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إذا كنت ترغب بالحصول على ترجمة فورية لمضمون هذه الوثيقة الى اللغة العربية، يرجى منك الإتصال باحد مستخدمينا بجناح المصلحة أين يتم إستشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

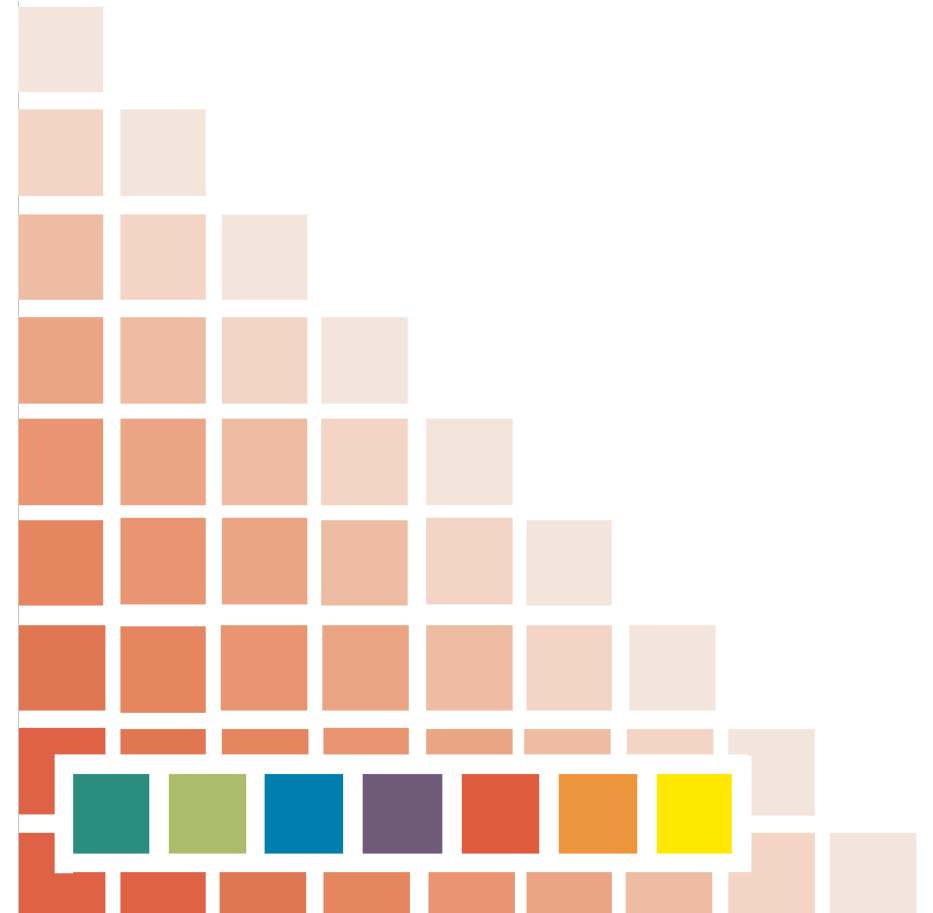
Brosürteki bilginin Türkçe tercümesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayaracaktır.



Royal Brompton & Harefield **NHS**
NHS Trust

Royal Brompton Hospital

The adult congenital heart disease unit



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My health

If you need any help filling in this section, please just ask

My diagnosis

My operations/procedures

My medication

My allergies

Other sources of useful information

GUCH (Grown Up Congenital Heart) Patients Association
www.guch.org.uk

Canadian Adult Congenital Heart Network
www.cachnet.org

Marfan Association
www.marfan.org.uk

International Society of Adult Congenital Cardiac Disease
www.isaccd.org

Pulmonary Hypertension Association UK
www.pha-uk.com

If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call Patient Advice and Liaison Service (PALS) on 020 7349 7715 or e-mail pals@rbht.nhs.uk. This is a confidential service.

Welcome to the adult congenital heart disease unit

We have written this leaflet to give you information on the adult congenital heart disease unit at Royal Brompton & Harefield NHS Trust and its services. The leaflet also explains simple things you can do to improve your health. It does not replace explanations given to you by our staff but we hope it will be a useful guide for you. If you have any questions or need any further information please do not hesitate to ask.

The unit

The adult congenital heart disease (ACHD) unit at the Royal Brompton & Harefield NHS Trust is one of the largest specialised centres in the world. It provides care for adolescent and adult patients with a variety of congenital (present at birth) and inherited heart conditions. This also includes patients with Marfan syndrome and some types of pulmonary hypertension.

The centre provides a full range of inpatient and outpatient care. This includes:

- A dedicated inpatient ward (Paul Wood ward)
- Outpatient clinics
- Specialist imaging (including echo, CT and cardiac magnetic resonance)
- Specialist clinics – eg. Marfan; Eisenmenger
- A specialist pregnancy and contraception service
- A catheter intervention programme
- Access to a full range of medical and surgical care, including transplantation
- An electrophysiology (heart rhythm) service

The team

There is a large team of people who you may come across during your visits to the clinic or to the ward. Most of your care will be provided by or coordinated by one of the ACHD consultant cardiologists.

