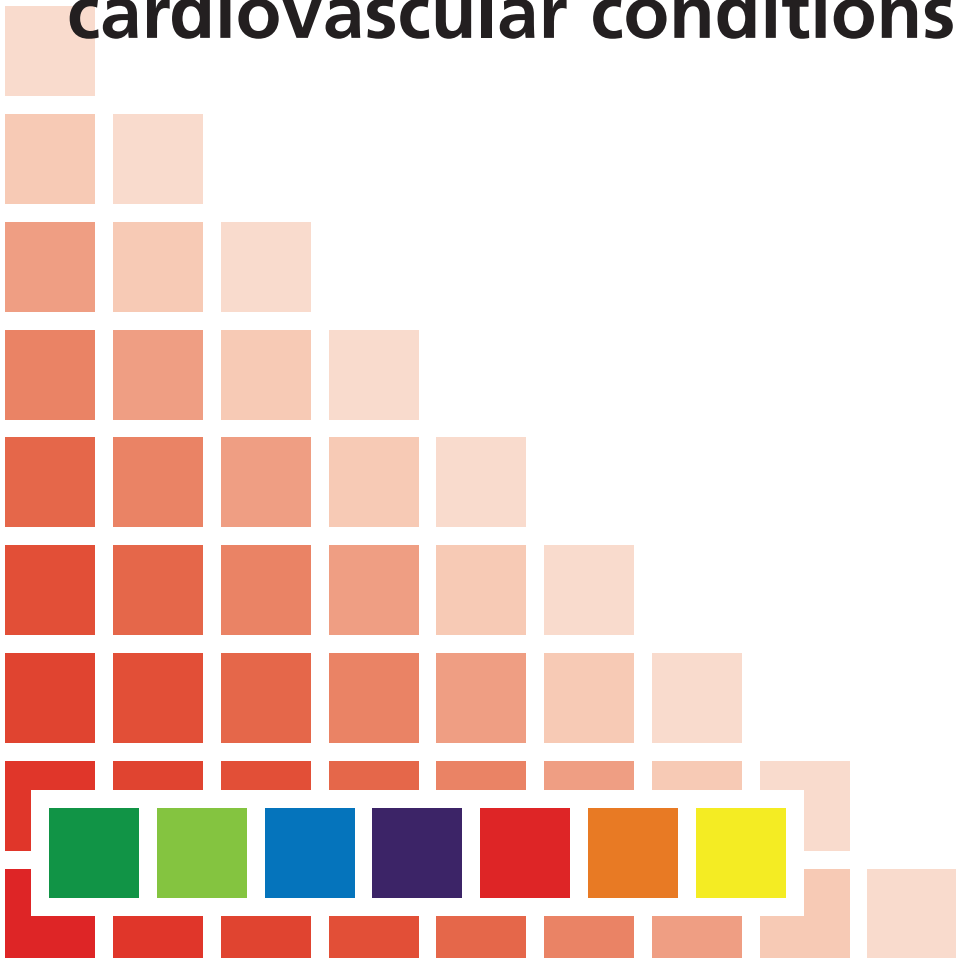


Royal Brompton Hospital
**Clinic for inherited
cardiovascular conditions**



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This leaflet gives you information about the clinic for inherited cardiovascular conditions at Royal Brompton Hospital. It does not replace the information we give you in person, but we hope you will find it a useful guide to this service. Please ask if you have any questions or need further information.

Why have I been referred to the clinic for inherited cardiovascular conditions?

We aim to find out if you or anyone in your family is at risk of an inherited heart condition. We will check for inherited conditions that can affect the electrical activity in the heart or its ability to pump blood around the body.

If we do find a heart condition, we can treat you to reduce or take away that risk. We can also reassure members of your family who are not at immediate risk.

What will happen when I come to the clinic?

The Family Clinic is on the ground floor of Fulham Road wing / South Block, in the 'outpatients west' department. You will need to register your details with our receptionist at your first outpatient appointment. You may be asked to come to us for tests before your appointment with our electrophysiology consultant.

Tests

Once you have registered, you will have an electrocardiogram (ECG) test. It is a recording of your heart's electrical activity that tells us if there are any problems with your heart's rhythm. The test does not hurt. You will be asked to lie down on a bed and small sticky pads (electrodes) will be placed on your chest. Leads from the sticky pads connect to the ECG machine so it can record the electrical activity in your heart.

We may also ask you to do an echocardiogram (or echo) test. This is an ultrasound scan that shows the structure of your heart and how well it is pumping blood around your body. The scan does not hurt. We will ask you to lie down on a bed. A lubricating gel will be put on your chest and we will move the ultrasound probe across your chest to create an image of your heart. It is similar to tests used to look at babies in the womb.

