



**Royal Berkshire**  
NHS Foundation Trust

# Heart Failure Lounge

Jim Shahi Unit

Tel: 0118 322 6502

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## Welcome to the Heart Failure Lounge.

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The purpose of the Heart Failure Lounge is to administer intravenous diuretics to patients whose symptoms cannot currently be managed with oral tablets.

The benefit of managing patients on a day case basis is that it maintains quality of life and avoids a prolonged hospital stay. This reduces risks of hospital acquired infections, complications of reduced mobility, sleep deprivation and low mood, which are associated with long hospital stays.

### Why are intravenous diuretics given?

The most common way to give diuretics is in tablet form. Sometimes, the tablets do not work well enough and fluid can build up. In some people this can be sudden, in others it happens gradually. When tablets stop working, giving medicine by intravenous injection can be more effective. The diuretics are administered either using a cannula or a PICC line in the upper arm. Information regarding cannulae and PICC lines will be given to you at your initial visit.

### What can I expect?

The Lounge is open between 8am and 6pm. A course of treatment usually lasts between 7 and 10 days. You will need to attend the clinic daily. On your first visit you will have an ECG, a blood test, your weight recorded and a cannula or PICC line inserted. You will also have a consultation with the cardiologist, who will set up a management plan with you.

Please plan to spend 4-5 hours at this appointment, so feel free to bring something to occupy your time. Free WiFi access is available for patients and visitors. Connect using the RBFT\_GUEST network. All new users will need to login before connecting for the first time. We provide drinks and a sandwich for lunch, but you are welcome to bring

your own refreshments. You can bring one relative to stay with you and a free parking permit can be provided.

On every visit you will be weighed, have bloods taken and the diuretics will be administered. You will be monitored before and after the intravenous infusion and then be allowed home if all is well.

On the last administration of your diuretics you will be provided with a discharge letter and you will have your care transferred to the GP or the community heart failure nurse.

If for any reason you are unable to attend or have any concerns please ring Jim Shahi Unit on 0118 322 6502.

### Useful contacts

Jim Shahi Unit	0118 322 6502
Cardiac Appointments	0118 322 6676
Cardiac Support Nurses	0118 322 6638
Cardiac Care Unit	0118 322 6684

NHS 111: 111

NHS website: [www.nhs.uk](http://www.nhs.uk)

British Heart Foundation: [www.bhf.org.uk](http://www.bhf.org.uk)

West Berkshire Heart Support Group – ‘Heartbeats’

Heartbeats website: [www.heartbeats-berkshire.co.uk](http://www.heartbeats-berkshire.co.uk)

### Cardiac Fund

The Cardiac Fund was set up with the purpose of providing cardiac services which may not otherwise be available through NHS resources. Our Cardiac Laboratory (Jim Shahi Unit) was largely equipped through the fund and many other areas in the department have also benefitted from equipment and staff training. In order to expand these facilities and to remain up to date with the technological advances, further donations are greatly needed and appreciated.

## How to donate

You can donate to the Cardiac Fund U226 in a number of ways (please ensure you quote the fund code U226 when making a donation):

- **Cheques:** Please make your cheques payable to the 'Royal Berks Charity Cardiac Fund U226 and post to: Royal Berks Charity, South Block Annexe, Royal Berkshire Hospital, London Road, Reading RG1 5AN. Please include your address details so we can acknowledge receipt of your donation and, if applicable, we can send you a Gift Aid form to further boost your donation if you are a UK taxpayer.
- **Cash:** If you wish to donate by cash, please bring your donation directly to the Charity Office or leave with Main Reception along with your contact details. The Charity Office is located upstairs in South Block Annexe.

**For safety reasons, please do not send cash in the post.**

- **Credit and debit card:** We accept donations through all major credit and debit cards. Please call us on 0118 322 8860 and quote Cardiac Fund U226.
- **Online:** To donate please visit [www.royalberkshirecharity.co.uk](http://www.royalberkshirecharity.co.uk) and click on the 'Donate' button. In the message box please quote Cardiac Fund U226.

Royal Berkshire NHS Foundation Trust

London Road

Reading RG1 5AN

0118 322 5111

[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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