

Cardiology – Pacemakers

Introduction

Liverpool Heart and Chest Hospital's cardiology service is concerned with the diagnosis and treatment of all heart diseases.

As we offer a variety of surgical and interventional treatments, many patients are referred to LHCH by cardiologists from local district hospitals as well as from GPs.

Our services include:

- Adult Congenital Heart Disease
- Interventional Cardiology - treating the narrowing or blockages of the coronary arteries.
- Heart Rhythm Management - treating problems with the heart's electrical rhythm.
- Inherited Cardiac Conditions
- Percutaneous Coronary Intervention
- Sudden Cardiac Arrest

These areas are underpinned by our diagnostic cardiology service.

This guide is designed to provide an overview of **Pacemakers**, however, you will find lots of helpful details about our surgical teams, cardiac disease, the types of surgery we provide, as well as useful patient information and resources concerning your stay in hospital, discharge home, frequently asked questions and much more on the Trust website, www.lhch.nhs.uk/our-services

Guidance for Patients

A pacemaker is a small implanted device that assists your heart. This is offered when your heart requires support with its electrical function or pump function.

A pacemaker is a small slim metal box connected to your heart by wires (leads) and implanted under the skin in your upper chest, near to your collar bone.

A pacemaker can be offered with **one, two** or **three** leads.

A **traditional** pacemaker for a slow heart rate will consist of one or two leads placed in the right side of your heart. This works by sending an impulse to stimulate your heart beat and prevent your pulse rate slowing.

You may require a more **advanced** type of pacemaker commonly known as a **biventricular pacemaker**. This may require you to have **two** or **three** leads. This will help restore your heart by improving the pump

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function. It does this by coordinating and resynchronizing the lower chambers of your heart. You will have been offered this to improve symptoms of breathlessness and restore your energy level.

If you require a three lead pacemaker one lead will be placed in the top right chamber of your heart (right atria), one lead will be placed on the right lower chamber (ventricle) and the third lead will be placed within the left side of your heart via a vein.

Pre-admission

- After being listed for the procedure, you may be asked to attend Outpatient Department to discuss your admission to this hospital.
- At this appointment you will be seen by a Clinical Nurse Practitioner who will check that you are fit for your procedure and will provide you with important information about coming into hospital.
- You can eat and drink as normal prior to this appointment. You may bring a family member or friend if you wish.

On the day of your procedure

- You may be asked to report to Holly Suite where the team will be expecting you.
- If your procedure is scheduled to take place **in the morning** please arrive by 8am.
- Please do not have anything to eat after midnight.
- You may drink water only until 6am on the day of your planned procedure.

- If your procedure is scheduled to take place **in the afternoon** please arrive at approximately 11am.
- You may have a light breakfast at 6.00 a.m. You may continue to drink water only, up to 10am.

Immediately after your procedure

- *Wound care*
 - It is important to keep your wound clean and dry after the procedure. You can have a shower but please do not soak in the bath until the wound is healed.
- *Mobility*
 - It is advised to rest your arm (on the side of the device) for two days for your own comfort and then to start mobilizing as usual. It is recommended that you avoid very expansive arm movements (e.g. golf swing) for at least 4-6 weeks following implant. Please see the cardiac rehabilitation section for more information about exercise.
- *Driving*
 - For details please visit the DVLA website

What should I do if my health is deteriorating?

If you have any change in your symptoms or other concerns whilst waiting for surgery, please contact one of the contacts below.

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

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Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries are still open

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

Contact Us

Please contact the Hospital switch board on 0151 600 1616 for Appointment team or the Medical Secretaries