

The Heart Efficiency Programme:

This is a 12 week programme where your medications will be reviewed and gradually increased to recommended doses.

You will need to have your blood tests taken **within 3 days of all** your appointments.

A repeat ECHO will be arranged for 3 months afterwards. At this point it will be decided if you are for discharge back to your GP or the general cardiology clinic.

What does my visit to this involve?

This visit may take up to 2 hours. Please ensure that you have a relative/carer with you if you need assistance in any way.

You will be assessed by a Clinical Nurse Specialist and a Doctor.

Your **weight book** and recent **bloods** will be reviewed.

You will need to **bring your list of tablets** with you. Take them as usual before your visit.

The Heart Efficiency Team

Cardiologist Consultants & Registrars

Clinical Nurse Specialists

Sarah Fall
Michelle Carey

Administrative support

Lynn Horan
Lisa Heenan Byrne

How to contact the Heart Efficiency Team?

01 – 4143136
(Leave a voicemail)

Between 9.00am & 4.00pm
Monday to Thursday

09.00-12.00 Fridays

MPHE002-01



Heart Efficiency Service

Patient Information Leaflet



The Heart Efficiency Service is a specialist service within Cardiology.

Why was I referred to this service?

Your doctor has referred you because you may have been told that you have Heart Failure. The heart is a muscular pump which supplies blood to all the organs in the body.

Heart Failure simply means that your heart muscle is not pumping/relaxing as efficiently as it should.

You will have a full educational session with the Nurse Specialist who will explain everything in detail to you and a family member/carer.



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How is it diagnosed?

A scan of the heart called an ECHO will have been performed.

This test shows how efficiently the heart muscle is pumping.

If the result shows that the heart pump function is reduced or restricted, then you will be referred to this service.



The main issues associated with this condition are:

- Fluid retention
- Heart rhythm disturbance
- Tiredness

What are the symptoms I should look out for?

Symptoms vary from person to person

Early signs of fluid retention are important to recognise.

- Shortness of breath
- Sudden weight gain
- Swollen ankles/legs/abdomen
- Needing extra pillows at night
- Waking suddenly from sleep 'gasping for air'
- Excessive tiredness
- Loss of appetite
- Palpitations
- Heart rhythm disturbance

Where can I get further information on my condition?

You will be given the Irish Heart Foundation booklet:

'Step by step through Heart Failure'

Websites at

www.irishheart.ie

www.heartfailurematters.org