











Adult Congenital Cardiac Service

LOOKING AFTER YOUR OWN HEALTH: A Guide for Congenital Heart Patients

You can actively protect your health interests in urgent situations or when travelling.

Take greater charge of your own health in partnership with members of our team, and with your local physicians.

You may find yourself in an emergency department or facing a sudden health concern. Here are some suggestions about how to protect your interests when information about your health is needed quickly.

-  You should always carry your ACHD clinic card, which shows your diagnosis, important medications and contact details for the Green Lane Adult Congenital service staff.
-  You may wish to get a copy of a recent clinical letter describing your conditions and the issues being monitored by the Adult Congenital Team. We can send this by mail or e-mail: ask us when you come to the clinic.
-  A copy of recent tests, such as an ECG, may be helpful for some patients. These can be obtained through your Green Lane cardiologist or the clinic.
-  Ask your cardiologist what number you or your physicians should call in an urgent situation. One of our cardiologists is always on call. If you cannot contact your local physician or hospital, you can call the on call cardiology registrar at Green Lane via the switchboard.
-  If you are admitted to hospital for heart problems or other serious troubles, please have a relative notify your Green Lane cardiologist or the liaison nurse. We can help if needed.
-  If your congenital heart condition is important or risky, you may need to transfer to Green Lane.
-  You or your close family members or friends should learn about your condition (s). Some congenital heart conditions are very rare and many doctors will know little about them, so your own knowledge may be very important and helpful.
-  If you will be travelling overseas and you have a serious or risky congenital heart condition, it may be helpful to identify an expert adult congenital cardiologist at your destination. We can help you do this, or you can access the International Society for Adult Congenital Cardiac Disease website (www.isaccd.org) and look up the membership list)
-  Get a Medic-Alert bracelet or necklace if you have a mechanical valve, are on Warfin, or have a condition that may need emergency treatment. It alerts emergency personnel to key information if you are unconscious.
-  Such actions on your part will help you take more control of your own health, give you a better understanding of your condition and what (if anything), to watch out for.

FOR FURTHER ASSISTANCE OR QUESTIONS PLEASE CONTACT:

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