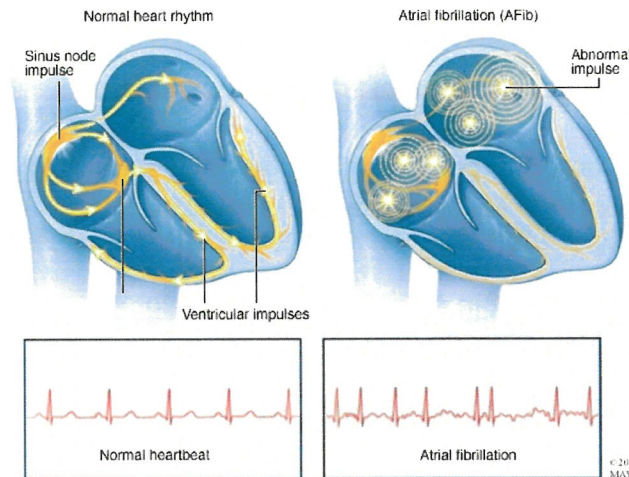


PATIENT INFORMATION

CARDIOVERSION



A cardioversion is a procedure to restore normal heart rhythm in patients with heart rhythm disturbances. It is often a recommended treatment for patients with atrial fibrillation, a common heart rhythm disorder of the upper chambers of the heart (atria)

Sometimes atrial fibrillation can lead to the following complications:

- **Stroke.** In atrial fibrillation, the chaotic rhythm may cause blood to pool in your heart's upper chambers (atria) and form clots. If a blood clot forms, it could dislodge from your heart and travel to your brain. There it might block blood flow, causing a stroke.
- The risk of a stroke in atrial fibrillation depends on your age (you have a higher risk as you age) and on whether you have high blood pressure, diabetes, a history of heart failure or previous stroke, and other factors. Certain medications, such as blood thinners, can greatly lower your risk of a stroke or the damage to other organs caused by blood clots.
- **Heart failure.** Atrial fibrillation, especially if not controlled, may weaken the heart and lead to heart failure — a condition in which your heart can't circulate enough blood to meet your body's needs.

If you have atrial fibrillation, your Cardiologist will evaluate your symptoms and medical history to determine whether a Cardioversion is warranted to restore normal heart rhythm.

What are the Different Types of Cardioversion?

Cardioversion can be achieved pharmacologically or electrically. Pharmacological cardioversion refers to the use of medications to resume normal heart rhythm. These medications are often taken orally but can be given through a vein via a drip in the Hospital setting and they work by altering the heart's electrical properties.

Electrical cardioversion is a procedure during which a synchronised electrical current (shock) is delivered to the heart through the chest wall. This activates all the heart cells simultaneously, thereby interrupting and terminating abnormal electrical circuit(s) in the heart so normal rhythm can resume. The current delivered is limited and can be repeated up to 3 times if necessary, without damaging the heart.



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PATIENT PREPARATION

Date of Procedure: Doctor:

AT LEAST 5 DAYS BEFORE THE PROCEDURE:

Please complete sections B and C from the Western Hospital Preadmission Information booklet as soon as possible. You can drop it off at Reception, email a scanned copy or complete the form electronically via our website.

Website: www.westernhospital.com.au/patient-admission-forms
email: reception@westernhospital.com.au

DAY BEFORE THE PROCEDURE:

TO DO	I have done the following:
If provided with a blood test form by your Specialist please have the blood test done – either onsite at Clinpath Pathology or another pathology group. Patients on Warfarin should have a blood test within a day or two of admission to check the level of blood thinning (INR). It is important to make sure you continue to take your blood thinning medication.	Where:
Drink plenty. At least 1L of water in previous 12 hours	
If you have diabetes discuss with your Cardiologist about whether to take your usual morning medication. Generally, it is preferable that you do not take diabetic medication when you are fasting as this will cause your blood sugar level to drop too low.	

