

I FEEL SO LONELY-ARE
THERE ANY SUPPORT
SERVICES WHICH COULD
HELP?

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Suggested Support Mechanisms

- Friends and Family
- GP - Counselling
 - Psychotherapy
 - Support Groups (doesn't always have to be related support)
 - Practice Nurses

Arrhythmia / Cardiology Nurses -

Contact Number

Multidisciplinary

Counselling

C.B.T

Support Groups

Tai Chi

Local Gym / Exercise Classes

Patients / Volunteers

Physiotherapist

Internet - www.getselfhelp.co.uk

Information and resources

Support Groups

Affiliations - Helpline

Support

Information

Social Aspects / Fundraising

Driving Guidelines for Arrhythmia Patients

Recently updated August 2011

“Driving must cease if arrhythmia has caused or is likely to cause incapacity”

Recommended Changes;

A.Fib / A.Flutter - “Driving may be permitted when underlying cause has been identified and controlled for 4 weeks”

I.C.D - Changes to Antiarrhythmic Drug therapy

Successful Catheter Ablation