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Cardiac News

ISSUE 1, SPRING 2015

Bristol Cardiac Nurse Specialist News

2015 has got off to a busy start for us. You may have telephoned since Christmas to be greeted with 2 new voices? Let us introduce Laura and Naomi to you!

Laura Hamblin is our new administrator and most likely the first person that you will speak to if you phone us (0117 342 8286/8578).

For some of you this will be a change to the usual system but rest assured your call will be dealt with in the most appropriate way. Laura may be able to assist you with your query then



and there, but if not, will transfer you to one of the team.

As well as answering our phone Laura is supporting us with clinics, letters, transition, the anticoagulation service, audit and a whole lot more! This means that we now have a little more time to spend on service

development, thanks Laura!

Naomi Greening has joined us from the nursing team on Ward 32 and is covering Jess's maternity leave. Some of you may recognise her if your child has required inpatient stays in the post 12

months. She will be assisting us with our day to day service so please make her feel welcome!

and...team eagerly awaits the start of our new, full time, Cardiac Psychologist, Nell. Nell is due to commence in post this Spring, joining Vanessa, so watch this space!

Wales is on the move!

Claire Logan, Wendy Williams, Alison Pearce & Ann Jermyn (Transitional nurse) are based in Cardiff the Welsh capital and support the Welsh families who travel to Bristol for Cardiac surgery or intervention.

Our Cardiac Ward Heulwen (welsh for Sunshine) is moving into our lovely new Noah's Ark Children's Hospital

for Wales in March and is changing its name to Pelican ward- which is much easier for our English colleagues to say (and spell). We are really excited to move into the new ward with all the new facilities and our children's outpatient department - Starfish will be state of the art.

We are very lucky that Tony

Bradley our Social worker and trained Psychotherapist is part of our team, and he works very hard to provide financial and psychological support to the Welsh Families.

The next issue will be able to update you on our exciting move with some photographs to show you!



Cardiac Physiology Service



Stella demonstrates the new exercise test facilities!



**SUPPORT
GROUP
HOT
SPOT!**



Rob Gittins,
UH Bristol Programme
Manager

Here in the cardiology department we have been busy! Our service manager, Sue Simpson retired in January, after 28 years of service in trust.

Sue accomplished a lot in this time. The cardiology department used to comprise of only herself and a part-time member of staff! Over the last 15 years it has grown considerably, as have our skills and techniques, and new technology and procedures have been introduced.

We also say goodbye to Mandy Amey our senior ATO, who retires in April after many years with us.

Thank you ladies for your many years of dedicated service, you will be missed!

The cardiac physiology department caters for patients of all ages from Cornwall to Cheltenham and about 2 years ago we underwent a refurbishment within the department. We now have:

- 2 separate echocardiography (ECHO) rooms
- an exercise testing room which can also double up as a 3rd ECHO suite
- a more spacious pacemaker

follow-up clinic room

- a larger ECG room, with a bright red wall and jungle animal decorations to engage our younger visitors!

The new Cardiopulmonary Exercise Test service investigates patients with any potential lung problems that may cardiac in origin. Previously these patients would have had to go to the adult department at the BRI, but now we are able to perform this test in a more child-friendly environment! Patients with different conditions may require this test every year, so hopefully this will make their lives easier!



Heart Families South West exists to give parents/carers and close family members the opportunity to offer support to each other with the day to day challenges of having a child with a heart condition.

We are a laid back, welcoming and sociable network of families who offer support very simply, in that when heart families come together, they don't have to try, the support happens naturally.

We offer a closed Facebook group and have regular get togethers, as well as Summer and a Christmas parties giving the opportunity to come together in an everyday environment away from hospital.

We are currently having a new website built for us which will not only be packed full of information but also provide a password protected forum for members, giving our families the opportunity to chat openly and securely.

We asked our families what they wanted to say about us and these are the words and phrases they used! **Supportive; Empathetic; Understanding; non-judgemental; feel part of a family; makes you feel like you're not alone.**

Our Facebook group is <https://www.facebook.com/groups/HeartFamiliesSouthWest/>

Our website is www.heartfamilies.org.uk

Warm regards, *Sally Parker*

Bristol cardiac review update

Since the Review commenced in May '14, they have focussed their attention on hearing from a cross section of families about their experiences of the cardiac service in Bristol. At the same time the Children's Hospital have been supplying a wide range of documents to assist the Review, and welcomed them here in the autumn to see our clinical services

for themselves. As the family interview phase comes to an end, our wide range of clinicians and managers await the opportunity to discuss what we know we do well in Bristol, and to talk candidly about where we are striving to do even better for our patients.

The Review team tell us that they have already received over 250 responses, interviewed 40 fami-

lies and taken 80 written statements. They have said that they currently expect to deliver their report to the NHS England Medical Director in late summer 2015.

