body surface is so little that it will not harm anyone else. Very occasionally, partners or people touching a patient’s body when the patient is receiving shocks have felt a slight tingle, but this is not harmful.

TRAVEL

CAN YOU TRAVEL ANYWHERE?

Having an ICD implanted makes no difference to whether you can travel or not. What really determines the answer is “what is the general state of your health” & “what is the risk to you if you find yourself stranded in a location with no emergency cardiac cover”? Some patients with ICDs will have no problems from either of these two questions. Other patients will have to exercise more caution regarding the locations that they intend to visit & how long they will stay there.

There are two aspects that influence recommendation to allow travel abroad. The first is the ICD & stability of the heart rhythm. If your most recent ICD check has been satisfactory & you haven't had problems with heart rhythms for the last two months then it is OK to travel. The second is the condition that required the ICD to be implanted. Patients with ICDs often have decreased cardiac performance due to previous heart attack, valve problems or cardiomyopathy. If you get breathless with minimal activity then assistance at travel hubs will be required & long haul travel is not recommended. If you get breathless on moderate activity, long haul travel should be planned carefully to avoid strenuous activity. If you are symptom-free then most travel can be undertaken but be sensible about extreme exertion.

ICD patients normally have an appointment with their ICD Pacing Clinic every six months. However, some ICDs are compatible with wireless “remote monitoring” devices. This technique enables the patient's ICD Pacing Clinic to monitor items such as battery, leads &/or heart rhythm whilst the patient is at home. If any problem is found, the ICD Pacing Clinic will be notified & they will get in touch with the patient. If you are interested in having such a device, please contact your ICD Pacing Clinic so that they can ascertain whether your ICD is capable of being able to perform this action &/or if this service is available to you. If you already have one of these devices, it is up to you whether or not you take it with you abroad. Things to consider are the duration of your holiday, the ease at which your monitor downloads [is it a simple plug in to the wall or is it attached via a phone line?], & how comfortable you are with having the monitor with you on a relaxing holiday.

HOW DO I OBTAIN HOLIDAY INSURANCE?

As with all medical conditions, insurance may be a problem for patients with an ICD. We cannot recommend any particular company, but the following insurance companies are known to have either insured one of our ICD patients or taken a more understanding of “heart related problems”.

Staysure Co Ltd [0844-6928444]

www.staysure.co.uk/medical

They specialise in the over 50 years old group.

Insure for All [0800-0821271]

www.insureforall.com

They specialise in the over 50 years old group.

AllClear Insurance Services Ltd [0845-250-5350 or 5222]

www.allcleartravel.co.uk

Specialise in over 50 years old group, especially “cruising”.

Some insurance companies require written confirmation either from your Cardiologist or ICD Pacing Clinic to confirm that you are fit to travel & comply with their stated conditions. These requirements vary from company to company & most patients experience no difficulties. If an insurance company tries to load your policy to an unacceptable level or states unrealistic conditions, it is best to reject it & approach another insurance company.

If you are flying, some airlines may want a certificate of fitness before they will allow you to travel with them. When you are booking your flight, please make this a priority question. If one is needed, you must contact your Cardiologist for advice. At the same time, a patient should also determine if they would need oxygen during the flight. This advice should be sought from either your GP &/or Cardiologist.

WHAT DO YOU NEED TO TAKE WITH YOU ON HOLIDAY?

Regardless of where you are travelling, it is imperative that you have your ICD identification card & any emergency documentation [such as a full list of all your drugs & doses] with you at all times. The ICD identification card [issued by your ICD Pacing Clinic] should always be shown to the airline security staff so that they do not insist that you must go through the metal detector. Always insist that you are escorted around the “detector”. If, usually at a foreign airport, they are adamant that you must pass through the “detector”, just quickly walk through. It is more likely that you will trigger the alarm than cause any problems to your ICD.

If you need vaccinations, inoculations or preventative medicine for the countries that you are going to visit, please check with your GP &/or ICD Pacing Clinic in case there are any possible clashes with the drugs that you are already taking. Particular care must be taken by the patient if they intend to use anti-malarial or cardiac anti-arrhythmic drugs.

“IF YOU HAVE BEEN GIVEN A MAGNET, REMEMBER TO TAKE IT WITH YOU”.

“DO NOT FORGET THE SUNTAN LOTION & A HAT, ESPECIALLY IF YOU ARE TAKING AMIODARONE”.

