

Patient Information

**Guidance for
cardiac patients
referred off-island
for treatment**



**This leaflet provides brief advice for you if
your doctor is sending you off-island for
treatment for your heart condition**

Jersey General Hospital

Please note that this leaflet is a generic leaflet about cardiology treatment and that any referral to a particular type of heart care may not specifically apply to your treatment.

Why do Jersey patients need to travel off-island for medical care?

Being a small island, it is neither practical nor possible for Jersey General Hospital (JGH) to offer the full range of medical care required for its population.

Therefore, when certain specialist treatments are required patients are offered the option of receiving this treatment off-island, in the UK or Guernsey.

The Jersey cardiac team



The Jersey team consists of Dr Andrew Mitchell and his cardiology doctors and nurses. They work closely with the specialist cardiac team at the John Radcliffe hospital in Oxford.

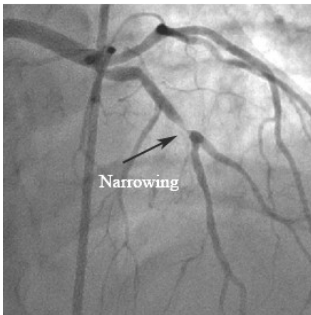
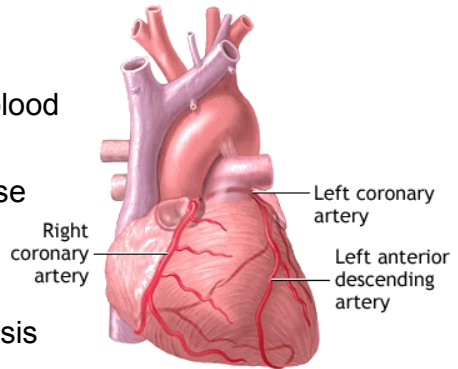
When you are admitted to JGH with any cardiac condition, every effort will be made to provide the treatment you require during your acute care stay in the hospital. Many cardiac investigations can be carried out locally but those requiring alternative investigations may be referred to the John Radcliffe hospital.

Finding out what's wrong

The heart is surrounded by 3 major coronary arteries that supply it with blood and oxygen.

If a blood clot develops in one of these arteries, the blood supply to that area of the heart muscle will stop.

This is known as a **heart attack**, or in medical terms a coronary thrombosis or myocardial infarction.



You may need a test called an **angiogram** to closely observe the blood flow that feeds your heart with oxygen. The procedure involves injecting a dye through the coronary arteries to observe blood flow using x-ray equipment, which shows up the location and narrowing of any blood vessels supplying the heart.

Treatment options range from **lifestyle modification** through to **surgical procedures** that help to reopen the coronary arteries and help prevent arteries from becoming very narrow and blocked. These surgical procedures usually take place in the Catheter Laboratory of the John Radcliffe hospital.



I am an inpatient with a cardiac condition

If you are an **inpatient** at JGH, the specialist team there will monitor you and decide if your condition would benefit from further investigation and care in the UK. This decision could be made within a couple of hours of your admission to JGH, or could be decided over the following 48 hours or so, subject to the symptoms and severity of your condition.

If it is agreed that you require off-island treatment:

- the specialist doctor in Jersey will contact the on-call medical team in Oxford
- the cardiac nurse will arrange for a bed in the accepting cardiology ward
- the cardiac nurse will discuss with you your provisional diagnosis and follow-up care - you and your family will be given verbal and written advice and support
- the in-flight coordinator will arrange for your transfer by air ambulance - a specially trained doctor and a nurse will escort you throughout the journey

It **may** be possible for a relative or friend to accompany you on this journey. You will be advised as to the suitability and available space on an individual basis.

The in-flight co-ordinator, escort team and pilot have the right to refuse any person travelling if they feel that it might compromise the safety of the transfer.

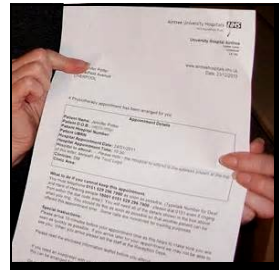


I am an outpatient with a cardiac condition

Following on from your **outpatient** appointment, your cardiac consultant will arrange for some tests or treatment for your heart condition at the John Radcliffe cardiac centre. Your consultant will provide the John Radcliffe team with full details about your symptoms.

