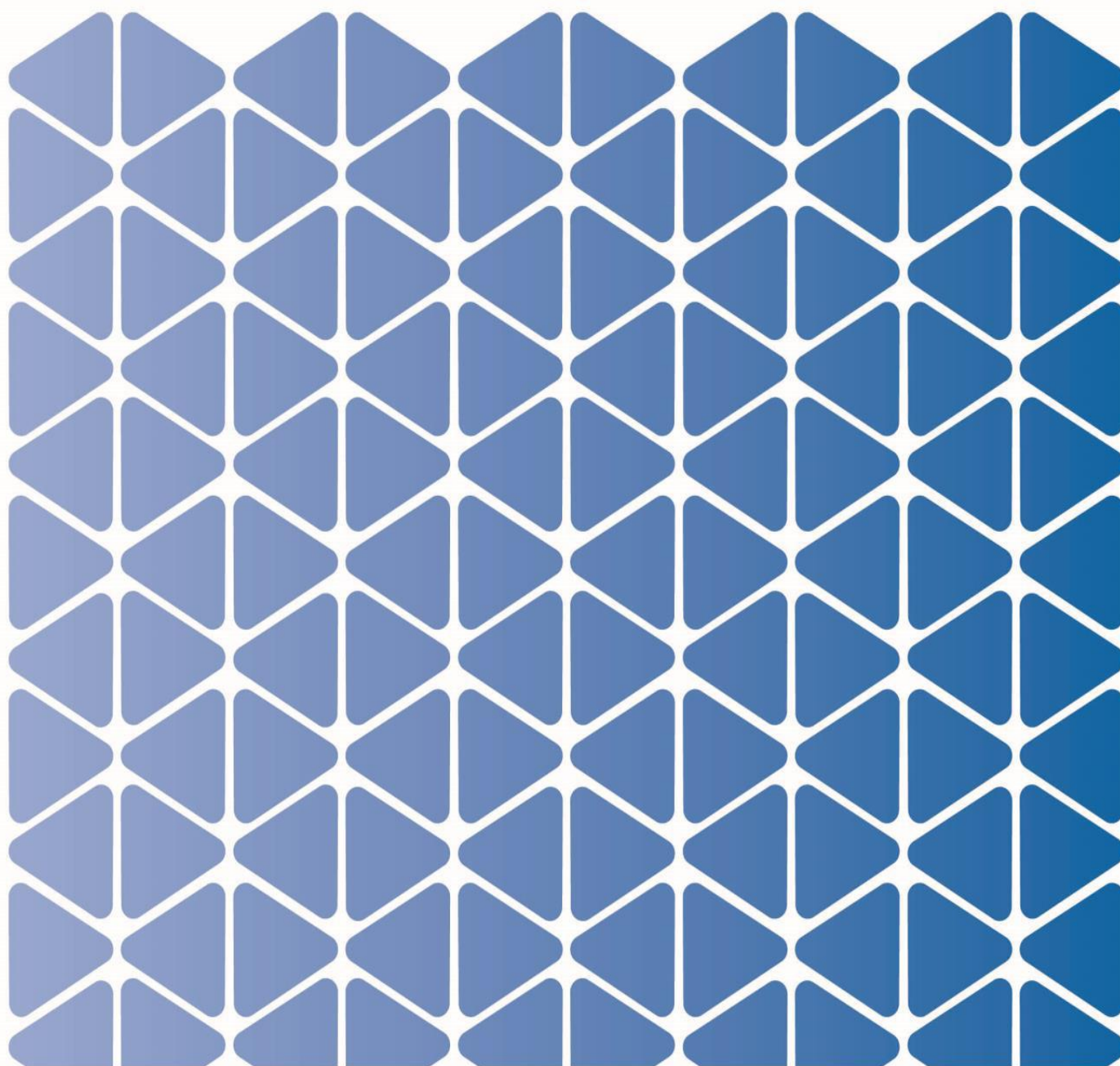


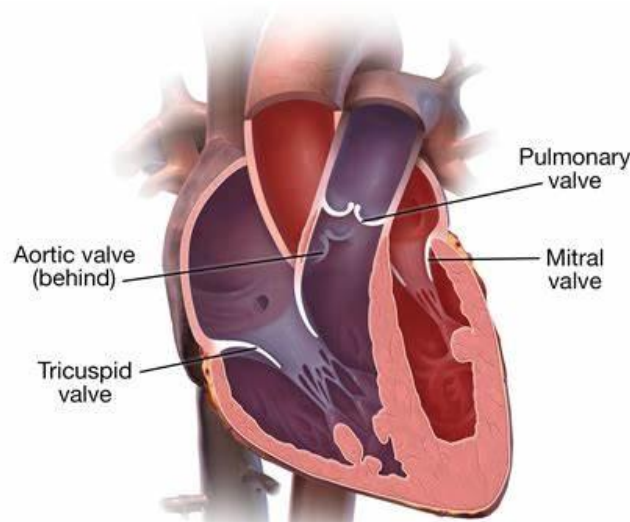
PATIENT INFORMATION**Physiologist Led Heart Valve Clinic**

Heart valve disease

There are four valves in the heart, two valves in the right side of the heart (tricuspid and pulmonary valve) and two on the left side (mitral and aortic valve). They open and close like doors with every heartbeat and their purpose is to ensure that blood flows in one direction.

Heart valve disease is a condition where the heart valves do not work as they should. They can either become leaky (regurgitant or incompetent) or narrowed (stenotic). These problems can put extra strain on your heart and make your heart work harder.

The main causes of heart valve disease are ageing (degeneration of the valves), being born with an abnormal valve (congenital), if you have had rheumatic fever, infection to the heart (endocarditis), damage of the heart muscle from a heart attack or disease of the heart muscle (cardiomyopathy).



Symptoms of heart valve disease

Most of the time, heart valve disease does not cause any symptoms and it's normally diagnosed when the doctor listens to your heart with a stethoscope and hears a murmur (murmur is a term used to describe a sound caused by abnormal blood flow across a diseased heart valve).

However, some people might experience one or more symptoms. The most common symptoms are:

- Increasing breathless (specially on exertion or when lying flat in bed)
- Chest pain or discomfort/tightness
- Dizziness or blackouts on exertion
- Severe or increasing ankle and feet swelling
- Fluttering or pounding feeling in your chest or neck

Cardiac Physiologist Led Valve Clinic

The Cardiac Physiologist Led Valve Clinic is run by a highly specialised Cardiac Physiologist in echocardiography. You will usually be referred to this clinic by a Consultant Cardiologist.