EMERGENCIES

If you do find yourself with any ICD related problem whilst you are on holiday, the best thing that you could do is to assess the situation as if you were still at home in the UK. If you feel well enough to return home, try to get your travel arrangements brought forward. If this is not possible, use your ICD passport & associated medical documents when presenting yourself at the local holiday GP &/or hospital. Lists of local hospitals in other countries that have the ability to follow up problems with an ICD are available on the internet at <http://www.medtronic.com/traveling/> Patients can also ask their own ICD Pacing Clinic in the UK to obtain similar information. Please remember to give plenty of advanced notice to your ICD Pacing Clinic if this is needed.

Most Western countries such as USA, Canada, Australia, New Zealand & other countries with advanced technology within Europe will have such ICD centres. Many of the third world countries do not yet have the necessary expertise, so please check if they do have it well before you depart on your holiday.

“PLEASE NOTE THAT WE CANNOT GUARANTEE THE QUALITY OF CARE IN ANY ICD PACING CLINIC WHICH IS LOCATED IN A FOREIGN COUNTRY. WE CAN ONLY GIVE YOU A CONTACT IN CASE OF EMERGENCIES OR MEDICAL PROBLEMS THAT YOU INCUR WHILST YOU ARE ON HOLIDAY”.

DRIVING & HOW TO REPORT TO THE DVLA THAT YOU HAVE HAD AN ICD IMPLANT

ICDS & DRIVING.

One of the disadvantages of having an ICD is that there are many rules & regulations related to driving. These have been established by the DVLA in conjunction with the Cardiology Advisory Panel & are constantly being reviewed, updated & subject to change.

After your implant operation, remember to ask your Cardiologist for details of the current DVLA restriction that applies to your particular medical condition. This will help you to complete all of the following stages using the correct format & terminology. Full details to help you are available on-line at:-

<https://www.gov.uk/government/publications/at-a-glance>

There are typically two driving bans following ICD implantation; one-month or six-months – the duration of your ban will depend on the reasons for your ICD implant and your Cardiac history.

It is most important that a patient advises their car insurance company that they have had an ICD implanted. You must also immediately inform the DVLA that you have had an ICD implanted. The DVLA will post back to you the necessary forms & then the patient must complete them & return as soon as possible. The main one will be an “H1” form which can also be obtained “on-line”. This form will require you to complete many sections including details of the hospital where the implant was carried out, name of your Cardiologist, etc. Should you require assistance in completing this form, please contact your ICD Pacing Clinic. This will enable the DVLA to contact your Cardiologist for the remainder of the medical data that they require.

If you have a six month ban, try to align your ICD check-up about one week or so before the six month ban is completed. Part of the DVLA paperwork will ask the Cardiologist whether you have had any arrhythmias that may delay a return to driving thus ICD interrogation will be needed for confirmation of this. Your ICD clinic will be able to help you if you have any questions on this.

If you are a ‘black cab’ driver, you will need to seek advice from your local medical panel in order to determine whether you need a letter regarding ‘eligibility to drive’ in order to return to work and/or whether there are other implications to your driving due to the ICD. Your Cardiologist will be able to assist you if you have any questions on this.

Please remember that if, after your ICD is implanted, you ever have shock therapy and/or lose consciousness, there is likely to be a further driving ban. Depending on the cause of the loss of consciousness or shock, this ban from driving may be one month, six months, or two years in duration from the date of the last episode. Your ICD clinic and/or Cardiologist will be able to tell you which ban is applicable for you. In these scenarios the DVLA do, once again, have to be informed.

**“IT IS VERY IMPORTANT TO KEEP COPIES OF ALL THE DOCUMENTS THAT YOU
SUBMIT TO THE DVLA”.**

Sometimes, the DVLA will not be able to return your driving licence after the specified time period has been completed. This can occur for numerous reasons beyond both their & your own control. To assist the prompt return of your driving licence, it is sometimes helpful if you phone them about one month prior to your known return date pertaining to your driving licence & check that there are no problems. It can sometimes take a long time for them to answer your phone call, so please always remember to remain patient & when you ask what your current position is, a quiet & professional manner will always work in your favour.

If you are experiencing a lengthy delay, please contact your ICD Pacing Clinic who will endeavour to help your application.

POSSIBLE ICD & ELECTRICAL INTERFERENCE.

FACT OR FICTION?

There are stories galore about how electrical interference can cause havoc for patients who have an ICD. Everyone knows a horror story & will be quick to share it with you once they know that you have an ICD.

