

# Defibber News

July 2019



## Non-Clinical Team of the Year **WINNERS!**



**WEDNESDAY July 3rd 2019**

All Saints Church Hall, Hale Road, Hale Barns WA15 8SP

This presentation will give a fascinating insight into the concept of Cardiac MR scanning. You will hear how it has revolutionised cardiac diagnostics, how it helps diagnose cardiomyopathies, and tissue characterisations.

There will be time for questions about any aspect of this presentation, although we cannot answer any personal issues about your individual care at this time.

## FROM THE CHAIRMAN

Welcome to this latest edition of our Newsletter. As usual there are really interesting and heartwarming stories.



This meeting will be Susan's last meeting as she is retiring after 40 years at Wythenshawe hospital.

I have only known Susan for 6 years. I first met her on the day my ICD was being fitted. Susan's jolly face and positive attitude really cheered me up. I'm sure she has had this effect on many patients over her time at Wythenshawe.

Susan was also instrumental in setting up this amazing Support group and she is still as passionate today as she was then.

I personally think there is no substitute for experience and wow, 40 years of experience in this hospital is incredible and a very hard act to follow. I can't imagine many can match that achievement. Susan's retirement is extremely well deserved but will leave both the Support group and the hospital with a huge hollow.

On behalf of the group I would like to thank Susan for her incredible work and

commitment to the Support group over many years and I do hope she enjoys her retirement and who knows, maybe she may turn up at a future meeting, I certainly hope so.

Best wishes for the future Sweetheart.

Paul  
Chairman and patient

If you require any further information about the

Support Group, please contact the Chairman at:

[pwdavisandsonltd@aol.com](mailto:pwdavisandsonltd@aol.com)

(07973 541 382)

### Contact details for all Patients:

If you have any concerns, please contact the:

Cardiac Physiologists on:  
**0161 291 4615**

Arrhythmia Nurse team on:  
**0161 291 5998 / 5443 / 5076**

Malcolm John Cockill  
'My story starts in 1988.....'

Our Sue  
'Retiring at Pace....'

John Leggatt  
'I went to Cornwall....'

If you would like to make a donation.....

Tea, coffee, juice and delicious homemade cakes will be served from 1pm and the presentation will start promptly at 2pm

There is 3-hour free car parking available behind Booth's which is next to the Church.



## 'My story starts in 1988.....'

My story really starts on the 28/29 November 1988 aged 45. At that time, I was the Superintendent Engineer (a posh name for a senior formen) for Servisair, the Main Handling Agents at Manchester Airport at that time. On this particular night I suffered a heart attack. My neighbours phoned for an Ambulance. My wife, poor girl had gone into shock, though she had the presence of mind to phone my neighbours. They had to defib me three times and then finally pulled me back into the world of the living with a needle into the heart. It was this action I believe that saved my life. I believe it was carried out by a junior lady doctor, who I never got to thank but she will be ever in my thoughts and prayers. I woke up three days later with all my chest skin wrinkled asking my elder brother and boss what had happened to me; they were stood at the end of the bed in ICU with very worried look on the faces.

My life continued in the same vein and after two months recuperation and 6 weeks heart Rehab, which did wonders for me, I went back to work. All was well until August 1991 when I started with chest pains again. I went to A&E and from there was put on a ward, given and Angiogram but nothing new showed up, only the remains of my original heart attack. I was sent home with various types of medication. By this time my confidence had gone so I was on the sick for nearly six months and my job had gone too. I can only say Servisair were very good. I was re - employed as a normal Ground equipment Engineer. Once again Cardiac Rehab were fantastic.

I continued to work until July 2009 two years after my retirement age. I was doing a shorter week by then to care for my wife Irene who become unwell and sadly died in June 2011. My next experience with any hospital was with the Alexander in Feb 2016. I had a left knee replacement and from that I developed a DVT in my right leg and two PE's in my left lung. I was put on a blood thinner Rivaroxaban which I have to stay on for life. After physiotherapy and doing a lot of walking life continued normally gardening at my allotment and local church plus pantomimes at the forum Wythenshawe. as well as riding my bike and anything to help other people.



In 2017 I developed a cough which didn't want to go away and continued into 2018 during which time I had coughed up blood twice. I visited Hospital each time and was sent for a Bronchoscopy on the 3th July 2018. On Saturday 7th July while out with a friend riding my bike, I became ill. I thought it was a stomach bug because the pain was so low, I walked back home about 2 miles pushing my bike. I had no energy to ride. Once home, I went to bed and things got worse in as much I was violently sick once. I thought then the feelings and pain would ease! They didn't I was sick again. It was then I phoned my best mate Paul who came round and he phoned for an ambulance, but their ETA was 20minutes! So, living close to the hospital he took me to A&E where I was booked in. The daft thing was when talking to the receptionist all the symptoms disappeared but because of my history they still booked me in! I felt a fraud. I also learnt from the lady doctor who examined me that projectile vomiting can be a sign of a heart attack.