During your clinic appointment the Cardiac Physiologist will perform an echocardiogram, an electrocardiogram (if necessary), will take your blood pressure and will ask you about your symptoms.

At this time, you might be given results, a plan for future appointments and any additional investigations that may be required.

Sometimes the Cardiac Physiologist will need time to review the echocardiogram or need to ask advice from a Cardiologist so, in some cases, we will have to write or call you to update you on the plan.

Following the clinic, a report will be sent to your Cardiologist and a copy to your GP.

How can you prepare for the clinic?

Plan to arrive early. We suggest that you arrive early on the day of your appointment to ensure that all the necessary tests are done before your consultation.

Please continue to take all your medication as usual and **bring a list of all medication that you are currently taking with you.**

Between appointments

Should you find you have new or worsening symptoms or require any further information, please contact the Cardiopulmonary department on wah-tr.patientenquiresvalveclinic@nhs.net or 01905 760690 (Monday and Friday 8:00 to 16:00).

Sources used for the information in this leaflet:

- British Heart Valve Society, Heart valve disease, available at **bhvs.org/what-is-heart-valve-disease/heart-valve-disease/**
- British Heart Foundation, Heart valve disease, available at **bhf.org.uk/information-support/conditions/heart-valve-disease**
- Manchester University NHS Foundation Trust, Nurse Led Specialist Valve clinic patient information leaflet, available at **mft.nhs.uk/app/uploads/sites/10/2020/11/Nurse-Led-Specialist-Valve-Clinic-Patient-Information-Leaflet.pdf**
- Northern Care Alliance NHS Foundation Trust, Cardiology – The valve clinic, available at **northerncarealliance.nhs.uk/patient-information/patient-leaflets/cardiology-valve-clinic**

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the Cardiac Physiologist in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.