Your tests or treatment will require a little time to arrange in order that those involved in the delivery of your care can have time to co-ordinate their plans.

You will shortly receive a letter from the John Radcliffe admissions team. This will contain details of the **date** and **time** of your appointment. It will also tell you where to go, what to bring with you, and any special information that you might need.



Once you have received your appointment, please **contact the Travel Office within 2 working days** to arrange your travel.

You may qualify for financial support for your travel off-island, which is explained in the 'Patient Travel Information for Off-Island Medical Care' leaflet. If so the Travel Office will provide you with an HSSD 'Application for Assistance with Travel Costs' form.

Please complete this and return it to the Travel Office, with any supporting documents that they require.

The Travel Office is in the Outpatient Department located in the Gwyneth Huelin Wing of Jersey General Hospital.

As you enter the main doors of the Outpatient Department the Travel Office is the first door on the right, immediately before the café.

It is open Monday to Friday from 9 - 5pm.

What will I need to do to prepare for my visit?

All the information that relates to your admission will be specified in your admission letter from the hospital together with their contact details.

Contact details that might be useful for you appear on the back cover of this leaflet.

There is a selection of other leaflets which might be of assistance to you. These include:

- ◇ 'Patient Travel Information for Off-Island Medical Care'
- ◇ 'Travelling to John Radcliffe Hospital'
- ◇ 'Keeping Well Nourished'

They can be collected from the Outpatients Department or the Travel Office. If you are an inpatient they will be available from the ward staff.

All procedures and further cardiac information can be found on the British Heart Foundation website at www.bhf.org.uk. Click on 'Heart Health' at the top of the webpage.

Alternatively, printed information leaflets can be ordered online or by contacting the British Heart Foundation at:



14 Fitzhardinge Street, London W1H 6DH

Telephone (Heart Help Line): 03003 303 311

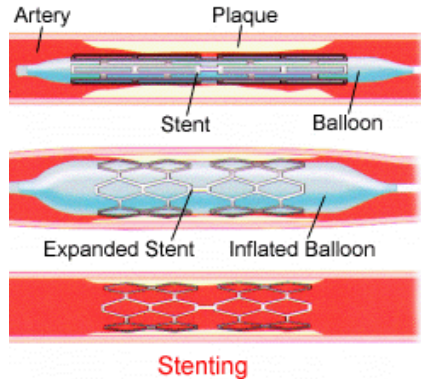
(Lines are open Monday to Friday from 9am to 5pm)

Further information can be found in the booklet 'Oxford Cardiac Surgery' which you can download from their website or request in the mail.

What happens in Oxford?

- There is always a possibility that you may not require surgical intervention and may return to Jersey for **medical therapy**.
- You may require an **Angioplasty**. In this procedure a tiny wire with a balloon at the end is put into a large artery in your groin or arm. It is then passed up to your heart and into the narrowed section of a coronary artery using special x-ray guidance.

The balloon is then blown up inside the narrowed part of the artery to open it wide again. A stent may be inserted which works to keep the artery open.



Please note that this is a very straightforward treatment, during which you will be sedated using a local anesthetic.

You will be back on your feet within a few hours, and usually ready to travel home again the next day.

- If your consultant in Oxford does not recommend the above medical intervention, he may discuss with you further options, such as bypass surgery.

In an urgent situation you may be presented with an opportunity to undertake surgery whilst in Oxford but in most cases you will be sent home.

Your cardiologist will discuss with you any options regarding your proposed treatment, including the risks and benefits of each option.

Once your treatment has been provided it is time to start your recovery.

Will I be referred on to a rehabilitation program?

Cardiac rehabilitation enables people with heart conditions to recover faster and has been shown to prolong and improve a patient's quality of life and longevity.

All patients will be routinely contacted by the Cardiac Rehabilitation Service after their return to Jersey, usually within 2 - 4 weeks.

This will be the opportunity to discuss any lifestyle modifications.

- the **Pulmonary Program** is available for sessions twice a week, and is geared towards offering a gentler pace of exercise for patients
- the **Cardiac Program** is run 3 times a week, comprising of:
 - ◇ weekly educational information sessions
 - ◇ supervised exercise element with both physiotherapist and nurse support
 - ◇ cool-down and relaxation training to conclude each session

Your referral for rehabilitation is arranged through the Cardiac Rehabilitation Specialist Nurse but you may be referred when seen in the Outpatients Department by any of the cardiac team and following diagnosis of any cardiac condition.

