

Coronavirus measures

Given the current COVID-19 pandemic there are measures in place in our hospitals and at all healthcare appointments to ensure the safety of you, other patients and our staff.

You are asked to:

- please arrive at your appointment on time (do not attend early or late)
- attend alone where possible unless you require support (need to check if this is the case with ultrasounds)
- not attend your appointment if you have any symptoms of COVID-19, or if you have tested positive for COVID-19, or if you have been asked to self isolate by Test and Protect or via the Protect Scotland app.

You will be required to follow our safety instructions at our premises. For example, you must wear a clinical face mask at appointments (which we will provide) unless you are medically exempt. If you are medically exempt, you must present a Scottish Government Exemption Card (visit www.exempt.scot or tel. 0800 121 6240 for details of how to get one]. You will also be required to hand sanitise at several points when you attend, including on entry to the premises. If you have symptoms, you must immediately self-isolate and book a test (tel. 01851 601151 or email: wi.covid19queries@nhs.scot)

You will also be required to keep a safe two metre distance from others at all times, with the exception of when one of our clinicians is providing direct clinical care, or an examination.

Please remember **FACTS** and stay safe.

Further information and help

For further information, or if you have any queries about your appointment, please do not hesitate to contact:

Medical Secretary
Western Isles Hospital
MacAulay Road
Stornoway
Isle of Lewis
HS1 2AF
Tel. 01851 708267
www.wihb.scot.nhs.uk

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

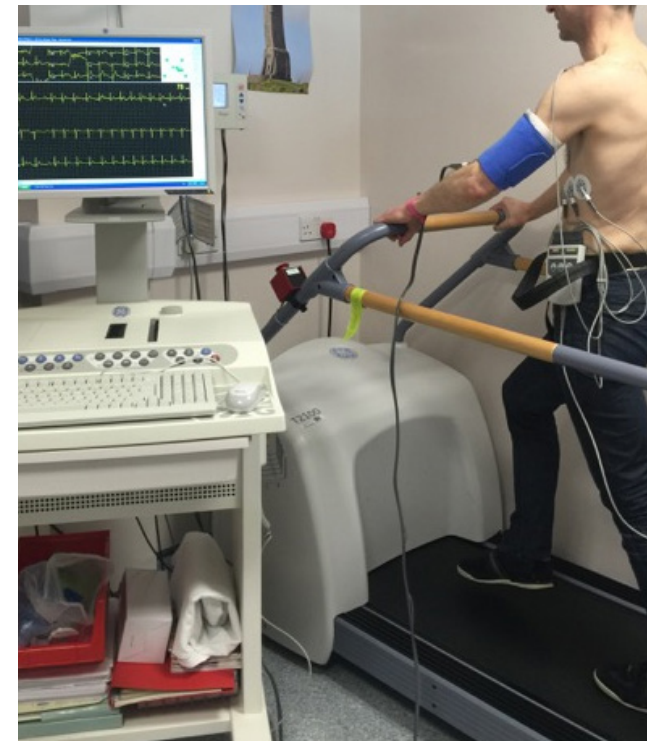
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Bòrd SSN nan Eilean Siar
NHS Western Isles

Rapid Access Chest Pain Clinic



Advice for patients and their carers

Introduction

Your GP/Consultant has referred you to the local Rapid Access Chest Pain Clinic (RACPC).

This clinic aims to see if you have evidence of angina – or if you already are known to have angina it is used to help plan your future treatment.

Before your appointment

If you have any mobility problems please inform the Medical Secretary by telephoning (01851) 708267.

It is important that you inform your GP or the Ambulatory Care Unit if you become unwell prior to your appointment, as it may have to be postponed until you are feeling better.

In particular if you are having more frequent chest pains or tightness than you were at the time of your referral, then you should inform your GP.

About the appointment

Your appointment will last approximately 45 minutes and will involve some questions followed by a brief examination of your heart and lungs and an ECG (heart tracing).

Good skin preparation for the electrodes is required, so for your own convenience you may wish to shave your chest.

The health professional performing the clinic will then make a decision as to whether or not you require any further investigation. The outcome of this assessment may be:

- reassurance that your symptoms are not likely to be related to heart disease
- an Exercise Tolerance Test. This will involve walking on a treadmill similar to those seen in a gym whilst a heart tracing is carried out. The treadmill will be started at a slow speed on an incline and every 3 minutes will be increased according to the individual
- a CT scan of your heart. This will often require a second visit to the hospital and will be explained at the time of your initial appointment.

Occasionally it may be necessary to recommend referral to the mainland for either a Thallium Scan or a more detailed heart scan called an Angiogram. This will be fully explained if this is felt to be the best course of action for you.

The day of your appointment

Take any prescribed medication as usual, unless instructed by your GP to do otherwise. Avoid alcohol, smoking or a heavy meal prior to your appointment. Ideally you should eat nothing for 2 hours before your appointment.

Please bring along a note of all your current medication, or the tablets themselves. Please wear loose comfortable clothing and a pair of flat shoes suitable for walking, in case you are asked to go on the treadmill.

Please be aware that whilst it is usually possible to go home within 45 minutes of your appointment, if you experience significant symptoms during your appointment it may be necessary to arrange hospital admission for further observation.

After your appointment

You will be told the results of any investigations or tests performed before you leave.

A report will also be sent to the GP/Consultant who referred you for the test, with any information regarding future treatment.

Venue

For the duration of your appointment, the venue for each clinic will be held at the Ambulatory Care Unit, which is located opposite the Western Isles Dental Centre (to the far right of the main hospital entrance).

Ambulatory Care Unit
Western Isles Hospital
Macaulay Road
Stornoway
Isle of Lewis
HS1 2AF
Tel. 01851 708296

If for any reason you are unable to attend your appointment, please telephone 01851 708267.