An Angiogram was carried out on 10th July and 4 stents were fitted. During this time, I was visited by one of the lung doctors who told me of the results from the Bronchoscopy! I had had a few days earlier. They had found a growth on my left lung which was cancerous, and I need to be operated on ASAP and because of the stents, it would be about 6 weeks before that Op could take place. I was admitted into hospital 12/09/18 and had the lung op on 14/09/18 by keyhole surgery which I was informed was successful. I was sent home with lung drain on 20/09/18. Sadly a few days later 25/09/18 my body decided to swell up to a point where it effected my swallowing. I was in contact with the surgeon's PA who advised me to visit A&E and would be seen by a doctor quickly! which happened. I was readmitted with what's called surgical Emphysema and put on a different drain and was discharged on 29/09/18 happily with drain removed. While waiting for the swelling to go down, I had a few visits from various nurses who wanted to see and touch the rippling effect on my upper body as it would come to light that this symptom didn't happen very often.

All was going well until 15/10/18 when with chest pain and light headedness I visited A&E again with the help of my best mate Paul who I am ever indebted too. I was admitted with very high heart rate +200. The medical staff tried various drugs to lower my heart rate to no avail and they decided to shock my heart back to the correct rhythm. It was successful on the third attempt and I was admitted on to a ward. The same thing happened again two days later where they had to shock me again. I was put in ICU where the intension was to put me in an induced coma; thankfully that didn't happen, and I was sent back to the ward. I was monitored and was visited by Nurse Adrienne Unsworth who explained that it had been decided to fit an ICD Adrienne told me what to expect. I don't think Adrienne expected what took place to take place after the ICD was fitted.

The procedure was completed and back on the ward late evening after it had been fitted, the ICD gave me a shock which really shook me and the young nurse who

was close by. The staff were wonderful and couldn't do enough for me and got me settled down, until in the early hours of the morning when I asked to use the commode the ICD shocked me twice again. By this time, I was very depressed. The next day I was visited by Dr Ben Brown who explained to me that they intended to do Ablation on me to remove scar tissue that was giving the wrong signals and upsetting my heart rhythm. I honestly couldn't really take in what was meant by this procedure. Two days later the Ablation took place and though it's not the most comfortable procedure I have had, it was truly amazing to see after what Dan and his team had found and done to help me live a normal life.

I was discharged on 25/10/18 with some trepidation though with a thankful heart. Since then I have been healthy and have completed Cardiac Rehab which really helps one's confidence. I'm just waiting to get my Driving License Back some time at the end of April and my world will be complete but ever aware what this little box of tricks was put in my chest for. I have had the various checks carried out and all is working well until the next check in 6 or 12 month's time I hope in the future to meet other people who have had ICD's fitted when the next meeting of the ICD support group takes place.

Of course as a Christian I thank God! my friends who prayed for me and for skills that have been given to these special people who have committed their lives to caring and helping others. I name and thank Dr E Abdelaal, Mr K Rammohan! Dr B Brown, Nurse A Unsworth and all of their assistants. Really none of this would happen without the wonderful Nurses and care assistants, physiotherapist and all the NSH staff and cleaning company personnel who support this wonderful organisation we are so lucky enough to have in this country.

Thank you *Malcolm John Cockill*.

**Sue Grosvenor**

**Advanced Specialist Cardiac Physiologist**

**ICD patient support group facilitator**



If someone had said to me on 10th September 1979 when I first walked in the door to start work here at Wythenshawe Hospital as a student physiological measurement technician as we were called then; Think of any technology that could change and save so many lives in 40 years? I would have probably gone and watched episodes of 'Tomorrow's World'! Knowing now what has been achieved, I am not too sure even 'the program makers' would have predicted the changes. Back then if you had a heart attack and survived, you would be given a blood thinning medication, put on bed rest for 7 days having an ECG every day, with no angioplasty and stents to offer you, an angiogram and cardiac surgery would possibly follow weeks later. If you would have had a cardiac arrest or were at high risk of a sudden cardiac death medication was the only offer, and if you had heart failure, then only limited medication was on offer to improve symptoms. I remember very clearly the day in 1988 a company representative came in to speak to Dr David Bennett consultant cardiologist, myself and a couple of others about this new device just being developed, an Internal Cardiac Defibrillator! It was the size of a mobile telephone, 2 inches thick, 4oz in weight, two patches had to be sewn directly onto the heart, it could only give shocks, it would only last 2 years, a full general anaesthetic and an implanting surgeon was required as it was positioned under the rib cage near the stomach! That's amazing we said, when can we start implanting!

