

Heart Function Service (Berkshire West) video transcript

0:00:01.680,0:00:07.360

We are the heart function service. If you're registered with a GP in West Berkshire,

0:00:07.360,0:00:14.560

Reading or Wokingham, we can help you following a diagnosis of heart failure. We aim to prevent

0:00:14.560,0:00:20.080

hospital admissions and improve your quality of life through education and effective management

0:00:20.080,0:00:26.800

of your condition. With input from other health care professionals involved in your care,

0:00:26.800,0:00:32.400

we will help you improve self-management and provide support and monitoring in your own home

0:00:32.400,0:00:39.840

and at community-based clinics. To access our service, you must be over 18 and referred by your

0:00:39.840,0:00:45.440

GP or other health care professional following a diagnosis of heart failure that has been confirmed

0:00:45.440,0:00:52.160

by echocardiogram. Once you are known to the

service, you can self-refer if your symptoms or

0:00:52.160,0:00:58.240

condition worsen. We will invite you to one of our community clinics or if it is more appropriate,

0:00:58.240,0:01:04.320

we will visit you at home. The first appointment usually lasts an hour and is an opportunity for

0:01:04.320,0:01:09.760

us to discuss your medical history and complete a basic assessment measuring your blood pressure,

0:01:09.760,0:01:15.520

pulse, and weight. We will help you learn the signs and symptoms of heart failure and how you

0:01:15.520,0:01:22.560

can manage them safely and effectively, adjusting your medication if needed. We will also help you

0:01:22.560,0:01:28.560

understand how exercise and diet can play a crucial role in improving your health. You can

0:01:28.560,0:01:35.040

find more information about the heart function service and what we offer on our web page.