

My Marvellous Guide to Heart Failure

*Be a 'marvellous'
heart failure patient*

References

“The end to those questions”

Endorsed by the the patient board of the
Pumping Marvellous Foundation.



Welcome to your Marvellous Guide to Heart Failure.

*We hope that it helps to answer some of
the questions you have about heart failure.*

In memory of Les Simmons

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Further Reading

The next section of the 'Marvellous Guide' will provide you with a considerable amount of information across a range of subject areas. Most of the topics will include signposts to further information, as in the digital age things are changing constantly and this is the most efficient way to provide up-to-date advice. Most of the signposts relate to website or links on the internet. We also realise that not everyone has a computer or the ability to access the internet.

You may find that friends or family members (often the youngest members) will be able to obtain the information you require. If you have no one you feel may be able to help you, consider visiting your local library for access to computers and staff will assist you in finding the information. Local library services also hold computer teaching sessions.

Patient Organisations and Related Services

pumpingmarvellous.org

The UK patient led heart failure charity, the go-to-site for both patients with heart failure and carers looking after them.

www.cardiomyopathy.org

Website to support patients with heart muscle disease.

www.ageuk.org.uk

Website with a range of information and services for the older person.

www.carersuk.org

Website of organisation for carers.

www.macmillan.org.uk

Organisation website that supports not just those with cancer but for those requiring palliative care services.

www.citizensadvice.org.uk

Information on a wide range of issues and details of local branches for appointments.

www.gov.uk/apply-blue-badge

Details as to how to apply for a blue badge enabling free parking.

www.relate.org.uk

Organisation that provides information and counselling services for couples.

www.nhs.uk/Pages/HomePage.aspx

Link to various NHS services.

www.nhs.uk/Service-Search/Care-providers-and-care-at-home/LocationSearch/11

Information for carers.

www.gov.uk/browse/benefits

Information in regards to current information benefits.

www.acas.org.uk

Information of both employers and employees for training and mediation.

www.gov.uk/pensions-advisory-service

Pension advice, both state and private.

www.gov.uk/contact-jobcentre-plus

Employment advice and opportunities.

www.samaritans.org

Agency providing immediate support and crisis management.

www.moneyadvice.service.org.uk/en

This is an independent body set up by government to provide information and support on a range of financial matters.

www.gov.uk/current-medical-guidelines-dvla-guidance-for-professionals-conditions-g-to-i#advice-for-the-general-public

Driving information from the DVLA.

Medical Organisations and Further Information:

www.bhf.org.uk

Website to support those with a range of conditions in relation to heart disease.

www.bsh.org.uk

The Clinicians' organisation for those who specialise in heart failure.

www.nice.org.uk/guidance/cg126

NICE guidance on angina.

www.heartfailurematters.org

European Society of Cardiology website, Clinician organisation but does have patient information.

www.drinkaware.co.uk

Information on alcohol intake.

www.alcoholics-anonymous.org.uk

Support organisation for alcohol-related issues.

www.nhs.uk/livewell/drugs/pages/drugtreatment.aspx

Support organisation for drug-related issues.

www.mind.org.uk

Mental health charity.

www.england.nhs.uk

Health commissioning organisation for the NHS.

www.cqc.org.uk

Regulatory body for the NHS.

OTHER CHARITIES

5.3

Here at Pumping Marvellous we are enthusiastic about working with other charities who, like us, are aiming to help individuals and their carers by providing information and support to manage their health and general well-being. Please find the list below:

Heart Charities

Atrial Fibrillation Association
www.atrialfibrillation.org.uk

British Cardiovascular Society
www.bcs.com

British Heart Foundation
www.bhf.org.uk

British Heart Valve Society
www.bhvs.org.uk

British Society of Heart Failure
www.bsh.org.uk

Cardiomyopathy UK
www.cardiomyopathy.org

CRY
www.c-r-y.org.uk

Heart UK
heartuk.org.uk

Heart Failure Matters (European Society for Cardiology)
www.heartfailurematters.org

SADS
www.sads.org.uk

Government

NHS Choices
www.nhs.uk

NICE
www.nice.org.uk

Mental Health Charities

Mind
www.mind.org.uk

Rethink
www.rethink.org

General Information

Patient
patient.info

Travel insurance for people with heart failure
www.travelinsuranceforhearts.org.uk

Driving with a medical condition
www.gov.uk/government/uploads/system/uploads/attachment_data/file/491028/aagv1.pdf

END OF SECTION CHECKLIST

5.4

**Now go and be
a marvellous
person living
with heart
failure!**

Skip to the back page see the cheat's guide.

MY LOCAL TEAM

5.6

Your Carer's Name:

Your Carer's Telephone Number:

Your GP's Name:

Your GP's Telephone Number:

Your Cardiologist's Name:

Your Cardiologist's Telephone Number:

Your Heart Failure Nurse's Name:

Your Heart Failure Nurse's Telephone Number:

Your Practice Nurse's Name:

Your Practice Nurse's Telephone Number:

Your Pharmacy's Name:

Your Pharmacy's Telephone Number:

Other Team Details:

If you are like most people, then you'll have a glimpse at the back pages to see what the conclusion or end of the story is - and here it is!

How to be a Marvellous Heart Failure Patient

♥ **Know why you have heart failure**

♥ **Know how to self-care**

♥ **Know how your team care**

♥ **Be marvellous**

♥ **Believe in yourself**

Now go and be marvellous!

**We hope that you
have found this
Marvellous Guide to
Heart Failure useful.**

*If you'd like any further information, please
visit us at www.pumpingmarvellous.org.*

MY MARVELLOUS GUIDE TO HEART FAILURE



Contact Pumping Marvellous



0800 9 788133



hearts@pumpingmarvellous.org



heartfailureaware (open)



www.pumpingmarvellous.org



@pumpinghearts



helpforhearts (closed support group)