



Living with an implanted cardiac device

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Version 1

About this leaflet

This purpose of this leaflet is to provide patients with information after receiving an implantable cardiac device and to reassure them that it is normal to have different emotions after receiving an implantable cardiac device (ICD), and everyone reacts in their own way. Some people feel comforted and safe knowing the device is there, while others may feel sad, anxious, angry or vulnerable.

These feelings are common and for most people fade over time, however, it can be challenging for some to manage so it is important to recognise how you are feeling about the device and seek support to help you adjust.

The British Heart Foundation has funded a pilot remote regional psychology service for implanted cardiac device recipients in the West of Scotland. The service is based at the Golden Jubilee University National Hospital, but delivered remotely, allowing people across the West of Scotland to access it from home.

Psychological impact of living with an implantable cardiac device

People who receive an ICD can experience symptoms of anxiety, depression, post-traumatic stress disorder (PTSD), and again, these are normal reactions and help and support is available should you experience any of them.

Who is the Implantable Cardiac Device Psychology service for?

The Implantable Cardiac Device Psychology service is available to anyone residing in the West of Scotland who has an ICD or Cardiac Resynchronisation Therapy Defibrillator (CRT-D), and meets one of the following criteria:

- Psychological difficulties (e.g. anxiety, panic, depression, acceptance and adjustment difficulties, symptoms of PTSD related to device shocks) that arise from their implanted cardiac device .
- Difficulty adjusting to living with their cardiac device

The service enables people to benefit from learning strategies to support them living well with their cardiac device.

What services are available?

All patients referred are offered an initial assessment with a clinical psychologist to determine the best treatment option. These services include:

- Digital self-help materials for managing anxiety, depression and sleep difficulties.
- Computerised Cognitive Behavioural Therapy (cCBT) – an option for independent or supported use.
- Individual psychological therapy delivered remotely via NHS NearMe.

What to expect when seeing a Clinical Psychologist?

The first appointment will last around 1 hour. The psychologist will ask about your ICD and any difficulties you have experienced since having it implanted or leading up to implantation.

The psychologist will also ask about other aspects of your life and personal experiences to gain a more complete understanding of you as a person, and not just the symptoms you are experiencing. A friend or family member can attend appointments with you.

How do I access the Implantable Cardiac Device Psychology service?

Option 1:

You can ask your GP or device follow-up team to pass on your details and we will then contact you to offer you an appointment as soon as we can.

Scan the QR code for further information about the service.



Option 2:

You can contact the service directly on the following:

Telephone: **0141 951 5652**

Email: gjnh.psychology@gjnh.scot.nhs.uk

Include the following information when getting in touch:

- **Your full name**
- **Date of birth**
- **Current address**
- **Contact telephone number**

Urgent and out of hours support

If you require help urgently out of hours, please contact your GP in the first instance, or NHS24 on 111.

Support is also available from Breathing Space which provides a free, confidential telephone service for anyone in Scotland experiencing low mood, depression or anxiety. Telephone: 0800 83 85 87 or visit the website by scanning the QR code on your smart device.



