

## Travel Insurance

### Frank Storey's recent experience

I have found a company called Medical Travel Compared which is similar to Money Supermarket and Go Compare except they provide quotations from many Travel Insurance Companies. For my two week trip to the Canaries in May 2015 they advised that they had received 18 quotations the cheapest of which was £182.

This quotation was unacceptable because in the event of cancellation the maximum payable was £800 per person. We discussed the quotations further and eventually decided to accept the fourth cheapest at £191. The Insurance Company is called "Now". The cancellation reimbursement is well covered and the excesses in the event of a claim are low.

I am not able to tell you how good the company is. Hopefully I will not have to claim from them. You may wish to go on to the Medical Travel Compared web site. It is "medicaltravelcompared.co.uk", it shows some of the companies that provide them with quotations. Alternatively their telephone number is 0844 887 2110.



*Each one of us has been through a lot. If you are a patient and have been fitted with an ICD as a result of heart problems then you will know what we are talking about.*

*Hospital stays, medications, ICD checks, ICD Therapy, changes to your lifestyle, any or all of which, impact on your life and that of your family and friends.*

*If you are a carer you will have had to endure the trauma of seeing a loved one having to deal with the illness, the ICD and prospects for the future. This will have been difficult for you too. It will have a profound impact on you and as with the patient, you need support as well*

## EVERYONE HAS A STORY TO TELL

One way of finding that support -either as a patient or carer - is to share your experiences with others who are going through the same kinds of things.

*Why not write your story for the Newsletter and send it to:*

**George S Davies**  
103 Redearth Road  
Darwen  
Lancashire  
BB3 2AR

Georgedavies48@sky.com



*Have a chat and a cup of coffee*



*Come along to our Open Meetings. You will meet other Patients, Carers and Family members who have similar experiences to your own.*



*Guest Speakers on all the topics that you as Patients want to hear about. Each year there is a Question & Answer Meeting with Doctors from the Hospital.*



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#### Remote Monitoring

Remote Monitoring at UHSM for ICD's and Bi-vent ICD's was first introduced here at Wythenshawe in 2006/2007"



## ICD Group Meeting

Wednesday July 1st

Education & Research Centre

Wythenshawe Hospital

2.00pm, 1.00pm for Tea & Coffee

A talk will be given on CPR and the use of an AED in emergency situations by Sara Harris (Paramedic) There will also be a demonstration on how to carry out CPR and use an AED in an emergency situation.



# The Beautiful Game – at a Slower Pace

by Colin Albin

A couple of months ago I saw a news item on the TV that grabbed my attention: WALKING FOOTBALL – what a great idea, I thought. Then over the weeks after that I kept wondering if there was any walking football available nearby, so I had a look on the internet and discovered that there was one not too far from Wythenshawe Hospital at Woodhouse Park Lifestyle Centre.

So off I went to see if I still had any skills left at my great age and after several heart operations. It was an outdoor Astroturf pitch and, although I was rusty in the extreme, I could still B to my amazement B control a football... and I even managed to score a hat trick in my first game! It really is a fantastic idea – the rules are pretty much the same as in normal football except you are NOT ALLOWED TO RUN. How great is that?

So if there are any others out there who used to love playing football – your career may not be over yet. Despite the rigours of age or ICD implants you can still play walking football. Ladies are welcome too. If Wythenshawe is a good location for you the games are on Saturdays between 10.00 – 11.00am (half an hour each way with a short break in the middle). The cost is £2 and for this you get tea and toast at the end of the match. If it sounds of interest contact Colin Moore on 07875 739155. And if that location doesn't suit there are other venues – the Etihad Campus, Stretford, Levenshulme, Bury, Bolton, Oldham, Rochdale etc. Check out the following website for more information and venues B

[www.walkingfootballunited.co.uk](http://www.walkingfootballunited.co.uk)



**“I was aware of Wythenshawe’s excellent reputation in the early 1970’s”**

The then North West Regional Health Authority considered it to be their ‘leading light’ in cardiology provision.

The NWRHA became the Strategic Health Authority, again based in Manchester, now scrapped in recent political changes. Working from Wigan Technical College, I and some very talented colleagues were asked to provide management training throughout the North West. We were welcomed at Wythenshawe who then recognized that professional excellence needed to be added to here and there. In the late 1970’s I had a heart attack. After about a year, during which I became known as “the man who walks slowly” amongst local children, I was gratefully referred to Wythenshawe.

My surgeon was Mr Monsatti, a very warm and wonderful man. Tests including an angiogram revealed the need for a single by-pass but more urgently the need for an aneurysm repair. The heart wall was damaged; Mr Monsatti cut this away and secured the area finally with Teflon. 37 years later, still ok. I wonder if some existing staff remember this genius. Throughout my care he talked more to my wife and family than myself, they like me considered us very lucky.

