

Moving Forward Young People's Clinic

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Cardiac Nurse Specialist



Moving Forward

From age 13 onwards (Year9)
invitation to Young Peoples clinic .
Consultant referral .

Appointments held in Alder Hey
+RMCH

- Nurse Specialist led informal clinics.
- Sent an age-appropriate questionnaire to help with the appointment .
- Talk about their heart condition, any operations that they have had and any medications they are taking and why.

- Talk about keeping healthy including keeping active and healthy eating.
- The importance of dental hygiene and risks of piercing and tattoos.
- The effects of alcohol, smoking and recreational drugs on the heart.

- When they are ready
 - talk about relationships and sex . Discuss contraception and pregnancy.
- Discuss issues around growing up with a heart condition .
- Going to high school, university and career choices.

- Discuss how they are feeling and where to find help if they are worried, sad or anxious about their heart condition and how it affects them .
- How to find teenage friendly on the internet .

- Information from BHF , The Somerville Foundation and Little Hearts Matter to support the discussions.