We look forward to the Review team helping us better understand how we have lost the trust of a small number of families, how we learn from this and what we need to put right.

Introducing Dr. Patricia Caldas



Dr. Patricia Caldas

The cardiology team are looking forward to welcoming our new consultant cardiologist, Dr. Patricia Caldas, to the team in April 2015. Here’s a quick introduction!

“I have been working as a Locum Con-

sultant Paediatric Cardiologist at John Radcliffe Hospital, Oxford University Hospitals since August 2013 and I also teach medical undergraduates at the University of Oxford.

I graduated in Medicine at the University of Porto, Faculty of Medicine, in 1997, and specially trained in Paediatric Cardiology at Hospital São João, Porto. I was appointed Consultant Paediatric Cardiologist at the same hospital in 2007 and worked there until March 2013.

I have also worked as a Sports Cardiology Consultant at Sports Institute of Portugal from 2007 to 2012.

I was an invited Professoriate of Cardiology in the Post-graduation Course of Sports Medicine, University of Porto from 2005 to 2013.

My hobbies include sailing and cooking!

Kindest Regards, Patricia”

We look forward to working with you soon !

An update from Ward 32

I had better start by introducing myself, I am Zoe Trotman and have been the Ward Sister on the cardiac ward for about 6 months. I am usually a sister on PICU so will seem familiar to many of you, but have joined the ward to cover Sarah who is on maternity leave. We have had 6 new nurses join us just before the winter (Jo, Maddy, Emily, Jo, Christie & Claire) and a new nursing assistant called Kasia (many of you will know Kasia from PICU too). Several of our new starters have been here as students and loved it so much they came back once qualified, but they have all settled in really well and are a valuable part of our team. It has been a busy Winter on Ward 32. We have opened an additional bed so now have the facility to look

after 17 patients, with up to 5 of these being in our HDU area. This has enabled us to move children out of Intensive Care more quickly once they are well enough. The feedback from having the ability to put most patients, even just for a night, on HDU has been amazingly positive both for patients and their parents as it acts as a step between PICU and the Ward.

Several of our patients and families have been busy raising fantastic amounts of money which they have donated to the Ward. This has meant I have purchased double sofa bed which can be used for parents if they are admitted as emergencies so they can at least get some sleep. We are also busy purchasing some brilliant new toys, iPads and

sensory lights that can be used by the children and babies either by their bed or in the play room. Many of you will know and love our “ Pink Sit in Car”, which has been a firm favourite with so many patients and has travelled miles, up and down the ward, down to x ray or ECHO and back, with children sitting in it royally waving whilst their parents push them up & down, up & down, up & down!! It has finally worn out so with these generous donations we have purchased a couple of newer models...So a very big thank you.

Take care,
Zoe
(Ward Sister)



Here's Zoe!





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University Hospitals Bristol 
NHS Foundation Trust

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Recognising success
Working together
Our hospitals.



Some useful numbers:

Ward 32: 0117 342 8332

Cardiac Nurse Specialists: 0117 342 8286/8578....or

email: cardiacnurses@uhbristol.nhs.uk

If you would like to receive an automated electronic copy of this quarterly newsletter please drop us an email

Welsh Cardiac Nurse Specialists: 02920 744753

Surgical Co-ordinator: 0117 342 8862

Outpatient queries: 0117 342 8860

Secretary to Dr's Martin & Hayes: 0117 342 8855

Secretary to Dr's Stuart & Walsh: 0117 342 8852

Secretary to Dr. Tometzki: 0117 342 8853

Secretary to Dr's Tulloh & Tsai-Goodman: 0117 3428856

Cardiac Physiology Dept (ECG/Echo): 0117 342 8181

Fetal Medicine Secretary: 0117 342 5394

LIAISE Service (previously PALS): 0117 342 8065

<http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-royal-hospital-for-children/the-paediatric-cardiac-service/>



Fancy a coffee? - It's on us!



Come and join us for a coffee, cake and a chat

When: 1st Thursday of the Month
Where: Bristol Museum & Art Gallery,
Queens Road, Bristol, BS8 1RL
Time: 10-11.30am

Come meet other families and members of the team!
The aim of the group is to provide support to families and children who are cardiac outpatients.

Refreshments kindly provided by



The team have been listening.....

To try and increase our availability to you in the community and to foster parent/carer/patient support outside of the hospital a monthly coffee morning is run by the Cardiac Nurse Specialist team.

We meet on the first Thursday of the month at the Bristol Museum at the top of Park Street. The event is kindly sponsored by the Grand Appeal which means that it's totally free to you!

There are excellent facilities for babies and children so no need to worry about prams, baby changing etc. It's all taken care of. If you would like to bring older children there is a play area suitable for pre-schoolers too.

We'd love to see you. Come and meet a member of the Nurse Specialist team and other parents/carers to share experience and support one another over a cuppa.

We look forward to seeing you.