The results of your tests will be available on the same day. The electrophysiology consultant or a member of the team will discuss the test results with you.

Family History

It would be helpful to have a detailed family history before you come to see the electrophysiology consultant or a member of the team. This should include information about the health of your immediate family (children, parents, brothers and sisters) and extended family (nieces, nephews, grandparents and as many other family members you can give us information about).

All of the information helps us to identify any previous symptoms or deaths which may be linked and which could be the result of an inherited condition. Please include information about adult sudden deaths, miscarriages and sudden infant or childhood deaths in your family history. Please also include any symptoms such as palpitations (rapid or irregular heart beat), seizures (epilepsy) and fainting.

We understand that it can be very difficult to talk about a sudden death in the family. If this has happened in your family, we will need to ask you about the events surrounding the death of your family member. We will do everything we can to be sympathetic and supportive.

What do I need to bring with me to the clinic?

Our nurse specialist will try and contact you before your appointment to make sure that we have the correct information about you and your family. This will include taking details on family history and documenting a family tree so we can screen the correct family members. This also helps us try to avoid multiple visits to the hospital for family members. We aim to offer family appointments where possible.

If we are unable to contact you by telephone, we may send you an information sheet about your family history for you to complete. You should return it to us before your appointment in the pre-paid envelope provided. If this is not possible, please bring a copy to your appointment along with any additional family history you have been able to find. If you have copies of post-mortem and/or coroners' reports for your deceased relative, please also bring these with you.

We sometimes need to contact other healthcare professionals who have previously looked into the death of your relative or treated other family members who have an inherited heart condition, such as your GP. It can be helpful for us to talk to the cardiologist or other healthcare professionals at your local hospital who have looked at your health or that of your family, particularly following the death of a relative. If you have letters or emails from these professionals or have details of their names and job titles, please bring these with you.

What happens after I've been to the clinic?

After your first clinic appointment, we may suggest further tests that can help us diagnose or rule out a heart condition.

We will arrange appointments for tests so you do not have to stay overnight at the hospital. We try and arrange tests to minimise trips to the hospital for children, so you may need to bring your son or daughter to the children's ward for a day.

These tests may include:

- **24-hour *holter monitoring*** - is a 24-hour recording of your heart's electrical activity. It is completely painless and involves a small, portable machine with some sticky pads attached to your chest. We normally do this test on an outpatient basis where you come in to have the machine fitted and then continue with your normal daily activities.

- **Exercise stress test** - involves walking and then running on a treadmill (like those in a gym) while we record your heart rate, heart electrical activity and blood pressure. The test tells us how your heart responds during and after exercise.
- **MRI (magnetic resonance imaging) scan** - takes very detailed pictures of the heart and its blood vessels so we can see how well they are working.

We have separate patient information leaflets available on each of these tests. Please ask if you would like a copy.

We may also carry out an echocardiogram if you did not have one at your first outpatient appointment.

What happens if an inherited heart condition is found?

If we diagnose an inherited heart condition, we will plan your treatment and give you advice on how to live a healthy lifestyle. Treatment is based on the results of your tests, your medical history and the effect the inherited condition is having on your daily life.

Treatment may include medication or lifestyle changes, such as doing gentle exercise rather than competitive exercise.

Once we find out if you have an inherited condition, we can screen other relatives such as children, brothers and sisters.

What happens if no inherited heart condition is found?

We may keep you under review on an outpatient basis until we are sure there is no inherited condition affecting you.

Various changes occur in the electrical system of children's hearts while they grow. We will continue to monitor these until we are sure there is no risk from an inherited condition.

What other support can staff in the family clinic give?

It can be very difficult to come to terms with the sudden death of a relative and learning that you have inherited a heart condition or other family members may have inherited a heart condition.

Our electrophysiology team has close links with clinical psychologists, who are experts in helping people cope with difficult situations.

The team also has the support of a geneticist. Geneticists specialise in the diagnosis of inherited conditions and we may ask our geneticist to test for inherited conditions in you or a member of your family. This is important as some members of your family may not have the symptoms of a heart condition or it may not have been picked up by their tests. However, they may carry the gene for a heart condition which they could pass on to their own children. A geneticist will be able to find out whether they carry such a gene.

Who can I contact for further information?

If you have any questions before or after your appointment at the Family Clinic, please do not hesitate to contact us.

Royal Brompton Hospital switchboard: 020 7352 8121, extension 2205 for the electrophysiology nurse specialist.

If we cannot take your call, please leave a message and the electrophysiology nurse specialist will call you back.

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إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. 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.