By 2003, with international ICD trials being finished early, because of the significantly improved survival rates in high risk patient groups, and technology improving substantially in the manufacturing of devices and electrodes, allowing implantation similar to that of pacemakers, NICE the National Institute of Clinical Excellence approved the implantation of these devices in all patients at a high risk, this meant that all devices would be funded with costs in those days of £20,000 - £25,000, Biventricular ICD devices followed a few years later. I don't think at that time any of us could have predicted the momentous changes in diagnosis and treatment of cardiac conditions and envisage the sheer number of lives that would be saved.

With so many patients now being offered an ICD, it brought the instigation of the 'trust award winning' 'Wythenshawe ICD patient support group' to which I am so very proud of. Jeanette Hornsey and I realised very quickly that we could only explain the technical way in which the ICD worked, we could not explain what it was like to 'live with one' or 'what it was like to have a shock' so we asked an initial small group of ICD patients if they would help us start our support group, they immediately said yes volunteering their time and knowledge so readily to support others, reassuringly many of them still support patients today along with newer volunteers who maintain the high level of support,

I am hugely grateful to them all, I am reassured that the ICD patient group will continue to support, educate and inform all patients and their relatives now and in the future. Early on in my career having trained in both echocardiography and devices, protocol dictated I had to choose one of them to specialise further, without

hesitation I chose devices. Over the years there has been continuous development which I find interesting, fascinating and exciting primarily because as these refinements make such a fundamental difference to more patients.

The early pacemaker clinics were in clinic 4, they only ran a Thursday with 70 patients attending, all seeing the doctor! In May 2008 cardiology outpatients moved into the newly built North West Heart Centre, opened by HRH Princess Anne who I was honoured to meet, and shake hands with, as she toured the new department. Creating this purpose-built unit allowed the massive expansion of services, personnel, the re-configuration of clinics and to allow all diagnostic tests to be carried out in one place.

Many a day I think to myself how lucky I am to have had a career in the National Health Service, it's an amazing institution, filled with experts in so many different fields of medicine. For me personally having spoken to so many people over the years, I have always been truly humbled by patients and their relatives, to their utter resilience and strength in the face of, in so many cases' sudden life changing events. I will always remember with great fondness the tears and laughter I have shared, the amazing stories I have heard, the fascinating people I have met.

Helping people has always underpinned my philosophy and as I walk away to enjoy retirement my huge thanks go out to you all for allowing me into your lives, even just for a moment, to bring my unique charm and hopefully my expertise!

**Wishing you all the very best of health.**





**John.....**In October 2017, along with very close family members, I went to Cornwall to scatter my wife's ashes, overlooking our favourite beach. Come 2018 my daughter who had a holiday home there, said I should go as usual. So, on the last Monday in July I drove down by myself, from Stockport in about 6 1/2 hours to Jane's house. The weather was glorious, so every day was spent on the beach with the family. Swimming, sunbathing, reading and chatting to friends made over the years. I was pleased I had gone, and Friday was just the same.

The beach is about 3 miles from Land's End on the south coast, just beyond the famous Minack Theatre. At 83 years old it took me about 25 minutes to walk to the car park, so I set off a bit before the others. Rucksack on my back and off I went! The first 50 feet is very steep and is a climb more

than a walk. It is mainly a single file path until it opens out about 200 yards from the car park. It is a pleasant walk, crossing the same stream twice, flowers at the side of the path, different birds overhead and quite often a rabbit or a fox in the field opposite. I stopped at the first bridge overlooking the beach to have a rest after the steepest part of the walk and to have a last look at the beach....it might be raining tomorrow!

I continued on my way. I crossed the second bridge where the path widens out and carried on. Without any discomfort, I remember no more....

**Jane.....**Jess my daughter, Steven my brother, Caroline my sister-in-law and my three nieces Maeve (6 1/2), Rose (31/4) and Hattie (8 months), along with myself, all left the beach about 10 minutes after my dad (about 18:15). We had a lovely family day on the beach, my dad having four out of five of his granddaughters with him. Rachael our eldest daughter is a doctor and was unfortunately working in Leeds.

Rose was tired so luckily had a shoulder ride from Steven. Otherwise, walking at three-year-old pace we might not have reached my dad when we did. As we crossed the second bridge, where the path widens, Jess and I took hold of Maeve's hands. We were casually chatting about what Uncle Peter (my husband) might have made us for our evening meal and whether the girls could have a dip in the hot tub. All very leisurely and routine. The idyll was about to change. The path bends left with a gentle incline. I looked up to see several people bending over. I commented to Jess that it looked like someone had fallen. We quickened our pace. Being an ex-nurse and midwife, I was

ready to help. I am a teaching assistant now and had recently completed a first aid refresher course.