“THIS IS NOT TRUE; THERE IS MORE FICTION THAN TRUTH IN SUCH TALES”.

Your ICD is housed in a metal case & when implanted inside your body is well protected from most external electric signals. Each ICD manufacturer ensures that their device has extra safety features to the highly complex electronics within their ICD to prevent electrical interference whilst still maintaining its ability to detect your heart's electrical rhythms.

The patient's pre-operation pacing pack contains all of the information about such interference. Some patients may be employed in an environment where there may be some risk of electrical interference. If you work in a factory of electrical equipment, do inform the ICD Pacing Clinic who will seek guidance and monitor you and your device to ensure that you may safely return to work without any problems.

In addition, you will find that many electrical equipment instruction manuals will contain warnings for people with pacemakers/ICDs. However, if you are uncertain about any electrical item, please contact your ICD Pacing Clinic. They will make the necessary enquiries directly with the manufacturer concerned & advise you of their findings.

Many patients report receiving conflicting advice on numerous common electrical items. The following comments should answer most of the questions you have on common appliances:-

1. HOUSEHOLD – DOMESTIC APPLIANCES.

Electric drills, CD/MP3 players, TV's, Hairdryers, Microwave ovens, Computers, Hedge Cutters, Lawnmowers & Sewing Machines are all safe to use. Practically all normal household appliances have been declared safe for patients with ICDs.

2. INDUCTION HOBS.

The only major exception to item 1 above is that it has been reported that cooking appliances with an Induction Hob can pose a possible risk. Patients with an ICD should avoid using them. If you must use one, do not stir the pan which is being used using a conductive utensil.

3. MOBILE PHONES.

Mobile phones are safe to use, but it is recommended that the patient should always hold the phone to the opposite ear to where their ICD was implanted if at all possible. If you carry your mobile phone in a breast pocket, you should always use the pocket on the opposite side to which the device is (i.e. if your device is on the left, do not place a mobile phone in a left-breasted shirt pocket).

4. AIRPORT SECURITY SYSTEMS.

As with all patients who have a pacemaker or ICD, as long as you carry your ICD ID Card with you (or a copy of it), and show this to the security team at the airport, they should take you around the scanner rather than through it.

Contacts

1. Ashford and St. Peters Hospital

Guildford Rd

Chertsey

Surrey KT16 0PZ

Tel: 01932 872000 [Switchboard]

Tel: 01932 722530 [Pacing Clinic]

2. East Surrey Hospital

Canada Avenue

Redhill

Surrey RH1 5RH

Tel: 01737 231661 [Cardiac Dept.]

3. Epsom Hospital

Dorking Road

Epsom

Surrey KT18 7EG

Tel: 01372 735735 [Ext. 6054 Pacing Clinic]

4. Frimley Park Hospital

Portsmouth Road

Frimley

Surrey GU16 7UJ

Tel: 01276 604754 [Cardiac Dept.]

Tel: 01276 604755 [Pacing Clinic]

5. Royal Surrey County Hospital

Egerton Road

Guildford

Surrey GU2 7XX

Tel: 01483 571122 [Ext. 4686 Pacing Clinic]

THE SURREY IMPLANTABLE CARDIOVERTER DEFIBRILLATOR CLUB [ICDC].

The Surrey Implantable Cardioverter Defibrillator Club [ICDC] offers support to cardiac patients with an ICD. An ICD is a small device in the chest or abdomen to help control life-threatening abnormal heart rhythms such as sudden cardiac arrest.

ICDC Surrey develops & supports a network of Patient Support Groups [PSGs]. Members include patients, carers & clinical staff; who work in partnership for the benefit of their family & friends.

Our aims & objectives include:-

- Offer support for all people with ICDs, their partners, families & carers to discuss their concerns & share experiences.
- Provide information & education relevant to ICD patients including driving [DVLA], medication, ICD technology, insurance, diet, exercise & what to do in an emergency.
- Improve communication through websites, regular events & social networks.
- Operate a dedicated website that is available to all ICD patients within Surrey. This facility will enable each hospital to have their own section in order to undertake their own individual requirements and activities.
- Share information that is made available by the various heart-related organisations on various topics which involve ICD patients.
- Provide current information on the latest technology & improvements from the manufacturers & suppliers of ICDs.

For further information:-

Contact the ICDC Surrey website :

admin@icdc-surrey.org.uk

Or

Discuss with the Physiologist at your Pacing Clinic.

