

Sandwell Community Heart Failure Service

Information and advice for patients

What is the Community Heart Failure Service?

The Community Heart Failure Service is a follow-up service for patients who have a diagnosis of left sided heart failure. Heart failure simply means that for some reason, your heart is not pumping blood around the body as well as it used to.

The team is made up of three Heart Failure Specialist Nurses, three Heart Failure Nurses, one Healthcare Assistant and one Administrator.

What does the service provide?

The Community Heart Failure Service provides:

- Support, education and advice for you and your relatives and carers, including Information about:
 - managing your condition
 - medications
 - food and drink
 - treatment
 - lifestyle changes
 - what to do if you are feeling unwell
 - managing symptoms
 - activity
- Monitoring following changes in your medication for heart failure.
- Telephone advice for you and your relatives and carers.
- Encouragement to help you become actively involved in monitoring and managing your own condition.
- Communication between hospital and community, including cardiologists and GP practices
- Heart Failure Support Group monthly meetings

Where will I see the Community Heart Failure team?

The team run a number of community clinics across Sandwell so will be able to offer you an appointment at a venue close to your home. Home visits can be arranged for those patients who are housebound. We will also be able to give advice over the telephone.

How often will I need to be seen?

Initially you may need to be seen quite frequently; however the appointments will gradually reduce if your condition is stabilised.

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When should I contact the service?

Please contact your Heart Failure Nurse if there are any changes to your condition or if you are experiencing any of the following:

- swelling of your feet, ankles or abdomen (tummy)
- sudden weight gain - if you put on 3lb or more in weight over 2-5 days
- feeling breathless, wheezing or coughing
- fatigue (feeling unusually tired and weak)

Contact details

Your Heart Failure Specialist Nurse(s) is:

Tel: _____

Monday – Friday, 9am – 5pm (except bank holidays)

If you have a problem out of these hours please contact your GP surgery, or for 24 hour advice call NHS Direct on 0845 4647

For more information about our hospitals and services please see our website:

Sandwell and West Birmingham Hospitals NHS Trust

www.swbh.nhs.uk

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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