

Life with a Device

Getting back to normal

LHCH MAIN
ENTRANCE



- Living with your ICD:
 - Cardiac Rehab
 - Physical Activity and Exercise
 - Early Stages (4-6 weeks)
 - Returning to 'normal'
 - Activities
 - Things to avoid



- 8-10 week programme of exercise and education
- Teach you how to exercise safely and we will monitor you closely throughout the sessions to keep you safe
- Teach you all about your condition through education, advice and support
- Help you return to work, leisure and hobbies
- Get you feeling back to normal and enjoying the things you used to enjoy
- Reduce risk factors by becoming more active



- Improve your confidence
- Help you get back on track and feeling fitter
- Improve your quality of life
- Reduces stress, anxiety and depression
- Reduces the risk of any further heart disease
- Promotes a healthier lifestyle
- Improves your knowledge of your condition and device
- Reduces risk of social isolation





Top tips

1. Limit your arm movement above your head on the ICD side
2. Avoid lifting heavy objects with the arm on the ICD a side
3. Washing/combing hair – move slowly
4. Gently rotate shoulders and move you head side to side to avoid stiffness in your neck, shoulders and arms

Building activity into your everyday routine will help your recovery and help keep you and your heart healthy.

Warm up at the start of activity

Allow yourself to gradually slow down towards the end, rather than suddenly stopping



When can I get back to activity or exercise ?

- **Cardiac rehabilitation and keeping active**
 - Is a vital part of your long term recovery
 - It's as important as taking your medication
- **Cardiac Rehabilitation & exercises**
 - Invited to attend an initial assessment
 - Starts at a level you can manage
 - Mix of exercises
 - Adapted to any other conditions you may have
 - Aimed for everybody
 - Gets you back to as full life as possible
- **Attendance**
 - Usually 1-2 times per week for about 8-10 weeks
 - depending on the class and location



- **Safe? Yes ...**
 - Once you have had your assessment at cardiac rehabilitation
- **What strokes?**
 - Breaststroke is suitable for all devices
 - Front crawl, backstroke and butterfly can potential damage/displace leads
 - Avoid repetitive strain
- **Safety**
 - Advisable to have someone with you
 - Or be in a lifeguard supervised pool



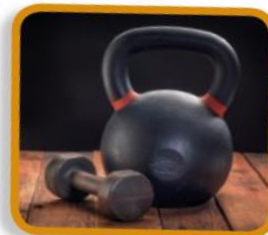
- Similar advice as swimming
- Consider current fitness and course terrain / distance
- You may need to alter your technique
 - Avoid overstretching your arm to protect the leads during the follow through phase of your swing



- If your device is implanted on the same side as you hold your racquet
 - may cause problems repetitive straining of the device leads therefore the activity may not be recommended
 - will depend on the type of device, racquet, sport and/or your technique
 - Ideally needs to be discussed at cardiac rehab



- Also call resistance / weight training
 - bodyweight, free-weights, weight machines, medicine balls or resistance bands
- Improves and maintains muscle
 - Reduces risk of falls
 - Activities of daily living - easier
 - Reduced work load of heart
 - Bone density and body weight management
- Avoid heavy lifting or raising your arm above shoulder height for the first 6 weeks
- Can delay/adapt your strength training until then



Same principles for other/sport activities

Gardening

- Power tool precautions



Cycling

- May be able to start static cycle sooner



- You may resume sexual activity when you feel fit, but do try to avoid direct pressure on your wound for the first couple of weeks.
- The likelihood of your device shocking during sex is rare but possible. The shock will not hurt your partner
- If you are considering becoming pregnant please consult your doctor. Your underlying heart condition will determine the advice

- ☐ Yes! (Under certain conditions)
- ☐ Primary prevention = 4 weeks
- ☐ Secondary prevention = 6 months
- ☐ Appropriate shock = 6 months
(regardless of indication for implant)
- ☐ Group 2 license (HGV/PSV) permanent bar



Can my device set off anti theft devices in shops?

☐ No it won't if you walk through as Normal



- ☐ However idling between the panels can confuse them into thinking that a security tag has passed through and can trigger the alarm so try not to linger
- ☐ Be aware often at busy times shops may increase the frequency of these gates which can increase the chance of you setting off the shop security alarm. Don't panic. Show your ICD card



- **Airport scanner gates**

- Make sure the security are aware that you have a device and show them your card as you may set off the security alarm and need manually searching. New x-ray scanning gates are perfectly safe



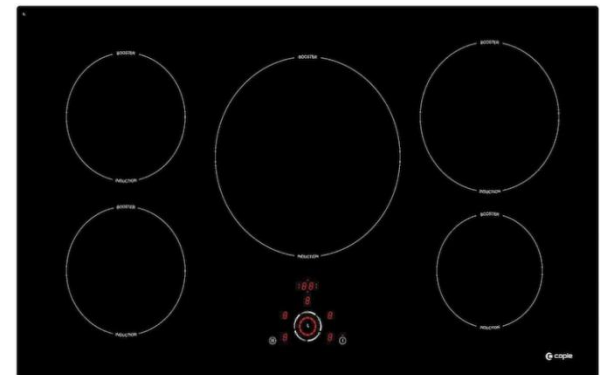
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- **Hydroelectric Dam (Hoover Dam) tours**
 - Because of the uncertainty of the magnetic intensity within the dam
- **Abdominal-stimulator**
 - Delivers electrical stimulus strong enough to make muscles twitch
- **Transcutaneous Electrical Nerve Stimulation (TENS) machine**
 - Has been known to deliver inappropriate shocks. If you want to use these devices it is advised that to be tested during a visit to clinic and will be reviewed on an individual basis. Below the waist use only



- **Earphone headsets**
 - Do not dangle headphones over your device
- **Putting your mobile phone in a pocket next to your device**
 - Although safe to use try to keep your phone at least 6inches away from your device
- **Induction hobs**
 - Unfortunately you would need to be 10-12inches away when cooking, which isn't ideal. Also be mindful that standing near this for prolonged periods of time may interfere with your device and is not advised



- **Magnetic phone and iPad cases**

- Be aware that they do contain magnets strong enough to potentially have an impact on your device
- Do not rest them over your chest
- Try not to fall asleep holding the device

Remember

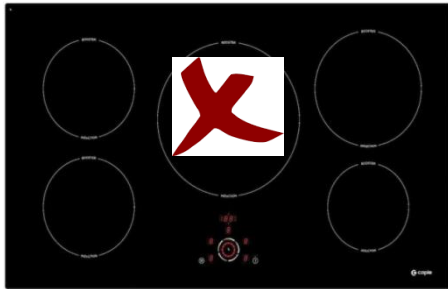
- They are still safe to use/have, just be conscious of the above



Quick fire round



TENS machine



CT scan



MRI scan?



Drills and power tools – use precautions



**Other uses!
Not recommended!**



If you have not yet been contacted by your Cardiac Rehabilitation team please come and speak us

ANY QUESTIONS?