ON THE DAY:

Please present to Reception at

FASTING:

Fasting means you do not eat any food (including chewing gum, lollies, or lozenges) or drink any fluids at all

Arrival request time ____am	Done	Arrival request time ____pm	Done
FAST from midnight – nothing to eat or drink.		Light breakfast (tea and toast) at 6 am, then FAST - nothing to eat or drink.	
Please ensure that you have had at least 1 litre of water to drink the <u>day</u> before your procedure.		Please ensure that you have had at least 1 litre of water to drink the <u>day</u> before your procedure.	

MEDICATIONS:

Continue to take all your usual medications as prescribed **unless** told otherwise by your Specialist. Bring all medications/tablets (including any over the counter medications) in their original packaging or Webster pack with you.

VISITORS:

Under current restrictions to manage Covid 19 risks, all visitors are subject to hospital policy, which is may change without notice. As a general rule day procedure patients and ICU admissions are not permitted to have family/support persons with them pre procedure due to social distancing and space requirements. Please discuss any restrictions or if you have special needs with the Preadmission Nurse or with nursing staff on the day of admission.

ON ARRIVAL:

Please present at Reception. The procedure may be performed in either the Cardiovascular Theatre or ICU

If the procedure is to be performed in the theatre, you will be admitted to the Day of Surgery ward initially, or directly to ICU if planned for this location.

You will change into a hospital gown – removing all clothing except for underwear. Anything around your neck such as jewellery should be removed and left at home for safe keeping. If you have a hairy chest and back it will be necessary to shave some of this off – this is due to the pads that are place on your chest and back – shaving of the area will prevent any potential burn marks and ensure there is good connection with your skin.

Nursing staff will prepare you for the procedure. This will include inserting an IV drip in your arm, Blood Pressure and Pulse, ECG and reviewing your patient questionnaires. You may have another blood test and if necessary, it will be taken when inserting the IV drip. Some fluid will be given through the drip that has been inserted into you vein to make sure the drip stays flowing and to give you some hydration since you have been fasting.

Large self-adhesive pads will be placed on your chest and back. Please let us know if you have a heart pacemaker as we must make sure we do not place the pads over or too close to the pacemaker. The pads are placed in such a way so that the electrical current passes through the upper chambers of the heart to reorganise the electrical pattern. The pads are connected to an external defibrillator machine with some other leads to monitor your heart rhythm. The external defibrillator will be set to give a synchronised cardioversion electrical shock.

There will be several staff members in the room for your procedure. They may include your Specialist, an anaesthetist or a staff medical officer or an Intensive Care Specialist, and two Specialist nurses (dependent on whether the procedure occurs in the Cardiovascular Hybrid Theatre or ICU). We will explain every step of the process with you.

During the procedure a light anaesthesia will be administered in the drip through your vein by an anaesthetist and oxygen will be delivered to you via a mask over your nose and mouth. You should not feel or remember any part of the procedure. Once you are asleep the first shock will be administered to you. If the first shock fails to restore normal heart rhythm, a second and a third shock will be repeated if necessary. Once the procedure is finished you will wake up in a short time.

The outcome of the cardioversion will be explained to you once you are fully awake. You will be able to eat and drink, the nursing staff will ensure you have some food provided by the Hospital kitchen and the fluids in your drip will be stopped.

LENGTH OF STAY:

Sometimes you may encounter a wait due to the length of the prior procedures. If you need an overnight bed after the procedure, there may be a wait for this. You will be cared for by expert nursing staff in the Recovery Unit until the bed is made available in the ward.

Your arrival time does not mean that this will be your procedure time.

Please be patient with us and we will get your procedure done as soon as we can.

It is important that you have a responsible adult to stay with you for the remainder of the day of your procedure and overnight. **If you do not have a responsible adult to stay with you overnight, please inform staff at the time of your booking. Your procedure may need to be rescheduled until you can arrange someone to stay with you overnight.**

If your Doctor says you need to stay overnight due to your clinical condition, we aim for discharge between 9 – 10 am next day

DISCHARGE

You will be discharged from Hospital approximately 4 hours after the procedure with a follow up appointment to see your Specialist.

The pads can leave red marks on your skin after they have been removed but that should settle within 24 – 48 hours. You may have some chest discomfort following the cardioversion which can be treated with simple paracetamol, sun burn cream and rest.