ACHD cardiology consultants

Professor Michael Gatzoulis
Dr Michael Mullen
Dr Lorna Swan

Imaging

Dr Philip Kilner (MRI consultant)
Dr Wei Li (associate specialist – echo)

ACHD surgeons

Mr B Sethia
Mr Daryl Shore
Mr Hideki Uemura

Pregnancy/obstetric consultants

Professor Philip Steer
Dr Martin Lupton

Pulmonary hypertension (PHT) consultant

Dr John Wort

Clinical nurse specialists

Lesley Jones
Carl Harries (PHT)
Lynda Shaughnessy (transition)

These are the main members of the team, but there are many others you may meet, including electrophysiology specialists, cardiology fellows, technicians, dieticians, psychologists and so on.

How to contact us:

Adult Congenital Heart Disease Unit
Royal Brompton Hospital
Sydney Street
London
SW3 6NP
achd@rbht.nhs.uk
www.rbht.nhs.uk

For clinical enquiries:
Call 020 7349 7756 or the main hospital switchboard on 020 7352 8121 and ask for bleep 7067.

Appointments:
020 7351 8011 or 020 7351 0829

Consultants

PA to Prof Gatzoulis:	020 7351 8602
PA to Dr Mullen:	020 7351 8600
PA to Dr Swan:	020 7349 7748
Fax:	020 7351 8629

Emergency

Office hours: phone nurse specialists as above
Out of hours: call 0207 352 8121 and ask for the cardiology registrar

Endocarditis

Endocarditis (an infection of the heart) is rare but can be serious. Discuss your doctor whether you are at risk of the condition. If you are, you should:

- Look after your general health
- Look after your teeth and gums (infections can come from your mouth) – be sure to visit the dentist regularly
- Take antibiotics before dental work, or other procedures which could introduce infection – this includes all procedures in which the skin is broken, including tattooing and body piercing.
- The skin is another potential source of infection so you will need to take precautions if you plan to pierce or tattoo your body, or if you develop a skin condition

There may be other precautions you can take to reduce the risk of developing endocarditis. Again, your doctor will discuss this with you.

If you are at risk of endocarditis and develop a fever or have signs of an infection, ask your doctor to take a blood test (blood cultures) to check for the condition before he or she prescribes any treatment.

Outpatient clinics

You will most often attend our unit for an outpatient clinic. On the day of your visit, before seeing the doctor, you may require tests such as an ECG, chest x-ray or echo scan.

At clinic you will be seen by one of the cardiology doctors. This may be one of the consultants, a registrar or a clinical fellow. If you would like to be seen by a specific person please let the clinic nurse know and we will do our best to arrange this.

Inpatient care

If you are admitted to the ward you will be looked after by a specific consultant. At the moment we arrange consultant care on a rotational basis, so you may see more than one of the consultants if you are in hospital for more than a few days. If you are not sure which consultant is looking after you, please just ask.

Research and training

The unit has an active programme of research and training – both of which are vital to the future care of patients with congenital heart conditions. You may be asked to take part in some of these studies. If so you will be given information on the study, which you should consider carefully before making a decision as to whether to take part.

Looking after your health

The most important way of looking after your health is to remain under regular specialist follow-up. Some patients with simple congenital heart problems can be discharged from long-term care but all others will need to be seen regularly (although this may only be every couple of years). It is important you come to clinic even if you feel fit and healthy!

Exercise and activity

Keeping fit has lots of health benefits. Most patients with congenital heart disease should be exercising regularly. Patients with more severe heart disease might need to work within certain limits. Ask your doctor what kind of exercise is best for you – you might be surprised at how much you can do!

Pregnancy and contraception

Pregnancy and contraception can be associated with extra risks when you have heart problems. Planning is key so please take the opportunity to discuss these issues with your heart specialist sooner rather than later.

The service has a special pregnancy and contraception clinic to allow you to discuss these issues at length. Confidentiality is, of course, maintained at all times. If you become pregnant unexpectedly and have not had the chance to discuss the issues in advance please let us know as soon as possible.

General health

Like everyone else it is important that you have a healthy diet, avoid smoking and other drugs, and drink alcohol in moderation.

Understanding your diagnosis

The more you understand about your heart condition the more able you are to be involved in any decisions that need to be discussed. You will also be able to explain your heart condition to other doctors who may not be heart specialists.

If your heart disease is complicated ask the doctor to draw you a picture of your heart or to give you a “heart passport” with all the important information. It is the hospital policy to send you copies of all your correspondence and you should keep this in a file. Having a copy of your heart tracing (ECG) is also a good idea.

If you are admitted to a hospital somewhere else always remind staff there about your heart condition. If you, or staff at the hospital, are concerned about your heart you can call us (see the contact details on the next page). Many people with congenital heart disease find patient associations an important source of support and so you may want to consider joining one of these.