

Beyond the Cardiologists and Surgeons

Stephanie Jones, ACHD N/Specialist
and Vanessa Garcia, Health
Psychologist





Our New Team 2018

Prior to 2017

- 4 Cardiologists (1.3 FTE)
- 1 Registrar (1 FTE)
- 1 Nurse Practitioner (1 FTE)
- 1 Nurse Specialist Transition (0.4FTE)
- 1 Psychologist (0.3 FTE)

2018

- 4 Cardiologists (1.3 FTE)
- 1 Registrar (1 FTE)
- 2 Nurse Practitioners (1.8 FTE)
- 2 Nurse Specialists (1.6FTE)
- 1 Psychologist (0.6 FTE)
- 1 Admin Assistant (1 FTE)
- 1 Fellow (1 FTE)

Alone we can
do so little;
together we can
do so much.

Nurse Practitioner/Specialist

NPractitioner

- Complex case load
- Autonomous
- Nurse led clinics
- Project leads
- Research and service development

• NSpecialist

- 0.4 FTE Transition
- Ward/unit education
- Time in clinics for lifestyle, education and self management advice

Development of the Service



Outpatients

- Case Management of patients
- DNA's and lost to follow-up
- Nurse Led Heart Failure Clinics
- Transition clinics
- Outreach Clinics
- Maternal care
- Strengthen Links to Regions

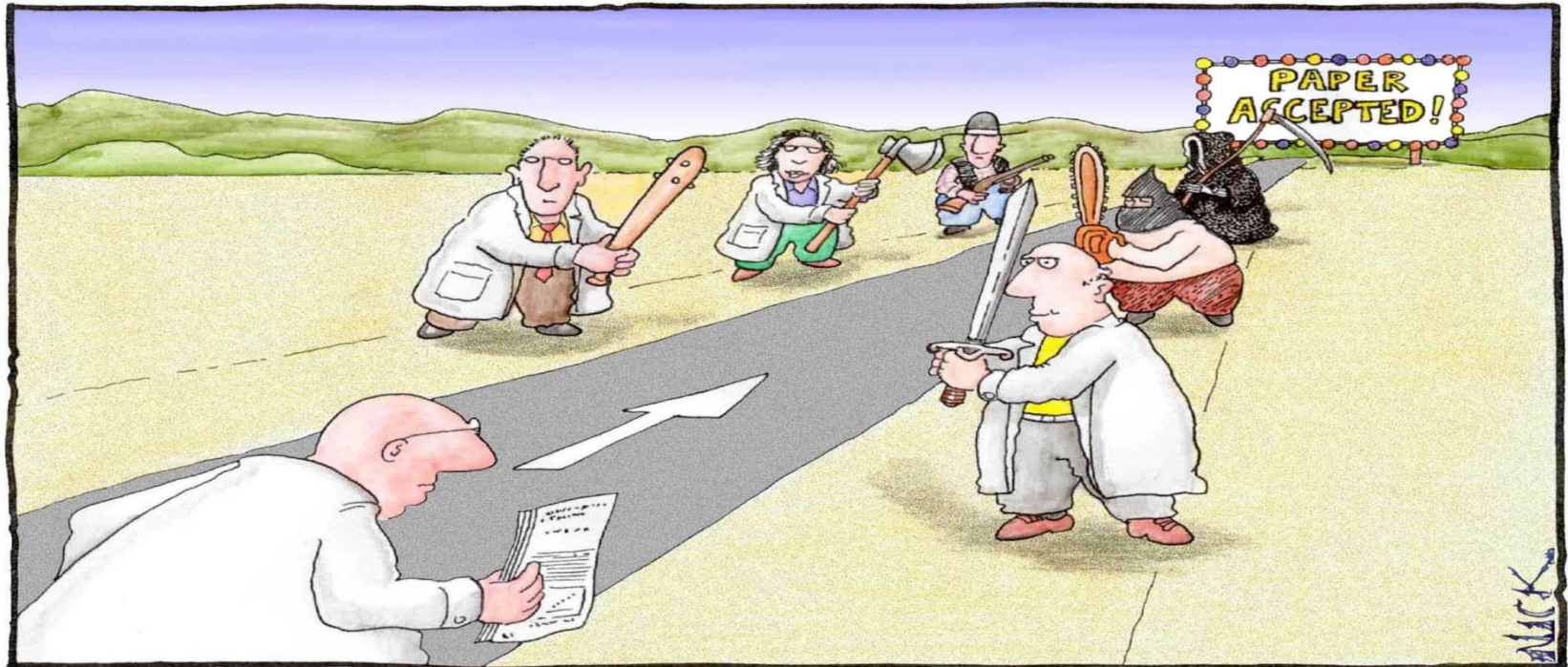


Inpatients

- Consistent ward nurse cover for education and support
- Staff education programme
- Decoration of rooms to ease transition to the adult ward
- Relaxation Toolkit
- Advance Care Planning



Quality, Audit and Research Projects



Most scientists regarded the new streamlined peer-review process as “quite an improvement.”

Psychology in ACHD

Tom* 59,
Coarctation & Ross
MRI Phobia
& low mood
5 sessions: CBT



Jo* 75,
ASD + residual ASD
Cardiac-anxiety
with panic attacks
6 sessions:
CBT/ACT

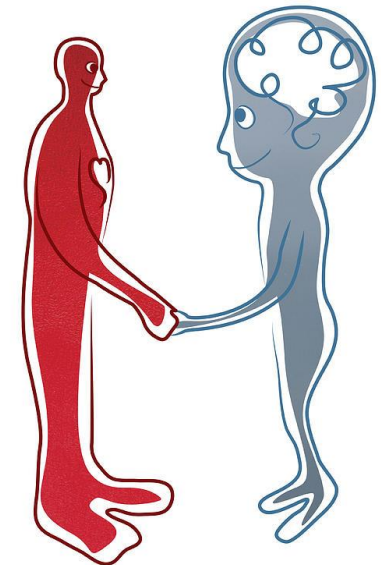
Laura* 27
VSD
Medical trauma
8 sessions: Trauma
focused CBT



Psychology in ACHD

December 2016- October 2017 (0.6 FTE)

- 52 referrals
- 34 Patients seen, 28 OC:
 - WL = 5.9 weeks (0 days – 183 days)
 - 34.7 years old (18-75 years), Female 56%
 - Health-anxiety, procedural anxiety, adjustment, depression, anxiety, stress, PTSD
 - Sessions: 4.8 (1-17)



Looking ahead

- Service development
- Screening
- Research
 - CSANZ Special Interest Group
- Groups
- Outreach