If you feel unwell after you are discharged you should be reviewed by a doctor. If you experience chest pain or other symptoms you should call an ambulance. You can call us at the Hospital for all other concerns or questions you may have at any time after you leave hospital.

When you are discharged, your Specialist will forward the result of the procedure to your referring GP. Discharge appointments with your Specialist will be made, if required. You will be given a discharge information sheet about your care and precautions you must take once you are home.

It is important to continue your medication including any blood thinning medication after your cardioversion.

DRIVING INSTRUCTIONS:

You will not be able to drive for the following 24 hours due to the medications you have received. You should avoid making important decisions for 24 hours after discharge in case there are residual effects from the sedation and anaesthesia.

Please arrange for a responsible adult to pick you up and take you home.

Should you have any further questions please call the following people:

Booking questions / procedure date / cancellations	Contact your Specialist's Rooms
Procedure / Medication questions	Contact Western Hospital 81591200 and ask to speak to the Cardiovascular Nursing staff

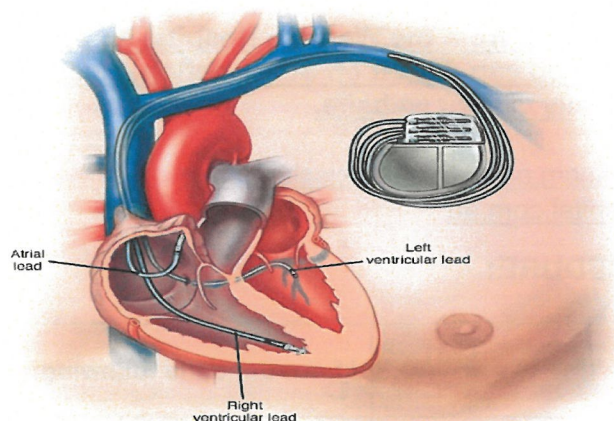
For more information contact:

Western Hospital
168 Cudmore Terrace
Henley Beach SA 5022
Telephone: (08) 8159 1200
www.westernhospital.com.au

PATIENT INFORMATION

FOR

CARDIAC DEVICE INSERTION



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PERMANENT PACEMAKER

A pacemaker is a small device that is placed under the skin in your chest to help control your heartbeat. It helps your heartbeat beat more regularly if you have an irregular heartbeat (arrhythmia), particularly a slow one.

Depending on your condition, you might have one of the following types of pacemakers:

- Single chamber pacemaker – this type usually carries electrical impulses to the right ventricle of your heart.
- Dual chamber pacemaker – this type carries electrical impulses to the right atrium and the right ventricle of your heart to help control the timing of the contractions between the two chambers.
- Biventricular pacemaker – biventricular pacing, also called cardiac resynchronisation therapy, is for people with heart failure with abnormal electrical systems. This type of pacemaker stimulates the lower chambers of the heart (the right and left ventricles) to make the heartbeat more efficiently.

A pacemaker comprises of two parts:

- A pulse generator – This small metal container houses a battery and the electrical circuitry that regulates the rate of electrical pulses sent to your heart.
- Leads – One to three flexible, insulated wires are each placed in a chamber, or chambers, of your heart and deliver the electrical pulses to adjust your heart rate.

The procedure usually takes approximately 45-90 minutes.

You may be given some light sedation via an intravenous line to help you relax and feel comfortable during the procedure. You will be awake but drowsy.

The area just below the collarbone is where the pacemaker will be inserted. You will be given local anaesthetic to numb the pacemaker insertion site. A small cut (4-7 cm long) will be made to insert the pacemaker and usually dissolvable sutures are used to close the wound.



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CARDIAC DEVICE INSERTION PROCEDURE INFORMATION

Date of Procedure: Doctor:

AT LEAST 5 DAYS BEFORE THE PROCEDURE:

Please complete sections B and C from the Western Hospital Preadmission Information booklet as soon as possible. You can drop it off at Reception, email a scanned copy or complete the form electronically via our website.

