



integrated working



JIGSAW

PIECING TOGETHER CARE IN WEST SUFFOLK

FEBRUARY 2016

CARDIOLOGY

COMMUNITY CARDIAC SERVICES

By Teresa Smith, Team Lead, Suffolk Community Heart Failure Service

The Suffolk-wide Community Heart Failure Service (CHFS) provides specialist management to support patients in west Suffolk. Working with GPs, the hospital cardiology team, the palliative care team at St Nicholas Hospice Care and the community health teams, the CHFS supports patients with heart failure in the community and helps with early diagnosis to prevent hospital admissions and optimise patients' heart failure management, close to their preferred place of care.

Community heart failure nurses help to get the patient on the right medication and teach them how to self-manage and recognise early symptoms of decompensation. They deliver this service from local clinics at Blomfield House, Newmarket Hospital, Sudbury Health Centre and Haverhill Health Centre. In addition, the service offers home visits to patients who are housebound, palliative, or in cases of admission avoidance.

Community cardiac rehabilitation comprises a team of nurses and exercise professionals who work alongside the hospital-based cardiac rehabilitation team and consultant cardiologists. They deliver a cardiac rehabilitation programme in the community for patients following an acute cardiac event or planned elective procedure. Cardiac rehabilitation promotes a review of cardiovascular risk factors and the engagement of long-term strategies to self-manage and exercise.

Cardiac rehabilitation clinics and an eight week exercise programme are offered from Sudbury Health Centre, Newmarket Hospital,

Stow-Lodge Health Centre in Stowmarket and St Christopher's School in Red Lodge. Home visits and a home-based programme are also available. The team also works with Sport for England, local cardiac support groups, Live Well and Phase 4 cardiac rehabilitation therapists.

Both services operate Monday-Friday during working hours with an evening exercise group being offered at St Christopher's School (Red Lodge) and Sudbury Health Centre.

Both community heart failure and cardiac rehabilitation teams work closely together, supported by an experienced team of specialist nurses and exercise professionals.

For more information please contact Teresa Smith on 01473 275232/275211.



Welcome to JIGSAW

A newsletter for staff working in the health and social care system in West Suffolk. There is a lot happening to bring hospitals, community, mental health, voluntary sector and the West Suffolk Clinical Commissioning Group (CCG) together to help patients.

CARDIAC REHABILITATION

By Melanie Amps, Cardiac Rehabilitation Nurse Specialist/Cognitive Behavioural Therapist, WSFT

The cardiac rehabilitation service at West Suffolk NHS Foundation Trust (WSFT) has run an education exhibition since April 2011, reaching patients and partners who would not easily be able to access information regarding heart failure, valve and bypass surgery, complex pacing and angina.

Events are held every eight weeks in the lecture theatre within the hospital's Education Centre. British Heart Foundation literature and magazines are available for patients to take away and refreshments are provided. Information regarding erectile dysfunction is also available; placing this in the male toilets has been found to be a way of reaching men who would not normally ask for specific information regarding this condition.

Patients and partners can sit and watch educational videos with their refreshments whilst waiting for the next health professional to become available. The health professionals offering [Continued overleaf >](#)

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one-to-one advice are: pharmacist, dietician, occupational therapist, smoking cessation advisor (also targets partners and passive smoking), UPBEAT (patient support group), cardiac rehabilitation nurse specialists / cognitive behavioural therapist and physiotherapist. A basic life support demonstration has also been introduced to

enable patients and partners to practice this skill; this has proven to be an extremely popular session with high attendance.

In addition the service runs four exercise classes per week, including two for limited mobility patients.

For further information, please email melanie.amps@wsh.nhs.uk

WEST SUFFOLK HEART FAILURE PATHWAY

By Dr Jon Ferdinand, Associate GP Lead for Cardiology, WSCCG

The clinical diagnosis of heart failure (HF) is difficult, as the symptoms are nonspecific. The method traditionally used to investigate HF is echocardiography in secondary care, which may be considered expensive due to the proportion of negative results. An alternative for initial screening for a clinical suspicion of HF is Serum B-type Natriuretic Peptide (BNP) testing, which is a blood test that is accepted, by published studies, to offer value for money as well as being recommended by NICE.

Ruling out HF at an early stage allows for earlier identification and treatment of the real cause of the symptoms, without the need for unnecessary hospital appointments, assessment and echocardiography. The blood test can help identify higher risk patients for whom earlier diagnosis and treatment may reduce the likelihood of admission to hospital.

The Cardiology Clinical Forum established by WSCCG and WSFT promoted the development of a HF pathway, incorporating BNP testing, for the benefit of West Suffolk patients. The pathway was put into operation in April 2015 and the BNP test is available for GPs to order through the ICE pathology system.

West Suffolk patients presenting with the symptoms of HF can now receive a faster diagnosis to confirm or rule out the cause and be speedily directed to the most appropriate course of treatment.

If you have any questions about the HF pathway or the BNP test, please email jon.ferdinand@nhs.net

PSYCHOLOGICAL SUPPORT

By Melanie Amps, Cardiac Rehabilitation Nurse Specialist/Cognitive Behavioural Therapist

The cardiac rehabilitation service at West Suffolk NHS Foundation Trust (WSFT) provides psychological support to cardiac patients, through Cognitive Behavioural Therapy (CBT) and clinical hypnotherapy.