Please feel free to contact the cardiac rehabilitation nurse at any time, before or after surgery, should you wish to discuss this further.

Contact details appear on the back cover of this leaflet.

Risk factors introduction

- **smoking** - if you smoke you should now consider yourself to be a non- smoker!
A smoker who quits smoking after a Myocardial Infarction (MI) could expect a 50% reduction in their risk of dying over the next 5 years, if undertaken alongside other components of the Cardiac Rehabilitation Programme.
- **if you are overweight** - losing some weight is advised. This will reduce the amount of workload on your heart and also help to lower your blood pressure.
- **high blood pressure** - your blood pressure should be checked regularly, at least once a year. If it is high it can be treated.
- **high cholesterol level** - can be a major cause of atherosclerosis (build-up of cholesterol and other fatty deposits) in the arteries, and is one of the symptoms of cardiovascular disease. Your cholesterol level should be regularly monitored and treated if it is high.
- **diet** - you should aim to eat a healthy diet.
Ideally this means:
 - ◆ you should eat at least 5 portions, ideally 7 - 9 portions of a variety of fruit and vegetables each day
 - ◆ you should not eat too much fatty food
- **alcohol** - drinking a small amount of alcohol (up to 2 units per day) is considered beneficial to the heart. But remember too much alcohol can do more harm than good.



Principle medications

- **Aspirin or other anti-platelet drugs** - Aspirin reduces the 'stickiness' of platelets, tiny particles in the blood, and so reduces the likeliness of blood clots. It has been found that chewable aspirin offers greater and more rapid absorption into the bloodstream than the regular kind.



- **Beta-blocker drugs** - beta-blockers block the action of certain hormones such as adrenaline. This helps to slow the heart and allows it to contract uniformly. Beta-blockers are also thought to have some protective effect on the heart muscles and may reduce the risk of developing complications.



- **Angiotensin-converting enzyme (ACE) inhibitor drugs** - an ACE inhibitor is usually prescribed to people with heart disease and who are showing a reduced function of the pump action of the heart.
- **Statins** - these are the main type of drug used to help reduce the amount of cholesterol produced by your liver.
- **Fish Oils** - the National Institute of Health and Clinical Excellence (NICE), recently acknowledged and recommended the natural properties of **Omega 3 Fish Oil** in helping to reduce the risk of heart disease.



Information supplied in this leaflet has been checked for accuracy at the time of print. However details may change over time, so please check with the off-island hospital or travel providers for the most up-to-date information.

Contact details

Lisa Anderson

Cardiac Rehabilitation Nurse

Tel: (01534) 442747

Fax: (01534) 442748

Email: l.anderson@health.gov.je



Lee-Anne Penn

Cardiac Specialist Nurse

Tel: (01534) 442730

Fax: (01534) 442748

Email: la.penn@health.gov.je



States of Jersey website (Health and wellbeing section):

Web: www.health.gov.je

John Radcliffe Hospital

Headley Way, Headington, Oxford, OX3 9DU

Tel: 01865 741 166

Web: www.ouh.nhs.uk/hospitals/jr

For a comprehensive list of patient information leaflets, go to **www.ouh.nhs.uk**, select **Patient Guide** from the top bar, then select **Patient Information Leaflets** from the left side bar.

If you experience any difficulties or require further support, please contact your cardiac team for assistance.

For out-of-hours assistance, contact the Jersey General Hospital and ask for the duty manager or site manager.

In a medical emergency dial 999.

Useful contact information

Jersey General Hospital

switchboard (01534) 442000

Out-of-hours emergencies -
call switchboard and ask for Site Manager

Cardiac Dept

Cardiac Rehabilitation Nurse

Lisa Anderson (01534) 442747

Heart Failure Nurse - Lee-Anne Penn (01534) 442730

Arrhythmia Nurse - Angela Moss (01534) 442002

Travel Office

(Monday - Friday, 9am - 5pm) (01534) 442310

John Radcliffe Hospital

switchboard 01865 741 166

cardiac day unit 01865 221 920

cardiology ward 01865 220 420

cardiac investigations annexe 01865 274 425

coronary care unit 01865 220 626

elective access team -

appointments and admissions 01865 221 542

cardiac surgery -

preadmissions and discharge liaison nurse 01865 220 274

cardiothoracic ward 01865 220 565



The States of Jersey Department for
Health & Social Services

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