

# Case Study

## Patients and Carers



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Patients who have had some form of coronary heart disease and their carers have been involved in the development of the CHD framework from its inception. In July 2004, they were invited to test some of the draft units from phase 2 within the context of their contact with their medical practitioners

### The situation

I, Harvey Shieff, had heart surgery about 10 years ago and since then have had other long term medical conditions like renal problems which have further complicated my treatment. Janet, my wife, has been my main carer during all this period.

### The aim

We wanted to review the units to see how well other long term conditions were integrated into the units. A vast majority of heart patients also have other long term conditions like diabetes, renal and stroke which then affect the treatment plans for CHD.

### The action

Rekha Wadhvani, the *Skills for Health* technical consultant, came and discussed the units and the process with us in detail and we were pleased to review the following units:

CHD FA1	Contribute to assessing individuals with suspected CHD
CHD EE1	Enable individuals to understand and reduce the risk of CHD
HCSI2	Receive patients and carers
HCSI14	Advise and counsel patients to facilitate management of condition and treatment plan

We selected these units because they are generic units and can be used for patients with dual/multi-diagnosis of long term conditions.

### The results

We felt that the units were easy to read and understand.

However, the units do not explicitly state the connections with other long term conditions. It is imperative that the practitioner has underpinning knowledge and understanding of:

- different long term medical conditions and their impact on each other
- different tests like liver function tests etc which may or may not be undertaken by CHD patients
- different diets that are approved for multi-diagnosed patients (e.g. a diabetic heart patient or a heart patient with renal conditions), and how to integrate them into their lifestyle
- effects of medications on different conditions, and which medications can be combined.

We are very fortunate to have a knowledgeable heart failure specialist nurse whom we can contact directly and ask questions, if required, which is very useful to us.

### The future

We would like to discuss these units with the heart failure specialist nurse to explore other uses for the units.

### Contact details

Harvey and Janet Shieff can be contacted via the *Skills for Health* technical consultant, Rekha Wadhvani at [rekha@willowtreegroup.co.uk](mailto:rekha@willowtreegroup.co.uk)