Website: www.westernhospital.com.au/patient-admission-forms

email: reception@westernhospital.com.au

DAY BEFORE THE PROCEDURE:

TO DO	I have done the following:
If provided with a blood test form by your Specialist - On the business day before your procedure, please have the blood test done – either onsite at Clinpath Pathology or another pathology group.	Where:
Drink plenty. At least 1L of water in previous 12 hours	
Medication changes – have you been informed not to take certain medications?	

ON THE DAY:

Please present to Reception at

FASTING:

Arrival request time ____am	Done	Arrival request time ____pm	Done
You may have a light morning breakfast (Toast and tea / coffee) fasting from midnight is not necessary. Then you may have clear fluids (like water or black tea or black coffee) as well as morning medication at any time until your procedure.		You may have your usual breakfast and an early non-fatty(non-heavy) lunch around 11am. Then you may have clear fluids (like water or black tea or black coffee) as well as usual medicines until your procedure.	
Please ensure that you have had at least 1 litre of water to drink the day before your procedure.		Please ensure that you have had at least ½ a litre of water to drink on the morning of your procedure.	



MEDICATIONS:

Continue to take all your usual medications as prescribed **unless** told otherwise by your Specialist.

VISITORS:

Under current restrictions to manage Covid 19 risks, all visitors are subject to hospital policy, which is may change without notice. As a general rule day procedure patients are not permitted to have family/support persons with them due to social distancing and space requirements. Please discuss any restrictions or if you have special needs with the Preadmission Nurse or with nursing staff on the day of admission.

ON ARRIVAL:

Please present at Reception. You will then be taken to the admitting ward, where nursing staff will prepare you for the procedure. This will include inserting an IV drip in your arm, blood pressure and pulse, and performing an ECG. Your patient questionnaires will be reviewed, and they may ask you other questions about your health and your overnight support.

Your Specialist (and an Anaesthetist if required) will come and explain the procedure and potential complications and ask you to sign the consent form (if not already completed at the Specialist Clinic). You will be asked when you last ate and what medications you have taken.

Some medications maybe required to be given prior to the procedure including antibiotics.

LENGTH OF STAY:

Sometimes you may encounter a wait due to the length of the prior procedures. If you need an overnight bed after the procedure, there may be a wait for this. You will be cared for by expert nursing staff in the Recovery Unit until the bed is made available in the ward.

Your arrival time does not mean that this will be your procedure time.

Please be patient with us and we will get your procedure done as soon as we can.

If you are a day patient, it is important that you have a responsible adult to stay with you for the remainder of the day of your procedure and overnight. **If you do not have a responsible adult to stay with you overnight, please inform staff at the time of your booking. Your procedure may need to be rescheduled until you can arrange someone to stay with you overnight**

If your Doctor says you need to stay overnight due to your clinical condition, we aim for discharge between 9 – 10 am next day.

EDUCATION AND HOME MONITORING

After your cardiac device insertion, you will be provided with an information booklet detailing information about living with your cardiac device. Dependent on the cardiac device that you have, you may be provided with a home monitoring system that remotely connects to the cardiac device via Wi-Fi and uploads your heart rhythm information. Further education will be provided about the home monitoring if required.

A cardiac device insertion card will be sent to you from the cardiac device company with the details of what type of device you have. Please carry this with you in your wallet or purse.

DISCHARGE INFORMATION:

Pacemaker insertion: discharged 4 hours post procedure.

When you are discharged, your Specialist will forward the result of the procedure to your referring GP. Discharge appointments with your Specialist will be made, if required. You will be given a discharge information sheet with instructions / precautions you must take once you are home. You will be informed when to restart the medications that had been stopped prior to the procedure, as per your Specialist's instructions.

DRIVING RESTRICTIONS:

You will not be able to drive for the following period after your procedure:

Private Vehicle Drivers	Commercial Vehicle Drivers
Pacemaker – 2 weeks	Pacemaker – 4 weeks

<https://austroads.com.au/publications/assessing-fitness-to-drive/ap-g56/cardiovascular-conditions/general-assessment-and-managemenogtuxmnt/non-driving-periods>

Please arrange for a responsible adult to pick you up and take you home.

