



North West London Cardiac Network

guideline 'Prophylaxis for patients who have experienced a myocardial infarction' and places strong emphasis on the provision of cardiac rehabilitation as an integral part of ongoing cardiac patient care. Among the recommendations, a number of priority areas are highlighted for implementation including:

- advice and recommendations on information included in discharge summaries;
- recommendations to patients on lifestyle issues including regular exercise and dietary advice;
- guidance on provision of cardiac rehabilitation services tailored to meet the needs of local community groups;
- Medicine management plans including:
 - Distinction in appropriate care plans between ST-segment-elevation MI (STEMI) and non-STEMI patients;
 - recommendations in the use of ACE (angiotensin-converting enzyme) inhibitors/beta-blockers and cholesterol lowering drugs (statins);
 - treatment for symptoms and/or signs of heart failure and left ventricular systolic dysfunction, using an aldosterone antagonist (licensed for post-MI).
- Cardiological assessment offered to all patients to consider whether coronary revascularisation is appropriate. This should take into account co-morbidity factors.

The full guideline and supporting documents, including implementation tools, can be viewed at: <http://guidance.nice.org.uk/CG48>.

Guidance on Statin dosage has been deferred pending the release of NICE Lipid Modification guidance (anticipated in the Autumn 2007).

Technology appraisal on Cardiac Resynchronisation Therapy (TA120)

for the treatment of heart failure was issued in May 2007. Cardiac Resynchronisation Therapy using a pacing device is recommended as a possible treatment for people with heart failure where all of the following circumstances apply:

- moderate to severe symptoms of heart failure that affect patient's daily life (measuring class 3 or class 4 in the New York Heart Association classification system);
- despite a regular heart beat, an electrocardiogram (ECG) shows that the electrical system of the heart is not working properly;
- the left ventricular ejection fraction (the quantity pumped by the left ventricle) is less than 35% of its normal amount of blood;
- the patient is receiving drug treatment that is most effective for them.

Further details are available at: <http://guidance.nice.org.uk/TA120>

Lipid Modification Clinical guideline

NICE guidance on the 'Cardiovascular risk assessment: the modification of blood lipids for the primary and secondary prevention of cardiovascular disease' is now listed for consultation from 27th June 2007. This guidance is scheduled for release in January 2008. Email enquiries should be directed to: hyperliprecovered@nice.org.uk

BACR guidance: cardiac rehabilitation

New guidance on cardiac rehabilitation services has been released by the British Association of Cardiac Rehabilitation. The guidance document can be viewed via the following link: www.bcs.com/affiliates/bacr.html

North West London Cardiac Network



North West London Cardiac Network

Update from North West London Cardiac Network



The North West London Cardiac Network brings together clinicians, other professionals and managers from National Health Service (NHS) organisations across NW London to work together to ensure equal access to services and the overall improved outcomes for cardiac patients.

Smoke Free England

England goes 'smoke free' from 1st July 2007 and to support the countdown to this landmark event the Network, in consultation with constituent NHS Trusts and Borough Councils, has launched an information leaflet on the risks of shisha pipe smoking (also known as hookah pipe or nargila). The leaflets have been distributed widely in both hospital and community settings and subsequently translated into a number of languages – particularly middle Eastern dialects. These leaflets can be downloaded from our website:

www.nwlc.co.uk/communications.htm



New National Priorities for Heart Improvement Programme

Janet Williamson, newly appointed Chief Officer of the NHS Heart Improvement Programme (HIP), has worked jointly with national clinical leads, cardiac network directors and the policy team to agree a clear set of national priorities for the programme. These include:

- 18 week patient pathway (with a focus on diagnostic services as well as the whole pathway of care)
- Maximising use of inpatient beds
- Atrial fibrillation care

The HIP are launching a series of national workstream projects around these priority areas and have invited applications from local organisations. Successful bids, which need to demonstrate joint-working, will test and evaluate redesigned services and new models of care. All projects should be completed and evaluated by March 2008.

The NW London Cardiac Network received an enthusiastic response from local stakeholders. Among these, several have been put forward for national consideration and a response is expected shortly. We'll provide updates on any successful projects through our website: www.nwlc.co.uk

For more information on the activities of the Network, or to comment on how we can improve our communications, please visit our website: www.nwlc.co.uk

For more information on the activities of the Network, or to comment on how we can improve our communications, please visit our website: www.nwlc.co.uk

Cardiac Arrhythmias & Sudden Cardiac Death

A scoping exercise, undertaken by the Network of current service provision for cardiac arrhythmias and sudden cardiac death is now complete. In consultation with stakeholders across NW London, recommendations are being drawn up for future services and will be circulated once complete.

In parallel the national Device Survey Group has now published device implantation rates/practices for pacing (2005 data) which illustrates variation across the sector. This does not appear to be related to PCT commissioning arrangements and the Cardiac Network is currently reviewing the cause of variation with relevant NHS Acute and Primary Care Trust commissioning leads to develop a solution to address this apparent inequality.