September I think, in the mid 1990’s I needed a quadruple by-pass. For sixteen years I had been self-employed on a part time basis and the attack was again sudden. My wife ensured that Wythenshawe was “the place”. The surgeon’s name I cannot remember, but again

the surgery was a success. September 2014. Suddenly again during a leisurely walk, my heart rate shot up to 160+. I went by ambulance to Royal Blackburn Hospital where drugs didn’t succeed in lowering the heart rate. A team of professionals gathering round me whilst I lay on the table explained that they would need to “shock me”, maybe more than once. My family were within earshot, their feelings you can imagine. The “first shock” worked. My care then and for the next few days was wonderful. I discovered that strong links existed between Royal Blackburn and Wythenshawe. The decision to move me to Wythenshawe led to me being helicoptered – a first for me. Again, the care I received was all I could wish for. An ICD was fitted on the 19th of September and I was discharged the following day on my 80th birthday.

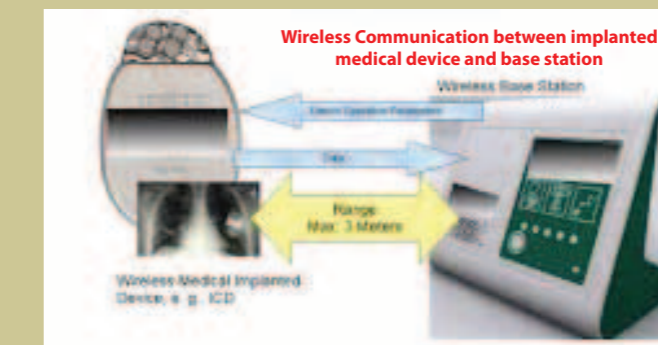
I have since returned for two clinics which I ‘passed’ and by choice I sent two tests to the technicians – all ok. It has been explained by the medical staff and underlined by the Arrhythmia Nurses - Adrienne in particular - that my heart is permanently damaged and below par. I accept this of course, have ‘slowed my pace’ again, but truly consider myself very lucky. Part of this is the reassurance that, via the ICD I am in contact with the best.

Geoff Wharfe

## What is Remote Monitoring and How Does it Work for ICD Patients?

Remote monitoring for ICD’s and Bivent ICD’s was first introduced here at Wythenshawe in 2006/2007, initially being set up on a trial basis for only a few patients. Now it is offered to all patients and we currently have 1100 patients on remote follow-up. Patients with devices that currently cannot be followed-up remotely will be offered remote monitoring when your device is replaced. Remote monitoring is a way of transmitting data from an implanted device, through a secure server to a designated hospital.

At Wythenshawe we have 3 systems of remote monitoring for the different manufacturers of ICD’s the hospital implant and follow-up. Medtronic remote monitoring system is called Carelink - Boston Scientific remote monitoring system is called Latitude - St Jude remote monitoring system is called Merlin. They all work in a similar way once plugged into the mains at your home address. Some need to be plugged into the telephone line as well. An initial download is done which connects the implanted device to this hospital. Each day usually at about 1am the monitor ‘looks’ for the implanted device and ‘checks’ that all the alerted parameters are within normal limits, that includes the battery status, the charge time, the integrity of the electrodes, and any events. If the monitor does not ‘find’ the device because you are not at home it will just wait until you return and check the alerted parameters then.



The monitor does not send us a day-to-day log of normal data, or if it cannot find you. It will only alert us if any parameter is outside normal limits. Some of the devices have an audible or vibrating alarm to alert you of a potential issue as well as automatically sending us a download. Each weekday morning a Senior Cardiac Physiologist logs on to the remote monitoring systems

When you have had your device implanted your first clinic appointment is usually 2-3 weeks later, then 3 months

after that. At that point if all the device parameters are within normal limits and you are well yourself, the Cardiac Physiologist will offer you a 12 month appointment in clinic, and as the majority of patients now have ‘wireless’ ICD’s and Bivent ICD’s implanted we will schedule your download at 3 or 6 month intervals in our ‘virtual clinic’ through the remote monitoring system. You will be informed by letter, regarding the results of the download and your GP will also be informed. The download interval depends on circumstance and you will have discussed this with your Cardiac Physiologist at your clinic visit.

Patients with non-wireless devices will be sent letters to do a manual download; After which, the results will be communicated to you by letter. Your GP will also be informed. We are recommending that all patients with appropriate devices sign up to remote monitoring. Remote monitoring is not a substitute for being looked after by the devices clinic, but provides added reassurance for many patients. There is always the option of coming to clinic if your doctor thinks it is needed or if you need a face-to-face consultation.

If you do have any concerns, especially if you think you may have had an event, and you do not require emergency care which you must seek if needed, you can do a manual download. If you do, we do ask that you ring the pacing number on 0161 291 4615 to either speak directly to a cardiac physiologist (8-6 Monday- Friday) or speak to the 24 hour answer machine leaving you name and a contact number, to inform us that you have done a download and we can then review your download with urgency.

**We will always call you back.**

Specialist nurses are available for advice on 0161 291 5076  
**Susan Grosvenor**