As we got closer, I could see someone on their back, a pair of trainers and nut-brown legs. Rapidly realising it was my dad I yelled "dad," and all the heads (about eight adults and teenagers) turned towards us as I ran, discarding Maeve's hand, my rucksack and the parasol. Jess and I reached them, to find my dad on his back totally lifeless. I assessed the situation. He was the strangest colour of blue, grey and brown from his fabulous tan. It was clear he was dead! I asked if anyone had attempted CPR to which they replied, "no we don't know how."

I immediately fell to his side and started chest compressions and mouth to mouth. He was not responding and making awful gurgling noises as I continued CPR. The people around were very supportive and were willing to help under my supervision. Caroline kept talking to him willing him to respond, Steven helped with the resuscitation and Jess talked to the ambulance control (they had been called before we got to my dad but were 10 miles away in Penzance). They asked her "what was his medical history?" Nil of note - a fit 83 year old on two tablets for hypertension. That was it.

Someone suggested a defibrillator and drove the mile there and back to the Minack Theatre to borrow theirs. When the defibrillator arrived, I calmly followed the instructions. I think I was on autopilot!

We continued for 1/2 an hour until the ambulance arrived. They were fantastic and kept Jess updated as to their progress along the country lanes.

We have been going to the beach for 44 years and have acquired many beach friends. As they were leaving the beach, they too helped to ensure my dad's dignity by redirecting the beach leavers through a garden adjacent to the path. However, one couple we know did walk by and she suggested he ran to get the doctor who lived above their holiday cottage. At that point my dad was still requiring CPR. Just before the doctor arrived my dad started breathing for himself. The doctor arrived and checked his air entry and listened to his heartbeat. We had got him back!! We put my dad in the recovery position just before the ambulance arrived. The air ambulance crew also arrived ... by car as the mist had descended! We set off for the hospital 41.4 miles away after a further 30 minutes. My dad was taken into resus.

The consultant confirmed the graveness of the situation. My dad was semi-conscious and very irritable, thrashing about and moaning. Understandable given the assault his body had just had. However, he was stable and was transferred to ICU after a couple of hours. Steven and I stayed all night. I was called to him once in the night as he was "unravelling" and the nurse thought he would benefit from a familiar face/voice. He tried to speak but was still very incoherent. In the morning a nurse came into the relative's room and asked

if we were with John Leggatt, “yes,” we replied anxiously. “Oh, don’t worry,” she said, “come and see him when you are ready, he is just sitting up in bed eating his cornflakes.” We were speechless to say the least! Rachael then arrived on the overnight sleeper from Leeds. He had us all on our toes. That evening he was transferred to CCU - he had been on ICU less than 24 hours, which they said was very rare.

In CCU they were scheduled to do an angiogram and act on the results, but he was still very confused - partly due to the chest infection acquired from his shallow breathing as I had broken several ribs!! He was transferred to ‘Care of the Elderly’. The following day he suddenly became lucid and passed his cognitive test with flying colours - 100%. They transferred him back to Cardiology on 13th August where he had to wait for an angiogram and stent, which he received on 16th August.

Following this, he had a defibrillator and pacemaker fitted on the 21st August and got his release papers the next day. - two days short of three weeks. A holiday none of us will ever forget! Jess also posted on Facebook the importance of knowing first aid and keeping it up to date. She got an overwhelming response and promises that they would sign up.

**We just hope they have.**

## WOULD YOU LIKE TO SHARE YOUR STORY?

**SEND TO:  
georgedavies48@sky.com**

From time to time, members of our Support Group have asked if they could make a donation to help finance the Newsletter and assist in the cost of organizing our Groups Meetings.

Members, if they so wish, can now make a donation direct to the Support Groups Bank, the details of which are

If you would like to make a donation to the ICD support group, the bank account details are:



**WYTHENSHAW ICD PATIENT  
SUPPORT GROUP**

Sort Code: 30-91-91

Account Number: 30781868

Emma Maiden: Treasurer,  
12 The Willows, Cranwell Village,  
Lincolnshire, NG34 8XG



A night of Celebration as the Wythenshawe ICD Patient Support Group WINS the Non-Clinical Team of the Year Award for their work in supporting patients and carers who have ICD's implanted -- with Sue, David, Pauline, Lawrence, Emma, Adrienne and Paul receiving the Award.



Just because you have a Heart condition doesn't mean you cannot travel. Always consult your Doctor before you Fly and if you get the go ahead.....enjoy yourself!



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