Device quiz November 2022

Hi everyone, hope you are all well. Have a go at the following devices quiz. Try not to cheat! The answers are at the bottom. Adrienne

1. Your remote monitor will automatically alert us if you have had a shock or ATP from your device. TRUE OR FALSE
2. Your device will alarm inside you if there is a problem. TRUE OR FALSE
3. A CRT-P can be upgraded to an ICD if needed. TRUE OR FALSE
4. A fridge magnet which is too close to your ICD will deactivate the device. TRUE OR FALSE
5. Forgetting to take your medicine increases the risk of you having a dangerous heart rhythm. TRUE OR FALSE
6. Keeping your blood pressure under good control is the only way to avoid getting heart failure. TRUE OR FALSE
7. You will need to take medicines for the rest of your life once you have an ICD or CRT-D implanted. TRUE OR FALSE
8. An ICD will be permanently damaged if you go in the scanners at the airport. TRUE OR FALSE
9. You do not need to have regular check ups for your device once it is implanted. TRUE OR FALSE
10. You can use an electric blanket if you have an ICD or CRT-D. TRUE OR FALSE
11. TRUE - however, the alert is sent to an email address, and we can get a huge number of emails per day. We may not always know that you have had a shock from your device, so it is best to contact the cardiac physiologists if you think you have had a shock or ATP after you have done a download.
12. TRUE – it may sound like a lorry reversing from outside! Don’t ignore alarms. Contact the cardiac physiologists for advice.
13. FALSE – if you had a CRT-P implanted, it cannot be upgraded to an ICD but it can be upgraded to a CRT-D.
14. FALSE – fridge magnets are not strong enough to stop your device from working. However, keep them at arm’s length to be on the safe side!
15. TRUE – although the risk is small if you forget to take your medicine for 1 day, it is still a risk. The more days you forget, the bigger the risk of a dangerous heart rhythm. If you keep forgetting, set an alarm on your phone or buy a Dosette box from your local pharmacy.
16. FALSE – although good blood pressure control is very important in reducing the risk of heart failure developing, there are other factors to consider. Poorly controlled diabetes, obesity, heart disease and heart attack (ischaemic heart disease), conditions which affect the pumping strength of the heart (cardiomyopathy), heart conditions which you were born with (congenital heart disease), non-dangerous heart rhythms like atrial fibrillation can all contribute towards developing heart failure. Early treatment of these conditions and adopting a healthy lifestyle all help to reduce the risk of heart failure.
17. TRUE – medicines work to reduce the risk of dangerous heart rhythms occurring. But if a dangerous heart rhythm does occur, the device will treat it. You may have your medicines started, stopped, increased, or reduced at any time in your life, depending on how you are feeling and how well your heart is pumping. So, the chance of you being on medicines for the rest of your life is high.
18. FALSE – the scanners interfere with the way the device looks for dangerous heart rhythms while you are in the scanner. The device will work again once you step out of the scanner.
19. FALSE – your device needs to be checked as a minimum once a year in clinic. It can be checked in between clinic appointments through the remote monitor. We decide how often we need to check the device and most new devices can be programmed by us to do a download automatically, so you don’t have to do anything. When you have an ICD or CRT-D implanted, you must agree to have regular check-ups, either in clinic or through your remote monitor.
20. TRUE – there is no known risk to your device if you use an electric blanket. Handy to know in the chilly nights to come, with the price of gas and electricity soaring! Obviously, the electric blanket must be in good working order and is used as directed by the manufacturer. If you feel very unwell after switching on the blanket, turn it off straight away. If you turn it on again and the same thing happens again, turn the blanket off, keep it off and contact the cardiac physiologists for advice.