



**University Hospitals
Bristol and Weston**
NHS Foundation Trust

Patient information service
Bristol Royal Hospital for Children

The cardiac nurse specialist



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The cardiac nurse specialist

Who are we?

The cardiac nurse specialists are a dedicated team of experienced nurses who work as part of a wider multidisciplinary team to provide ongoing support to children and their families with a heart condition.

When will you meet us?

- antenatally within fetal clinics at St Michael's Hospital
- during outpatient or clinic appointments at Bristol Royal Hospital for Children
- as an inpatient in the children's hospital.

What does our service provide?

- support and advice throughout your cardiac journey-from diagnosis through to transfer to the adult cardiac services
- education for your child and family about diagnosis, treatment, lifestyle and medication
- preparing your child and your family for procedures or operations
- help with referrals to wider health care professionals such as community nurses, psychologists, dieticians and play specialists
- anticoagulation (warfarin and INR) teaching and training
- help with discharge planning
- telephone advice.

Useful resources

South Wales and South West Congenital Heart Disease Network

Website: www.swswchd.co.uk

This is where you can find details of your local hospital and team.

Bristol children's hospital

Website: www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-royal-hospital-for-children/childrens-website

Facebook: www.facebook.com/bristolroyalhospitalforchildren

This is where you will find a virtual tour of Dolphin ward.

Transition into adult services

Website: www.uhbristol.nhs.uk/transition

The Somerville Foundation

Website: <https://thesf.org.uk/>

British Heart Foundation

Website: www.bhf.org.uk/

Support groups

Southwest Heart Families

Telephone: **07929 261 121**

Website: **www.heartfamilies.org.uk**

Facebook: **www.facebook.com/HeartFamiliesSouthWest**

Little Hearts Matter

Telephone: **0121 455 8982**

Website: **www.lhm.org.uk**

Facebook: **www.facebook.com/littleheartsmatter**

Heart Heroes

Telephone: **07951 835360**

Website: **www.heartheroes.co.uk**

Facebook: **www.facebook.com/heartheroesglos/**

Arrythmia Alliance

Telephone: **01789 450787**

Website: **www.arrythmiaalliance.org.uk**

Facebook: **www.facebook.com/ArrythmiaAlliance/**

Each cardiology consultant has a cardiac nurse specialist (CNS) allocated to them.

You will have a named cardiac nurse specialist as your main point of contact. If possible, and to aid continuity of care, the team will try to ensure contact with this team member, however if your inquiry is more urgent, please be assured that another member of the team will be available to assist you.

CNS working hours

Monday to Friday, 8am to 4pm

Cardiac nurse specialist contact

0117 342 8286

cardiacnurses@uhbw.nhs.uk

Hospital switchboard:

0117 923 0000

For any clinical queries and emergencies (out of hours), please contact Dolphin ward via switchboard (**0117 342 0000**).

The ward team can contact the cardiology registrar or consultant if required.

Your cardiology consultant:

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Your cardiac nurse specialist:

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Notes

As well as providing clinical care, our Trust has an important role in research. This allows us to discover new and improved ways of treating patients.

While under our care, you may be invited to take part in research. To find out more please visit: www.uhbw.nhs.uk

Help us prevent the spread of infection in hospital. Please make sure your hands are clean. Wash and dry them thoroughly/use the gel provided. If you have been unwell in the last 48 hours please consider whether your visit is essential.

Smoking is the primary cause of preventable illness and premature death. For support in stopping smoking contact **NHS Smokefree on 0300 123 1044.**

Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. **Drinkline on 0300 123 1110.**

For access all patient leaflets and information please go to the following address:
<http://foi.avon.nhs.uk/>

Bristol switchboard: 0117 923 0000
Weston switchboard: 01934 636 363
www.uhbw.nhs.uk



For an interpreter or signer please contact the telephone number on your appointment letter.



For this leaflet in large print or PDF format, please email patientleaflets@uhbw.nhs.uk.

