



University Hospitals Bristol
NHS Foundation Trust

Patient information service
Bristol Royal Hospital for Children

The cardiac nurse specialist



Respecting everyone
Embracing change
Recognising success
Working together
Our hospitals.



Bristol Royal Hospital
For Children

The cardiac nurse specialist

The cardiac nurse specialists work as part of a wider team to support children and their families through all stages of their journey within children's cardiac services – from newborns to adolescents transferring to adult cardiac services later in life.

We provide support and advice to parents with age appropriate information for their child, whilst incorporating the skills of a play specialist, clinical psychologist and other health professionals where necessary. This begins from your child's initial diagnosis, throughout childhood, and when transitioning to adult services between the ages of 16 and 18.

We offer support to meet the individual needs of each family in and out of hospital by giving advice, education about the diagnosis and treatment, taking into account any emotional and social needs.

You will meet us at various times throughout your child's journey:

- antenatally at fetal clinics at St Michael's Hospital
- at outpatient appointments at Bristol Royal Hospital for Children
- while staying as an inpatient on ward 32 and PICU.

We will prepare you for any hospital admissions at surgical and pre-assessment clinics, where we take time to explain and answer any questions. We are also able to refer you to other health professionals such as social workers, community children's nurses, psychologists and relevant support groups.

We act as an advocate for you and your child, by supporting you in decision making and when having discussions with other members of the multi-disciplinary team.

We are also involved in discharge planning for inpatients to achieve safe and effective transition back into the community, and will follow up with you when you get home. We are available to your health visitor, school nurse, GP and any other professionals involved in your child's care to give them any advice they may need to help care for your child.

Support groups

Southwest Heart Families

Telephone: **07929 261121**

Website: **www.heartfamilies.org.uk**

Facebook: **www.facebook.com/HeartFamiliesSouthWest**

South West Heart Circle

Telephone: **0870 125 2307**

Website: **www.heartcircle.org**

Little Hearts Matter

Telephone: **0121 455 8982**

Website: **www.lhm.org.uk**

Facebook: **www.facebook.com/littleheartsmatter**

Useful resources

www.uhbristol.nhs.uk/transition

A website to help young children with their transition to adult services.

www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-royal-hospital-for-children/childrens-website

An interactive website designed for young patients where they will find lots of information about what happens when coming into hospital.

www.facebook.com/bristolroyalhospitalforchildren

Bristol Royal Hospital for Children have a Facebook page for parents to share stories, news and events.

Each cardiology consultant has a cardiac nurse specialist (CNS) allocated to them.

You will have a named cardiac nurse specialist as your main point of contact.

CNS working hours

Monday to Friday, 8am to 4pm

Cardiac nurse specialist contact:

0117 342 8286 / 0117 342 8578

cardiacnurses@uhbristol.nhs.uk

Hospital switchboard:

0117 923 0000

Bleep 3983

For any clinical queries and emergencies (out of hours), please contact ward 32 via switchboard (**0117 342 0000**).

The ward team can contact the cardiology registrar or consultant if required.

Your cardiology consultant:

.....

Your cardiac nurse specialist:

.....

Please note that if for any reason you would value a second opinion concerning your diagnosis or treatment, you are entirely within your rights to request this.

The first step would usually be to discuss this with the doctor or other lead clinician who is responsible for your care.

Smoking is the primary cause of preventable illness and premature death. For support in stopping smoking contact **Smokefree Bristol** on **0117 922 2255**.

As well as providing clinical care, our Trust has an important role in research. This allows us to discover new and improved ways of treating patients.

While under our care, you may be invited to take part in research. To find out more please visit:
www.uhbristol.nhs.uk/research-innovation
or call the research and innovation team on
0117 342 0233.

For access to other patient leaflets and information please go to the following address:

www.uhbristol.nhs.uk/patients-and-visitors/information-for-patients/

Hospital switchboard: 0117 923 0000



Minicom: 0117 934 9869



www.uhbristol.nhs.uk



For an interpreter or signer please contact the telephone number on your appointment letter.



For this leaflet in large print, audio or PDF format, please email patientleaflets@uhbristol.nhs.uk.

