

HF015

19 Jul 2023

East Sussex Healthcare **NHS**
NHS Trust

Community Heart Failure Team

GP/Clinician
Oldwood Surgery,
Station Road,
Robertsbridge
TN32 5DG

Arthur Blackman Clinic
Battle Road
St Leonards on Sea
East Sussex
TN37 7AN
Tel: 0300 131 4615

Email: esh-tr.CommunityHeartFailureTeam-HR@nhs.net

Dear Dr.GP/Clinician

Heart Failure review

The above patient has been reviewed by the Heart Failure Team.

Echo Findings:

Mitral regurgitation
Tricuspid regurgitation
Left atrial dilatation
Diastolic dysfunction

EF%: 20%

Co-Morbidities:

Hypertension
LBBB

Investigations:

Investigations, Myocardial perfusion scan June and July 2023.

Symptoms

Difficulty sleeping - sleeps well using one pillow, no signs of orthopnoea.
Cough - Does not have a cough
Number of pillows – 1
Lack of appetite - Appetite good.
Chest pain - No chest pain since experiencing it in April 2023 whilst on holiday.
Dizziness - No dizziness
Dyspnoea on exertion - No shortness of breath on exertion
Palpitations - Sometimes is aware of hearing his heart beat in his ear. No palpitations felt in his chest.

HF015
Dyspnoea - No shortness of breath at rest
Fatigue - Not overly fatigued
Paroxysmal nocturnal dyspnoea - No signs of PND

Oedema:

Ankle oedema - Ankles slightly swollen

Vital Statistics

Pulse (BPM) 57 bpm

Sitting Systolic 163 mmHg
Sitting Diastolic 87 mmHg

Weight: 94.4 Kg

Blood Oxygen Saturation: 98 %

Alcohol Intake: 6 Units/Week

Smoking Status: Ex-smoker

Discussion about activity of daily living - works 2 days a week driving a tractor. He enjoys fly fishing once a week.
Advice about fluid intake - Advised to increase his daily fluid intake to 1 and a half to 2 litres a day. He does not currently drink this much.
Dietary salt intake NOS - Advised to reduce salt intake on his food and the reasons for doing this

New York Heart Association Classification:

NYHA Class 1

Chest Auscultation Observations:

Air entry clear on both sides on auscultation

Blood Results

eGFR using creatinine (CKD-EPI) per 1.73 square metres, 62 mL/min, mL/min
Creatinine level, 104 µmol/L, µmol/L
Serum urea level, 7.6 mmol/L, mmol/L
Potassium level, 4.7 mmol/L, mmol/L
Sodium level, 141 mmol/L, mmol/L

Medication:

Beta blocker prophylaxis - Bisoprolol 2.5mg od
Patient on maximal tolerated ACE inhibitor therapy - Ramipril 10mg on

HF015

Additional Medication:

Current medication-
GTN spray PRN
Atorvastatin 40mg on
Aspirin 75mg od
Lansoprazole 15mg od
Amlodipine 10mg od

Summary/Clinical Management Plan

attended clinic today accompanied by . Our team were asked to see him by Dr Rathore in letter dated 21/6/23. I explained to them both how our service ran, and provided our contact details and a BHF Heart Failure booklet to them. I discussed the causes of heart failure and how it is managed and treated.

... reports to be feeling much better in himself, he was breathless in the past and informs me he had pneumonia. His breathing is now back to normal - his words - since he was treated with antibiotics and commenced the heart failure medications.

Renal function on 17th July was within range.

Plan

Given the renal function, blood pressure and to further optimise heart failure medications can I please suggest Eplerenone 25mg od (taken in the morning) is added to his regime. Please can this be reflected in his prescription.

Once [REDACTED] has started this he will require a further renal function check, blood pressure and pulse check 10-14 days later. He will arrange to have this done at his GP surgery and let me know the date for this so I can review the results. He has a home blood pressure monitor.

Blood form is on ICE.

I spoke to [REDACTED] and [REDACTED] about the possible addition of Dapagliflozin to his regime in the future. I will review this after next blood test, blood pressure and pulse check.

I will request that our administration assistant chase up follow up appointment as myocardial perfusion scans have now been carried out, as noted in letter dated 21/6/23.

Please do not hesitate to contact the team on the above details should there be any queries or request for further information.

Yours Sincerely

Mrs Becky Duggan
Community Heart Failure Specialist Nurse
Mobile: 07798 701427

PKB:

CC: