

## Patient information

# Paediatric Cardiology outpatient appointment

We know this might be an apprehensive time for you (and your child), with this leaflet we intend on supporting your understanding of what to expect from this appointment.

### How to prepare for the appointment

- We suggest that a week or so before the appointment, you try and prepare your child about the various tests that might be done at their appointment.
- Below are two QR codes and the links to videos of an ECG (Electrocardiogram) and an ECHO (Echocardiogram) being performed on a child. We hope watching these videos together will help you and your child understand what to expect at the appointment.

ECG:



ECHO:



<https://www.whatwhychildreninhospital.org.uk/ecg>

<https://www.whatwhychildreninhospital.org.uk/echo>

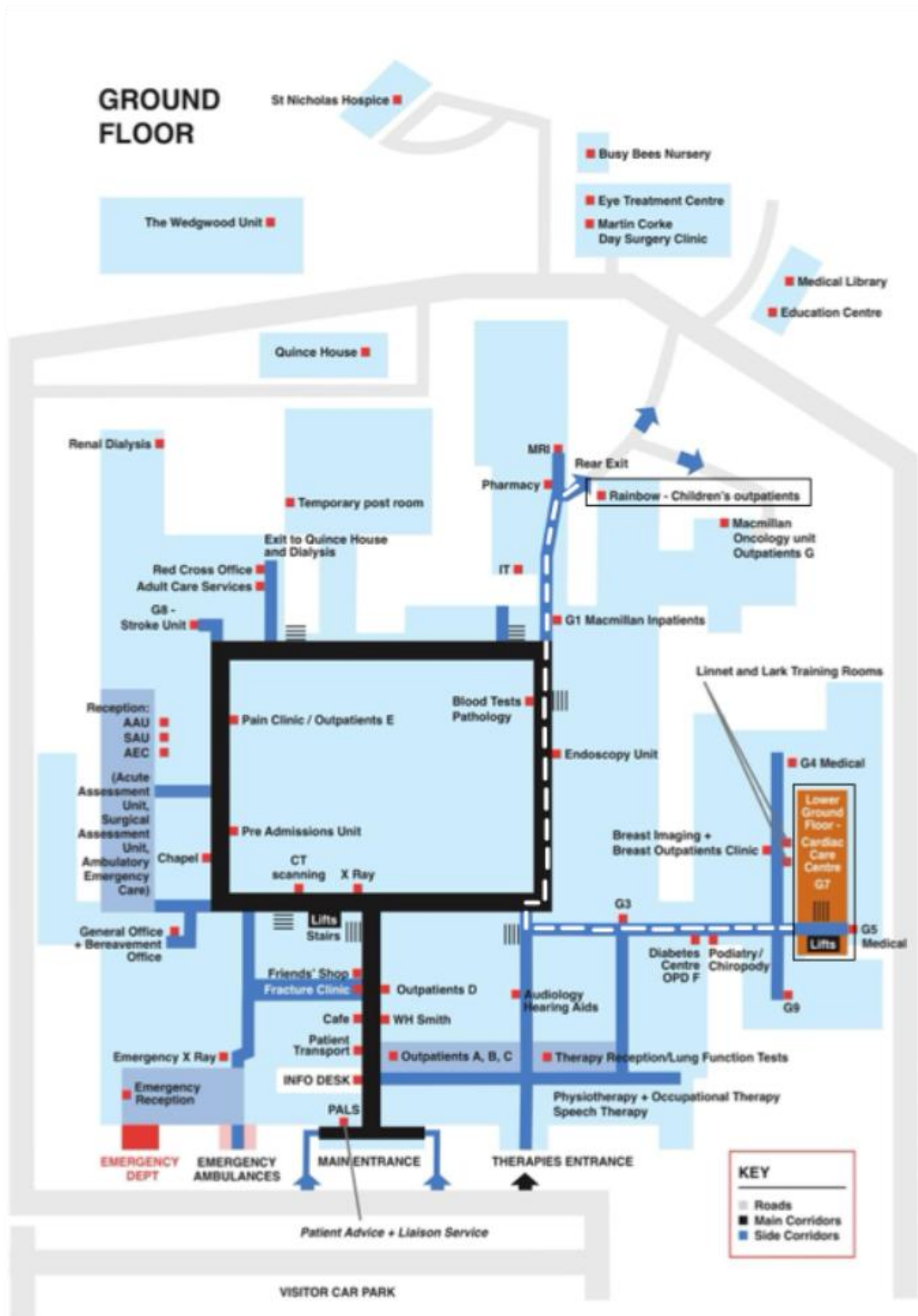
- Please think what would help your child feel settled and relaxed on the day, as we ask them to lay still for 20-30 minutes. It could be their favourite toy, snack, singing nursery rhymes, watching a favourite video programme on a mobile phone or tablet. We do have a calming light, child friendly environment and some fidget toys to try and help.
- Some children might struggle with the thought of having an ECHO performed, but don't worry, make contact (ideally when you receive the appointment date) and we can try and get support from our play specialist, but this does need to be done well in advance of the appointment.

### On the day of the outpatient appointment:

- Your child will be weighed and have their height recorded by the staff. We might ask them also to take their blood pressure if required for information.
- You will then be called in to the clinic room to see the doctor i.e. Paediatrician with Expertise in Cardiology (PEC) present often with the Paediatric Cardiology Nurse Specialist also.
- The doctor may ask you/or your child questions to gain a clearer understanding of why they have been referred for an ECHO. Echocardiogram(ECHO) is an ultrasound scan of the heart which looks at the structure and function.
- For this, we need to have your child fully undressed above the waist, so please bring them in appropriate clothing. We can provide patient gowns if your child would rather be more covered.
- The doctor will listen to your child's heart with a stethoscope and feel their pulses in the groin area before/ after performing the ECHO.
- Water soluble gel is used for the scan and will be wiped off after completing the ECHO.
- The doctor will explain any findings and decide whether an ECG is needed and next steps.

**If the doctor requests an ECG:**

- ECGs looks at the electrical activity in the heart.
- ECGs are carried out in the Adult Cardiac care department. Please see map on next page.
- Different ECG Stickers will be attached to your child's chest and limbs which are connected to wires. An electrical trace of the heart is recorded for a brief period of a few minutes which completes the test.
- No appointment is needed, and you can just turn up after your Echo outpatient appointment, as it would have already been requested electronically for you.



## After the appointment:

The doctor will summarise and discuss their opinion with you/ and your child along with the investigation results and a further plan. Reports from the ECG and ECHO will be included in the clinic letter which you will receive in the post or electronically through the patient portal over the next few days.

## Any further questions?

If you have any other questions do not hesitate to get in contact.

## Caroline Reeve

### Paediatric Cardiology Clinical Nurse Specialist

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**Working hours:** Mon-Fri 8am - 4pm

**Work mobile number:** 07483426369

**Paediatric secretaries:** 01284 713749

## Clinical research

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

## Accessibility

If you require this leaflet in a different format, please contact the patient advice and liaison service on 01284 712555 or email [PALS@wsh.nhs.uk](mailto:PALS@wsh.nhs.uk)

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