

1.Pre procedure evaluation:

This involves seeing the patients prior to a cardiac procedure and explaining the risk and benefits of the same. The patients' doubts would be addressed, and potential complications discussed. For patients undergoing pacemaker / ICD / CRT implantation, the various devices would be shown to the patients and their features and benefits explained. For patients undergoing an RF Ablation procedure, the circuit diagram of the arrhythmia would be drawn and graphically explained to the patient.

2. Post procedure care:

After a cardiac device implantation, the patient is seen by the Nurse specialist for the following:

- a. Assessing the wound healing
- b. Doing the wound care and dressing
- c. Explaining wound care to the patients' family
- d. Explaining the review schedule
- e. Explaining the discharge prescription
- f. Explaining the things to avoid post device implant (like Arc Welding)
- g. Stopping the anti-arrhythmic drug that the patient was on prior to the procedure.
- h. Help with patient rehabilitation and recovery post procedure and prevent secondary admissions due to negligence.

3. Anti-coagulation monitoring:

Atrial fibrillation is a common arrhythmia seen in our specialty. Many of our patients are on oral anti coagulants. The drugs like Warfarin and Acitrom require drug dose

titration based on the INR value. The newer oral anticoagulants like Apixaban, Dabigatran and Riveroxaban have their own specific side effect profile. The Nurse specialist would be proficient in her knowledge of these drugs kinetics and interactions. She would advise the patients on their drug titration when contacted in the outpatient / over phone or email.

4. Monitoring of blood pressure / blood sugar and Lipid profile:

Our outpatients require frequent monitoring of their blood pressure and other blood parameters. The Nurse specialist helps reduce their visits by liaising with the doctor after assessing the patient. She then helps titrate the patient's medication as required.

5. Performing Head Upright Tests:

Neurocardiogenic syncope is a frequent diagnosis suspected in our outpatients. The Head Upright Test (HUTT) helps clarify the diagnosis. The test is performed by the Nurse Specialist under the supervision of the Physician. After the test, the management advice is given to the patient by the Nurse specialist. She also teaches the patient tilt training exercises.

6. Patient care point of contact:

There needs to be a helpline to advice and clarify patient related doubts. Only a trained person can give accurate information on the same. The Nurse specialist forms an interface between the Physician and the Patient. She attends to all patient related queries over the phone and the internet (email).

7. Patient Education:

The Nurse specialist educates the patients on their disease condition, possible available treatment mortalities and potential complications. She also shows them the various devices available and discusses their features. By doing so she empowers them to make an informed decision on their care.

8. Outpatient evaluation:

The Nurse specialist helps with history taking and ascertaining the prior medication history that the patient is on. This enables the physicians to make rapid management decisions thereby enabling a larger volume of patients to be seen in the outpatient Clinic

9. Research

The Nurse specialist plays an additional active role in doing research in the department and presenting the same at National and International meetings. She also helps with updating the procedure database in the department in her free time.