

## How to contact us

Fingerpost Park Health Centre  
First floor  
Atlas Street  
St Helens  
WA9 1LD  
Telephone: 01744 457261

We are available:  
Monday – Friday (excluding bank holidays) 9am – 5pm

## Useful information

British Heart Foundation - Telephone: 0300 303 311  
[www.bhf.org.uk](http://www.bhf.org.uk)

St Helens Carers Centre - Telephone: 01744 675615  
[www.sthelenscarers.org.uk](http://www.sthelenscarers.org.uk)

Heart Support Group  
<http://sthelens.healthyheartgroup.org.uk>

Local Community Pharmacy - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

# St Helens Nurse-Led Heart Failure Service

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## What is heart failure?

Heart failure is a condition caused by the heart failing to pump enough blood around the body at the right pressure.

This can lead to a number of symptoms which can include shortness of breath, tiredness and swelling of feet, ankles, legs or abdomen.

The symptoms can be managed effectively by medication to support the pumping of the heart.

## What is the Heart Failure Service?

We are a team of community specialist heart failure nurses based in St Helens with specific experience and training in the management, treatment and care of people with a diagnosis of heart failure.

Our nurses can prescribe medication for your heart and will consult a Cardiologist for further advice if needed.

## Service aims

The aims of the service are:

- To improve the quality of your life by offering advice, support and education to you, your family or carer.
- To monitor your condition in order to ensure that you are prescribed the appropriate medication to improve the pumping mechanism of your heart and reduce symptoms.

## How we deliver our service

Following a referral from your GP, practice nurse or hospital, we will:

- Telephone you to introduce you to the service and discuss your referral.
- Offer you an individual assessment in clinic by a heart failure nurse or at home in certain circumstances.
- Help you to understand your condition, improve your quality of life and help you feel better.
- Refer you to other services such as the Cardiac Rehabilitation Programme if needed.