

Congenital Heart Disease Development Package

A development package of competencies for local CHD/ACHD Nurses

Name	
Place of work	
Line manager	
Mentor	
Commencement date	
Completion date	

Aim:

The aim of this development package is to help you structure, organise and record your continued learning, and to increase your expertise and understanding of congenital heart disease (CHD), particularly during your first year in post as a CHD/ACHD nurse in a level 3 centre. The recommendation is that these should be completed within twelve months, however this may not always be possible. The package outlines some of your expected learning outcomes and suggestions for how to address these.

Not all these competencies will be relevant to your role or your clinical area, and to complete those which are relevant, you may need the support of wider members of the Cardiac Nursing and Medical team. This may be the Cardiac Nurse Specialist (CNS) associated with your geographical area, the Network Lead Nurse, a Nurse Educator in your area of practice, or one of the Paediatricians with Expertise in Cardiology (PEC) in your local centre. There is an expectation that you will organise external and internal meetings to aid your learning. It is recommended that you arrange regular local meetings with your line manager to support you in your development as well. This document is designed to be used to support your individual learning, not to be mandatory. It is hoped that this will feed into your local appraisal/IPR conversations.

Key: types of evidence that may be used to support verification of achievement

PO – Practice Observed

PCF– Patient/Carer Feedback

D - Discussion

R – Reflection

Specific Outcomes for the first 12 months			
The Local Nurse can:	N/A	Type of evidence	Mentor sign-off
CLINICAL KNOWLEDGE			
Participate and discuss the assessment of patients with CHD in the clinical area they work; vital sign monitoring, fluid balance, ECG - recognition of abnormal heart rhythm and saturations.			
Understand the various tests and investigations that are offered to patients with CHD, and the reasons and appropriateness for undergoing the tests.			
Demonstrate knowledge of the following lesions (include anatomy, likely surgeries, short- and long-term complications):			
1. Atrial Septal Defect			
2. Ventricular Septal Defect			
3. Aortic Stenosis			
4. Pulmonary Stenosis			
5. Coarctation of the Aorta			

Specific Outcomes for the first 12 months			
The Local Nurse can:	N/A	Type of evidence	Mentor sign-off
6. Tetralogy of Fallot			
7. Transposition of the Great Arteries			
8. Single ventricle circulation (eg Hypoplastic Left Heart Syndrome, Tricuspid Atresia, severe Ebstein's Anomaly) – Fontan's procedures			
Transition			
Describe the difference between transition and transfer and demonstrate understanding of what constitutes an effective transition process.			
Describe the process of transition and transfer in your local service, and support given from the Level 1 and Level 2 centre paediatric and adult CNS team.			
Describe the process in your local centre to reduce the risk of patients becoming lost to follow up.			
Describe the role of the Youth Worker in the Network, the types of support offered, and how you would access /refer.			

Specific Outcomes for the first 12 months			
The Local Nurse can:	N/A	Type of evidence	Mentor sign-off
Pregnancy and Contraception			
Describe the contraception advice you would give to a teenager/young woman (see Network clinical guidelines) and what information you would direct them to read.			
Describe the advice about pregnancy risk you would give to a teenager /young woman (see ESC guidelines)			
Endocarditis			
Describe the advice and information which you give to patients about endocarditis prophylaxis and dental care.			
Describe the signs and symptoms of endocarditis which a patient may present with, the initial tests, necessary blood tests and the first line of treatment.			
Cardiac Drugs			
Develop knowledge of and can explain common cardiac drugs – diuretics, angiotensin converting enzyme (ACE) inhibitors, anticoagulants.			
Demonstrate understanding of the indications for mechanical valve replacement versus biological valve replacement and anticoagulant management in adults.			

Specific Outcomes for the first 12 months			
The Local Nurse can:	N/A	Type of evidence	Mentor sign-off
Describe the indications and management of patients on Warfarin.			
Lifestyle and end of life			
Describe the lifestyle advice you might give to a patient/parent of a patient with congenital heart disease			
Understand the importance of exercise for patients with congenital heart disease and the positive impact this may have. Describe some resources which you would direct patients to for advice.			
Discuss the importance of advance care planning and describe the management of patients at the end of life.			
SUPPORT			
Demonstrate how you are actively involved in providing appropriate information, support, and signposting to patients and their families.			
Describe the process you adopt for regular DNA/CNB for outpatient appointments when patient needs lifelong follow-up.			
Describe how you ensure that patients and families have the necessary contact details (local nurse, CNS team, community nursing team) on discharge or following outpatient appointment .			

Specific Outcomes for the first 12 months			
The Local Nurse can:	N/A	Type of evidence	Mentor sign-off
Describe support and resources available from Learning Disability teams (level 1 and local) and how to access Easy Read information for patients and families when necessary.			
Demonstrate an ability to recognise the red flags indicating a patient is not coping or needs support from psychology or mental health services and be cognisant of the referral process.			
COMMUNICATION WITH NETWORK TEAM			
Understands the role of the Local CHD/ACHD Nurse (see Network Role Outline)			
Describe the role of the PEC / Cardiologist in the District General Hospital (Level 3) and Level 2 and Level 1 team.			
Understands the CHD Network and cardiac pathways between the Level 1 specialist centre, Level 2 centre, Level 3 local cardiology centre and community.			
Is involved with / monitors referrals and outcomes of local patients discussed t Level 1 JCC (Joint Cardiac Committee)			
Can describe how to refer to the Cardiac Nurse Specialist (CNS) team in the Level 1 or Level 2 centre.			

Specific Outcomes for the first 12 months			
The Local Nurse can:	N/A	Type of evidence	Mentor sign-off
Can demonstrate knowledge of relevant CHD charities who offer support and information for patients, families, and professionals.			
Can demonstrate that support literature/online links from charities is provided to patients and families.			
Describe their local caseload and has developed / is working towards developing a local database.			
EDUCATION			
Demonstrate awareness and use of the guidelines specific to CHD that are uploaded on the Network website CHD Network Guidelines and promote within their clinical area.			
Demonstrate self-directed learning to keep up to date with developments in practice.			
Attend the regional and national CHD/ACHD study days, conferences, and on-line training, as able (minimum twice a year).			
Demonstrate active participation in teaching sessions with local staff on a regular basis, to assist the nurses to care for patients with CHD.			

Progress review (6 months)

Local Nurse Comments

Mentor/Lead Nurse comments

Progress review (12 months)

Local Nurse Comments

Mentor/Lead Nurse comments

References:

- Benner, P. (1984). From novice to expert: Excellence and power in clinical nursing practice. Menlo Park: Addison-Wesley
- Adult Congenital heart disease nursing: RCN guidance on role, career pathway & competence development (2015)
- Children & Young People's Cardiac Nursing: RCN guidance on role, career pathway & competence development (2021)
- European Society Cardiology Guidelines
- www.swswchd.co.uk South Wales and South West CHD Network
- NHSE Congenital Heart Disease Standards and Specifications (2016)