An educational event for primary care colleagues focussing on the recognition, treatment and management of patients presenting with an arrhythmia, was hosted by the Network in April 2007. Based on the positive evaluation from this event a further day's training is planned in October. Further details are available on our website: www.nwlc.co.uk/events.htm



CHD Metrics

Developments in commissioning arrangements has led to a local awareness of the role of Service Level Agreements to ensure quality outcomes in addition to cost-effectiveness. The Network is working with Westminster PCT in the integration of a set of metrics designed to ensure quality, in addition to existing indicators monitored by the Healthcare Commission, NHS London, the London Health Observatory and other bodies. The metrics

can be tailored to suit the needs of local communities and cover indicators on:

Smoking cessation	Atrial Fibrillation
Pacemaker insertion	Angina
ICD insertion	Gender & Ethnicity
Heart Failure	Prescription of Statins
Survival rates for cardiac surgery	

The metrics project is being trialled locally through contract management ahead of 08-09 commissioning arrangements where it is anticipated they will form part of a robust performance management system. For further information please contact: Anna Kilpin, Senior Project Manager - Primary Care - anna.kilpin@hillingdon.nhs.uk

Patient & Public Involvement

In March, the British Heart Foundation (BHF) and the Network Heart2Heart User Forum jointly held a one-day 'Hearty Voices' training event for South Asian patients and/or carers living in the boroughs of Brent, Ealing, Hounslow, Harrow and Hillingdon. This pilot programme aimed to increase the knowledge, skills and confidence to enable local residents to take a more active role locally to support improvements and developments of existing and future heart services. The day was attended by 11 patients/carers and an evaluation of the course will be undertaken by the BHF after 3 months. For further information please contact: Joanna Gardner, Service Improvement Project Manager - PPI lead - joanna.gardner@nhs.net

Primary Care Education Events

Over the Spring the Network held a 3-day education programme for practice nurses, which focused on the delivery of cardiac care within practices, and current national guidelines for primary and secondary prevention with an emphasis on evidence-based care. In total, 30 nurses attended the course and early evaluation has shown it to have been of real value in improving knowledge amongst this staff group. On this basis, the Network is keen to develop this into a regular education programme, based on the ongoing support of clinical staff from PCTs, Primary Care and the Acute Trusts who give up their time to teach on the course. For further information, please

contact: Anna Kilpin, Senior Project Manager - Primary Care - anna.kilpin@hillingdon.nhs.uk

- Plans are afoot to re-run the GP education programme 'Certificate in Cardiovascular Medicine', in collaboration with Thames Valley University in the Autumn. In 2006 the Network launched this training programme, initially developed by Harrow PCT. GPs from across NW London attended the course, with positive outcomes. As with earlier courses, GPs will be given the option of either attending the course to **a)** increase general skills and knowledge in cardiovascular care without undertaking the full assessment process or **b)** to undertake the full assessment process in order to try to attain a post-graduate certificate award. Further details are available from: Anna Kilpin, Senior Project Manager - Primary Care - anna.kilpin@hillingdon.nhs.uk

18 week patient pathway

The Network's 18-week steering group held an inaugural meeting in March, to agree and oversee key areas of work affecting all organisations towards achieving the 18-week national target by December 2008. Areas of work include: whole patient pathways, adoption of good practice models identified from across different centres, avoiding duplication of diagnostic tests and development of appropriate IT solutions to enable accurate measurement of the patient pathway. For more information please contact: Jenny Johnson, Senior Project Manager - 18 weeks - j.johnson68@nhs.net

End of Life Care Project

The End of Life Care Project is a national programme that has been established to help health care professionals throughout England to improve end of life care for their patients, regardless of their disease. With the aim to improve the quality of care at the end of life for all patients, and enable more patients to live and die in the place of their choice, this programme is committed to partnership working.

The NW London Cardiac Network aims to

integrate end of life care practice through the implementation of Advanced Care Planning/Directives for heart failure patients. A pilot is underway, across Hillingdon and Harrow initially, to develop and implement an 'End of Life' care programme across NW London with the following anticipated outcomes:

- Greater choice for patients in their place of care and place of death;
- Reduced frequency of emergency admissions to hospital among patients who have expressed a wish to die at home;
- Lower number of patients who are transferred from a care home to a district general hospital during the last week of life;
- Establishment of a workforce skilled in using appropriate care models to improve end of life care for patients.

In parallel, working in partnership with local clinical teams, the NW London Cardiac Network has developed two new resources as follows:

- Directory of Services** - an informative reference guide of heart failure services and resources across NW London, which will be of use to health care professionals, patients and carers.
- Symptom Control Guidelines** - put together to provide a more co-ordinated approach between cardiology services, care of the elderly, community heart failure nurses and specialist palliative care services.

To view a copy of either resource please visit: www.nwlc.co.uk/endoflife.htm. For more information, please contact: Temo Donovan, Senior Project Manager - Heart Failure & End of Life Care - tdonovan@nhs.net

Recent guidance: NICE guidelines: MI secondary prevention

In May 2007, the National Institute for Clinical Excellence released guidance entitled 'Secondary prevention in primary and secondary care for patients following a myocardial infarction' (NICE clinical guideline 48). This guidance replaces the existing NICE