How to find us
The outpatient department is situated on the south side of Eastern Road, opposite the main hospital building (please refer to the map overleaf).

Getting to the Royal Sussex County Hospital

By bus
Bus services 1, 1A, 7, 14B, 14C, 23, 37, 37B, 47, 52 and 57 all stop at the hospital. Timetable details are available from Brighton and Hove Bus Company on 01273 886200 or www.buses.co.uk

By train
Brighton has a mainline railway station. For timetable details, please call 03457 48 49 50. The number 7 bus links the railway station and the hospital.

By car
Parking at the RSCH can be problematic – please allow time for this. There is limited disabled parking in front of the main Outpatients Department and on Level 6 of the multi-storey car park. Please be aware that car parks are ‘pay on foot’ and parking charges apply to all users, including the disabled spaces. There is also some limited street parking which is largely Pay by Phone.

Getting to Hove Polyclinic

By bus
Bus service 5a stops at the Hove Polyclinic.

By car
There is free parking at Hove Polyclinic.

Map of RSCH site

Telephone support
We know that you might be worried if you have recently been discharged from hospital or if you have recently been diagnosed as having heart failure. We are able to offer you support via the telephone, and if you are concerned about your symptoms or have any questions, please phone us on the number on the front of this leaflet. Whilst we may not always be able to take your call immediately, you can leave a message on our answerphone and we will get back to you as soon as possible.

The printing of this leaflet was kindly paid for by the Sussex Heart Charity

Telephone: 01273 696955 Ext.7952

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Disclaimer: The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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The service
BSUH NHS Trust is able to offer you a comprehensive heart failure service made up of a number of health care professionals. It is our aim to ensure that you receive prompt, timely and appropriate access to the service. Working together, we aim to provide individual care to support you whilst living with heart failure.

The team
The team consists of doctors, nurses, cardiac physiologists, dieticians, and pharmacists. Most of your contact will be with one of the Heart Failure Nurse Specialists, who are senior nurses with many years of experience in caring for patients with cardiac conditions. One of their roles within the heart failure service is to offer you an appointment at the nurse-led clinic where they can assess your symptoms, review your medications and help support you in living with heart failure.

Your appointment
Dr. ______________________________________ has referred you to one of the nurse-led heart failure clinics and we are pleased to be able to offer you an appointment on ____________________________ at (time) ____________________________ at (venue) ____________________________ with ____________________________ (Heart Failure Nurse Specialist)
Your appointment with the Heart Failure Nurse should last about 30 minutes, however you may be in the department for longer if you are required to have any additional tests.

Before the appointment
You will usually be required to have a blood test taken a few days before your clinic appointment. If this is required, a blood form will have been enclosed with this leaflet. Depending on the result, you might be required to have another one taken on the day.

On arrival – please report to the receptionist in the out-patient department.
When you see the Heart Failure Nurse, she will have a general chat with you about how you are feeling, the tablets you are taking, and any problems that you may be experiencing. She will undertake a short examination of your breathing, blood pressure and heart rate. She will also need to look at your ankles. Following this, she will talk you through a few simple steps that you can undertake yourself to compliment your medicines and other treatments that you may be prescribed.

What you need to bring with you
Please bring the following with you to the clinic appointment:
● All the tablets that you are taking
● Any record cards/books
● Any health information booklets you may have been given
● Any questions that you may have
   (please use the space opposite to write down questions as you think of them).

You are welcome to bring a family member or friend with you to the appointment.

If you are unable to keep your appointment
If you are unable to keep your appointment, please contact a member of the heart failure team at the earliest opportunity. You can do this by phoning 01273 696955 Ext. 7952. If there is no answer, please leave a message on the answerphone which we will pick up as soon as we are back in the office.

Questions: