**How well do you know your device?**

|  |  |  |
| --- | --- | --- |
| No | Question  | Answer  |
| 1 | What is the name of the company who makes your device? | 1. Medtronic 🖵
2. St Jude 🖵
3. Boston Scientific 🖵
4. Biotronik 🖵
 |
| 2 | Do you know how to do a download from your device? | 1. Yes 🖵
2. No 🖵
 |
| 3 | If you have an appropriate shock from your device, how long are you banned from driving if you drive a car? | 1. 1 week 🖵
2. 1 month 🖵
3. There is none 🖵
4. 6 months 🖵
 |
| 4 | The battery of your device is guaranteed to last for 6 years.  | 1. True 🖵
2. False 🖵
 |
| 5 | What do you do if you get one shock from your device? | 1. Call 999 and come to hospital 🖵
2. Do a download from your remote monitor and wait to hear from us 🖵
3. Do a download and call us 🖵
4. Do nothing 🖵
 |
| 6 | What do you do if you suddenly feel dizzy when using an electrical appliance? | 1. Carry on using it, you’ll probably feel better soon 🖵
2. Stop using it immediately and step away from it 🖵
3. Stop using it and come to hospital immediately 🖵
4. Stop using it, do a download from your remote monitor and call us 🖵
 |
| 7 | Can your device injure others if you have a shock when they are touching you? | 1. Yes 🖵
2. No 🖵
 |
| 8 | You take your beta blocker medicines every morning at 7 am. At 8 pm that night, you realise you have forgotten to take todays tablets. What should you do? | 1. Take them right away and take your medicines next day as usual 🖵
2. Don’t take them. Take tomorrows medicines as usual. Set an alarm on your phone to remind you 🖵
3. Ask your GP to get you a blister pack so your medicines are all prepared for you to take 🖵
 |
| 9 | Your remote monitor must accompany you if you are away from home for more than 1 month. | 1. True 🖵
2. False 🖵
 |
| 10 | You cannot get another device ID card if you lose it. | 1. True 🖵
2. False 🖵
 |

How did you do? Check your answers below.

