



## Introduction

“Welcome to our second CRM newsletter. I hope you enjoyed our previous edition? The CRM team have all been keeping busy since our last publication. We are always striving to improve our service and provide the best care we can. We are also conscious you only get a short time with us in clinics so I hope this ongoing publication will let you see a little bit about what goes in the background.

I hope you find this useful and informative.” Nicola Chalk – Chief Physiologist - Devices Lead.

## 2019 So Far

### Staff News

- In March 2019, Nicola and Sam visited Copenhagen to attend a conference about the future of the Implantable Loop Recorder (ILR) implant and follow up. We will be hoping to use this knowledge to develop our services here. (Further information about the different Implantable Cardiac Devices follow up services that we offer appears later in this newsletter).

### Service News

- We have launched additional Implantable Loop Recorder clinics on two Wednesdays a month to help accommodate increasing demand. These clinics have previously mainly been held on Thursdays.
- The CRM room changed location. It is now located in G7 (of Clinic G). This means we are more wheel chair friendly and will also have air conditioning in the summer months.

### Technology News

- Several more patients have undergone His Bundle pacing implants (either under the care of Dr Venables or Dr Brown.)
- A few of our patients have been trialling “smartphone compatible” devices. These devices have the potential to use a phone app to transmit data from a cardiac device to our clinic remotely.
- We followed up our second “leadless pacemaker.”

### Press Releases

- Boston Scientific released the software update to resolve the previous issue they had reported with minute ventilation in some of their devices. All patients will therefore have their settings programmed back to their “normal setting” at their next check.

## Understanding Cardiac Devices

### *What do the different devices do?*

#### Implantable Loop Recorders (ILRs)

These are small devices implanted in the chest wall under the skin to record small signals from the heart. These signals can be used to diagnose slow (bradycardic) and fast (tachycardic) heart rates. These devices can also be used to look for irregular heart rhythms (arrhythmias) such as Atrial Fibrillation (AF).

#### Pacemakers (PPMs)

Generally speaking, Pacemakers are used to prevent slow heart rhythms (bradycardias) by constantly monitoring the heart rate/rhythm. In doing this they notice the need for assistance and respond by sending an electrical impulse down the pacemaker lead/s to make the heart muscle contract before the heart rate drops. They are therefore “on demand” as they only kick in if needed.

#### Cardiac Resynchronization Therapy (CRTs)

These are specialist Pacemakers that are also used to provide corrective resynchronisation of the right and left sides of the heart, to improve the hearts pumping function. These Pacemakers are referred to as Cardiac Resynchronisation Therapy (CRT) devices or Biventricular Devices.



## Internal Cardioverter Defibrillators (ICDs)

ICDs mainly treat life-threatening heart arrhythmias, such as Ventricular Tachycardia (VT) and Ventricular Fibrillation (VF), through a combination of complex pacing algorithms and internal shock delivery. Some complex devices have both resynchronisation and shocking capabilities. These are then called (Cardiac Resynchronisation Therapy Defibrillators CRTDs)

*\*\*\*\*Please note Ipswich CRM clinic currently provides follow up of ILRs, Pacemakers and CRTP devices. However; it only provides pre operative and emergency assistance for ICDs/CRTDs. However, we have four staff fully accredited in the implant and follow up of such devices, and another two staff members working towards it). We would love to provide a complex device service for you in the future.\*\*\**

## CRM Support Group

The second CRM Support Group meeting was held on the evening of Wednesday, March 6<sup>th</sup>. The topics covered were medications and the history of implantable cardiac devices. Mel Deal, one of our Nurse Specialists delivered the medication talk and presented. And, Josh Mundy (one of our STP students) put together a timeline about the history of Implantable Cardiac Devices. Both received excellent feedback.

Free tea/coffee and cake was provided by one of the Pacemakers Manufactures. The carpark team also produced passes. This allowed any patients attending this group to park free of charge for the meeting. Forthcoming meeting dates are shown below.

### CRM Support Group

The CRM team offer a patient and relative support group which we hope to run every three months at Ipswich Hospital.

#### The dates/times of our next meetings are:

Monday 3<sup>rd</sup> June 2019 18:00-19:30

Wednesday 4<sup>th</sup> Sept 2019 18:00-19:30

Monday 2<sup>nd</sup> Dec 2019 18:00-19:30

Heartbeat (the patient charity group) support our new CRM group and will start publicizing the dates of meetings in their magazine. They will also be represented at meetings.

For more information please contact Nicola Chalk on 01473 703685

For **RSVP's only**; email [chu-ftr.crm.supportgroup@nhs.net](mailto:chu-ftr.crm.supportgroup@nhs.net) stating that you'd like to attend.

## CRM on the Web

The CRM webpage is now up and running. You can access this to obtain useful information, including answers to frequently asked questions. All our quarterly newsletters will also be published here.

The webpage address is:

<https://www.esneft.nhs.uk/service/heart/ipswich-cardiac-rhythm-management-crm/>

We are also hoping to launch a social media page/pages. Watch this space for further information.

## Help us, to help you

Is there is anything else you'd be keen to learn more about in future editions of this Newsletter?

If yes; Please let us know.

Write to us at :

Nicola Chalk, CRM Department, Clinic G, Cardiology Outpatients, Heath Road, Ipswich Hospital, Ipswich, Suffolk, IP4 5PD

Hope you've found this informative.