

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.

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

Ankle oedema - Ankles slightly swollen

Pulse (BPM) 57 bpm

<i>Sitting Systolic</i>	163 mmHg
<i>Sitting Diastolic</i>	87 mmHg

**Blood Oxygen Saturation:** 98 %

**Smoking Status:** Ex-smoker

Discussion about activity of daily living - Mr. B 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

## NYHA Class 1

Air entry clear on both sides on auscultation

eGFR using creatinine (CKD-EPI) per 1.73 square metres, 62 mL/min, mL/min  
Creatinine level, 104  $\mu\text{mol/L}$ ,  $\mu\text{mol/L}$   
Serum urea level, 7.6 mmol/L, mmol/L  
Potassium level, 4.7 mmol/L, mmol/L  
Sodium level, 141 mmol/L, mmol/L

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

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**Additional Medication:**

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

**Summary/Clinical Management Plan**

Mr [redacted] attended clinic today accompanied by [redacted]. 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.

Mr [redacted] 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 Mr [redacted]'s 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 Mr [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 Mr [redacted] and his wife 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 Mr [redacted]'s 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:



Phone No: 01446 857 5360 Practice Name: Oldwood Surgery Patient  
Name: Mr Christopher Patient Surname: O'Malley D.C.P. 02 May 1961 Speciality: Heart Failure  
Nurse