|  |  |
| --- | --- |
| 1 | You can find the name of your device’s company on your ID card. It doesn’t really matter who makes your device. They all do the same thing. They save your life! But it is handy for us to know if we need to look for your remote download. We have to look on the company’s website to retrieve your download.**Score 1 point if you got it right (even if you had to check it on your ID card!)** |
| 2 | You will have been given instructions on how to use your remote monitor when your device was implanted. Keep this next to your remote monitor for easy access in case you need to do a download after a shock. You may be feeling stressed or frightened after a shock. The last thing you need is for everyone searching the drawers and cupboards for the instructions! Every now and then, have a read of the instructions to remind you how to use it.**Score 1 point if you know how to do a download. Score 0 points if you don’t know or had to look** |
| 3 | You are banned from driving for 6 months if you had an appropriate shock from your device.**Score 1 point if you ticked 6 months. Score 0 points if you ticked anything else!** |
| 4 | This statement is actually false. Although it is HIGHLY likely your device is guaranteed for 6 months at the time of being implanted, there are very exceptional circumstances where the battery drains much quicker than we had thought or even more rarely, the battery, computer or leads could be faulty. If this were the case, the company would recall the device and we would contact you to sort out the problem. The device companies use an awful lot of time, money and technology making sure the risk of this is minimised. It is bad for their business and reputation if they produce faulty equipment!**Score 1 point if you answered false. Score 0 points if you answered true** |
| 5 | The correct answer here is c) and only c). You only need to come to hospital (your nearest one, which may not be us at Wythenshawe) if you had 2 shocks or more, as your heart may be unstable. Your medicines may need to be changed or increased. There may be a problem with what your device is seeing. You usually only need a 999 ambulance if you feel very unwell after 1 or more shocks, but not because you are panicking. Get someone to drive you to hospital if you have had a shock. You should NEVER do nothing!If you do a download, you need to call us as soon as you have done it. We need you to do this as we get hundreds of downloads every day. If you don’t call us, we won’t know to look for your download. Our Pacing team work Monday to Sunday, but only during “office hours”. None of us are here at night. We too have homes to go to! The Pacing desk and the Cardiac Rhythm Management (CRM) team do not offer an emergency service. But we are here for help, advice and support. The CRM team work Monday to Friday but not bank holidays.**Score 1 point if you answered c). Score 0 points if you answered anything else.** |
| 6 | If you suddenly feel dizzy straight after starting an electrical appliance, it could be interfering with your device function. Stop using the appliance straight away and take 2 steps back. Sit on the floor if you think you are going to pass out. If you are already sat down, stay where you are. Make sure it is safe to sit down! Don’t perch on the side of the road!Do not, whatever you do, continue using the appliance!You don’t need to come to hospital either. It’s ok to do a download and call us. Give us an estimated time of when you were using the appliance, so we can look at your download for evidence of interference or any other dodgy business – you may have had appropriate therapy (like a shock) at the same time as using your appliance. Coincidences do happen!**Score 1 point if you answered d) or b). The absolute right answer is d) but I’m feeling generous! Score 0 points if you answered a) or c)** |
| 7 | The answer is false.Others cannot be harmed if they are touching you if you get a shock. They may feel a split second of tingling at the points where your bodies are touching but they will come to no harm. Take it from me, I have been holding someone’s hand when they received a shock and I seem to be ok! The other person is often just surprised at the suddenness of the incident. I have been told of an incident where a couple were engrossed in an intimate act and his device gave him a shock. His arm jumped and hit his partner in the face. He had to take his partner out to lunch to say sorry. Be kind to each other!**Score 1 point if you answered false. Score 0 points if you answered true** |
| 8 | If you forget to take your beta blocker tablet, it depends on when you realised. If it is up to about 12 hours later, then take it straight away. Some people take their beta blocker twice a day. If it is closer to the time you would normally take your next dose, take it as normal then.Get into the habit of a regular tablet taking regime. If you keep forgetting to take your medicines, set an alarm on your phone to remind you, or get someone else to keep track. However, these are your medicines and should be your responsibility.It is expensive for the GP to prescribe a blister pack and is usually only for certain people. Getting a blister pack won’t help you remember to take your medicines!**In this situation, the correct answer is b) score 1 point. Score 0 points for all other answers** |
| 9 | The correct answer here is true. Leave your remote monitor at home if you are away for less than 1 month. Some people choose to take theirs with them if they are away in this country for a couple of weeks. Just make sure you plug it in when you get to your destination and don’t forget to bring it back home with you!**Score 1 point if you answered true. Score 0 points if you answered false** |
| 10 | You should be carrying your ID card with you at all times. If not, why not? If you do lose it, call our Cardiac Physiology team (0161 291 4640) and ask for a new one. You can also call them if your card is looking battered and worn. No point in having it if we can’t read what it says!**Score 1 point if you answered false. Score 0 points if you answered true.** |

So how did you score?

0 – 3. Shame on you! I hope this has been informative and educational. I also hope you now understand a few more things about your device. Or read the booklet we gave you when your device was implanted. You can find this on the ICD Support Group website at

[wythenshaweicd.wixsite.com/icdsupport](https://wythenshaweicd.wixsite.com/icdsupport)

4 – 6. You have done quite well. If this was a school parents evening, I would be telling your parents that you “could do better”. I hope you have learnt something today and feel more knowledgeable about your device! Read the booklet we gave you when your device was implanted. If you have never had one or have lost it, you can find it on the ICD Support Group website at

[wythenshaweicd.wixsite.com/icdsupport](https://wythenshaweicd.wixsite.com/icdsupport)

7 – 10. You make me proud. You are awesome. I feel you have read our ICD booklet from cover to cover and have studied well. In case you ever need a reminder, or have lost your booklet find it at the ICD Support Group website at

[wythenshaweicd.wixsite.com/icdsupport](https://wythenshaweicd.wixsite.com/icdsupport)