Should you have any further questions please call the following people:

Booking questions / procedure date / cancellations	Contact your Specialist's Rooms
Procedure / Medication questions	Contact Western Hospital 81591200 and ask to speak to the Cardiovascular Nursing staff

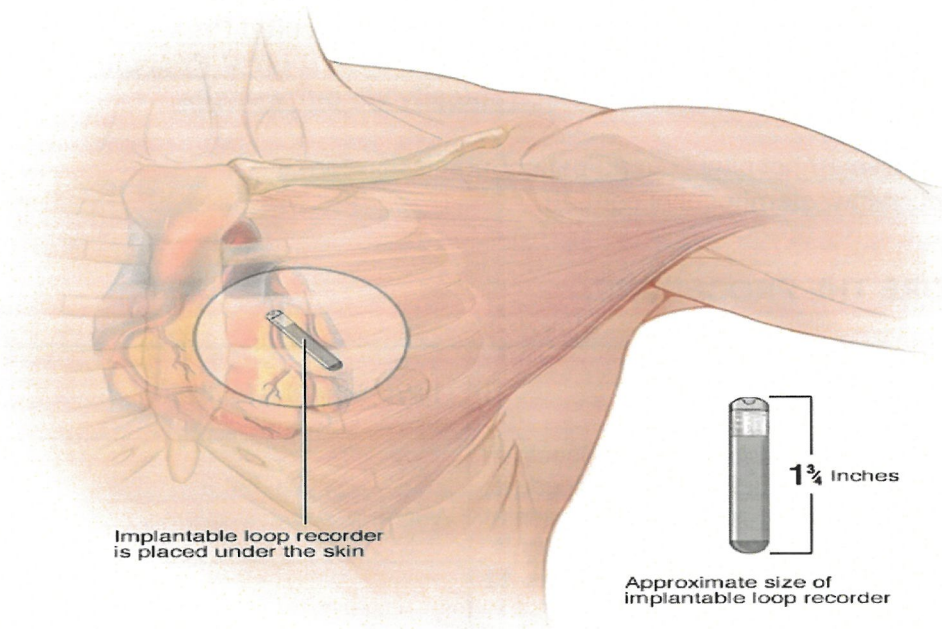
You will be given an information booklet on the day of your admission to help you manage your condition when you go home.

For more information contact:

**Western Hospital
168 Cudmore Terrace
Henley Beach SA 5022
Telephone: (08) 8159 1200
www.westernhospital.com.au**

If you have any questions you would like to ask the nurses when you come in to hospital, please jot them down here to remind you.

PATIENT INFORMATION FOR CARDIAC DEVICE INSERTION



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IMPLANTABLE LOOP RECORDER (ILR)

An Implantable Loop Recorder (ILR) is a small, thin device (approximately 2.5 cm in length) inserted under the skin of the upper chest. The device can record your heart rhythm for up to 3 years. It records the electrical signals of your heart over a long period of time to identify an irregular heart rhythm. It can determine whether your symptoms are related to a heart rhythm problem.

The procedure takes 15-20 minutes. The insertion site will be numbed by local anaesthetic and the wound will be stitched, usually with dissolvable stitches.

Education will be provided on how to use the 'activator' to assist in capturing and recording an episode. You will also be given a Home Monitoring unit that you will take with you, as well as instructions on how to set it up and use it once you are home.



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CARDIAC DEVICE INSERTION

PROCEDURE INFORMATION

Date of Procedure: Doctor:

AT LEAST 5 DAYS BEFORE THE PROCEDURE:

Please complete sections B and C from the Western Hospital Preadmission Information booklet as soon as possible. You can drop it off at Reception, email a scanned copy or complete the form electronically via our website.

Website: www.westernhospital.com.au/patient-admission-forms

email: reception@westernhospital.com.au

DAY BEFORE THE PROCEDURE:

TO DO	I have done the following:
If provided with a blood test form by your Specialist - On the business day before your procedure, please have the blood test done – either onsite at Clinpath Pathology or another pathology group.	Where:
Drink plenty. At least 1L of water in previous 12 hours	
Medication changes – have you been informed not to take certain medications?	

ON THE DAY:

Please present to Reception at

FASTING:

Arrival request time ___am	Done	Arrival request time ___pm	Done
You may have a light morning breakfast (Toast and tea / coffee) fasting from midnight is not necessary. Then you may have clear fluids (like water or black tea or black coffee) as well as morning medication at any time until your procedure.		You may have your usual breakfast and an early non-fatty(non-heavy) lunch around 11am. Then you may have clear fluids (like water or black tea or black coffee) as well as usual medicines until your procedure.	
Please ensure that you have had at least 1 litre of water to drink the day before your procedure.		Please ensure that you have had at least ½ a litre of water to drink on the morning of your procedure.	

MEDICATIONS:

Continue to take all your usual medications as prescribed **unless** told otherwise by your Specialist.

VISITORS:

Under current restrictions to manage Covid 19 risks, all visitors are subject to hospital policy, which is may change without notice. As a general rule day procedure patients are not permitted to have family/support persons with them due to social distancing and space requirements. Please discuss any restrictions or if you have special needs with the Pre-Admission Nurse or with nursing staff on the day of admission.

ON ARRIVAL:

Please present at Reception. You will then be taken to the admitting ward, where nursing staff will prepare you for the procedure. This will include inserting an IV drip in your arm, blood pressure and pulse, and performing an ECG. Your patient questionnaires will be reviewed, and they may ask you other questions about your health and your overnight support.

Your Specialist (and an Anaesthetist if required) will come and explain the procedure and potential complications and ask you to sign the consent form (if not already completed at the Specialist Clinic). You will be asked when you last ate and what medications you have taken.

Some medications maybe required to be given prior to the procedure including antibiotics.

LENGTH OF STAY:

Sometimes you may encounter a wait due to the length of the prior procedures. If you need an overnight bed after the procedure, there may be a wait for this. You will be cared for by expert nursing staff in the Recovery Unit until the bed is made available in the ward.

Your arrival time does not mean that this will be your procedure time.

Please be patient with us and we will get your procedure done as soon as we can.

If you are a day patient, it is important that you have a responsible adult to stay with you for the remainder of the day of your procedure and overnight. **If you do not have a responsible adult to stay with you overnight, please inform staff at the time of your booking. Your procedure may need to be rescheduled until you can arrange someone to stay with you overnight**

If your Doctor says you need to stay overnight due to your clinical condition, we aim for discharge between 9 – 10 am next day.

EDUCATION AND HOME MONITORING

After your cardiac device insertion, you will be provided with an information booklet detailing information about living with your cardiac device. Dependent on the cardiac device that you have, you may be provided with a home monitoring system that remotely connects to the cardiac device via Wi-Fi and uploads your heart rhythm information. Further education will be provided about the home monitoring if required.

A cardiac device insertion card will be sent to you from the cardiac device company with the details of what type of device you have. Please carry this with you in your wallet or purse.

DISCHARGE INFORMATION:

Loop recorder insertion: discharged 1 hour post procedure.

When you are discharged, your Specialist will forward the result of the procedure to your referring GP. Discharge appointments with your Specialist will be made, if required. You will be given a discharge information sheet with instructions / precautions you must take once you are home. You will be informed when to restart the medications that had been stopped prior to the procedure, as per your Specialist's instructions.

DRIVING RESTRICTIONS:

There are NO DRIVING RESTRICTIONS after you have had a Loop Recorder Inserted

Please arrange for a responsible adult to pick you up and take you home.

Should you have any further questions please call the following people:

Booking questions / procedure date / cancellations	Contact your Specialist's Rooms
Procedure / Medication questions	Contact Western Hospital 81591200 and ask to speak to the Cardiovascular Nursing staff

You will be given an information booklet on the day of your admission to help you manage your condition when you go home.

For more information contact:

**Western Hospital
168 Cudmore Terrace
Henley Beach SA 5022
Telephone: (08) 8159 1200
www.westernhospital.com.au**

If you have any questions you would like to ask the nurses when you come in to hospital, please jot them down here to remind you.



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