



## Advice for patients requiring an Intra-Aortic Balloon Pump

**i** Important information for all patients requiring a balloon pump.

## About this booklet

The purpose of this booklet is to tell you about Intra-Aortic Balloon Pumps, what they are and why you may need one.

## What is an Intra-Aortic Balloon Pump (IABP)?

An intra-aortic balloon pump is a mechanical circulatory device used to help the heart pump blood around the body. This increases the blood supply to your organs.

The balloon pump machine sits next to your bed and is attached to you via a catheter (thin tube) which is inserted through your groin and fed up to your heart. At the end of the catheter there is a balloon that inflates and deflates in time with your heartbeat.

## Why do I need an IABP?

You may need a balloon pump if your heart is struggling to pump blood around your body. It can be used to help your heart recover before and after heart surgery, after a heart attack or before a heart transplant.

## Movement restrictions

As the balloon pump catheter is in your groin, there are some movements you cannot do. This is to prevent the catheter dislodging or becoming compressed.

To stop the catheter in your groin from moving, you must lie in bed with the head of your bed no higher than 30 degrees with your legs straight. A member of staff will demonstrate this for you.


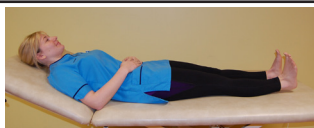


You must avoid bending or twisting the hip that the balloon pump catheter is in. There are no movement restrictions for your other leg or arms.

## Exercises

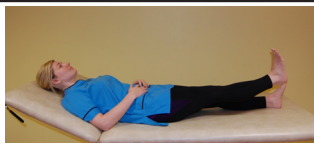
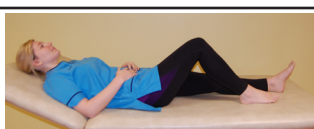
1. Deep Breathing exercise – inhale slowly through your nose, hold for three seconds and exhale slowly out of your mouth. Repeat three times.
2. Huff – should imitate steaming a mirror or cleaning your glasses. Repeat three times
3. Supported cough – use towel for support over your wound. Cough and spit out any phlegm.

Repeat the three stages every hour.

### Both legs

	<b>Ankle pumps</b> Move your ankle up and down as far as you can go. Repeat 10-15 times with both ankles.
	<b>Static quads</b> Press your knee into the bed, tightening the muscle at the front of your thigh. Hold for five seconds. Repeat 10-15 times with each leg.
	<b>Inner range quads</b> Get someone to place a rolled up towel under your knee. Push your knee into the rolled up towel and lift your heel off of the bed, straightening your knee. Hold for five seconds. Repeat 10-15 times with each leg.
	<b>Hip abductions</b> Bring your toes towards you and push your knee into the bed. Slide your leg out to the side then back in to the centre. Repeat 10-15 times with each leg.

### Non balloon pump leg only

	<b>Straight leg raise</b> Lift your leg six inches off the bed and hold for five seconds. Return to the starting position. Keep your knee straight and your toes pointing up. Repeat 10 times.
	<b>Knee bends</b> Slide your heel towards your bottom bending your knee as far as you can. Repeat 10-15 times.

For further advice or if you have any concerns, please contact a member of the Cardiac Team on extension 5482.

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