A chronic physical health problem can cause and exacerbate depression. Depression can also exacerbate the pain and distress associated with physical illness and adversely affects outcomes, including life expectancy. Furthermore, depression can be a risk factor in the development of a range of physical illnesses, such as cardiovascular disease.

Anxiety and depression are recognised consequences of living with heart disease and, whilst many people do not require specialist intervention, others do. CBT is the gold standard for people with these

conditions (NICE 2009, 2011). Anxiety and depression, if not treated or managed, can lead to poor cardiac rehabilitation outcomes (BACPR 2012).

Positive outcomes have also been seen from the application of clinical hypnotherapy, which has been particularly useful in helping cardiac patients that are needle phobic. Patients can overcome their fears, enabling them to have further invasive cardiac procedures. The treatment also helps patients that are highly anxious prior to having implantable cardiac defibrillators inserted and cardiac patients suffering from post-traumatic stress disorder.

For further information, please email melanie.amps@wsh.nhs.uk

ATRIAL FIBRILLATION

By Martin Bate, Project Manager, WSCCG

One in three adults is unaware of the high stroke risk caused by the most common heart rhythm disorder; atrial fibrillation (AF). By the age of 40, we have a 25% lifetime chance of getting the condition, with a possible five-fold increased risk of stroke.

The results of a recent public survey by the AF Association have highlighted the lack of understanding of AF-related stroke, which can be treated to significantly reduce this risk. Following these results, the AF Association is calling for detection and protection in AF to be a healthcare priority.

The importance of detecting AF via a simple pulse check, protecting against AF-related stroke through the use of appropriate anticoagulation and ultimately correcting the heart rhythm were promoted during AF Aware Week in November 2015. The key messages were:

Detect:

The importance of simple pulse checks

should be widely publicised and undertaken both inside and outside of medical practices.

Protect:

AF-related strokes have the worst prognosis for severe disabling and mortality rates. Identifying and treating AF at an early stage will deliver significant health and cost benefits.

Correct:

Early detection, diagnosis and appropriate medical management lead to fewer appointments and admissions, saving individuals from long term ill-health. Information regarding AF risks, symptoms and therapy options should be routinely made available to all suspected and diagnosed patients and their carers.

For further information, please contact martin.bate@westsuffolkccg.nhs.uk

GET INVOLVED

If you have any news or views on any of these projects, please contact the partners through this email address: getinvolved@westsuffolkccg.nhs.uk

JIGSAW - THE EXTRA PIECE

WHO'S WHO?

THIS MONTH'S MESSAGES

Gluten-Free Products on Prescription

Gluten-free products on prescription for people aged 19 years and over are being withdrawn in east and west Suffolk from 01 February 2016.

Those aged 18 years and younger will be limited to eight units of pasta, bread and rolls or flour / bread mixes per month on prescription. Eight units is the equivalent of eight fresh loaves of bread or four long life loaves of bread and two 500g bags of pasta each month.

Gluten-free products are suitable for those with coeliac disease and dermatitis herpetiformis. However there are many alternatives to bread and pasta staples – such as rice and potatoes – which people with coeliac disease can eat instead.

The cost of such products for the NHS runs to thousands of pounds, which will be used to pay for other local NHS services, following this decision by NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning groups. Local doctors, hospital and community dieticians and

Coeliac UK, which represents people with coeliac disease, are being informed about the changes.

Every person receiving gluten-free food on prescription registered in the CCG areas will be written to, notifying them of the change.

Dr Crawford Jamieson, a member of the Governing Body of WSCCG said: "People with coeliac disease of every age can enjoy a well-balanced diet and replace bread and pasta with other naturally gluten-free products such as potatoes, rice and some noodles. We know that people who are used to receiving gluten-free food on prescription will be disappointed however there are ever-increasing financial pressures on the NHS.

"Both our CCGs will continue to support people with coeliac disease so they can enjoy a healthy, balanced diet."

The CCG Patient Advice and Liaison Service is available to answer any patient queries and can be contacted on 0800 389 6819.

In this edition of Jigsaw



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Suffolk's Warm Homes Healthy People

Suffolk's Warm Homes Healthy People project helps vulnerable people and families make their homes cheaper to heat. The project can provide the following help for eligible residents in Suffolk:

- Fuel payments paid directly to your heating supplier
- Boiler or heater stopped working? Warm Homes Healthy People can lend electric heaters and assess for financial assistance towards the cost of repairs or replacements
- Warm Homes Healthy People can arrange for an independent surveyor to visit discuss energy efficiency improvements that could make a real difference to heating bills. The project can also access grants to help pay for insulation and basic draught proofing

If the household income is **below £17,000** with savings **below £5,000** and the resident meets one of the following criteria:

- Aged over 63 or do you live with children under 5?
- Anyone living in the household has a long term health condition or disability?

If this applies, the resident can call our Local Rate Helpline on **03456 037 686** for free advice with:

- An emergency fuel payment
- Making their home warmer as well as more energy efficient
- Help with getting their home properly insulated and draught proofed
- Emergency boiler and heating repairs
- Loan of temporary heaters in an emergency
- Cheaper oil prices and access to interest free loans

If you are a GP wishing to make a referral, [please click here](#)

For further information, [please click here](#).



FEEDBACK

Did you know Jigsaw is also available as a hardcopy newsletter?

[Please click here](#) to request a hardcopy to be sent to you.

Do you have an idea or would you like to write an article for a future edition?

If so, [please click here](#) to email your suggestion.

To view previous editions of Jigsaw, [please click here](#).