

Yvonne Cassidy - FH HOCCM (6.8.16)

P - Hiya.

D - Morning, Yvonne.

P - Hello, you alright?

D - I'm well.

P - I've been given a letter because my dad's just recently been diagnosed with heart conditioning and I've got to be referred, because I've got to be tested as well, and that's why I'm down here.

D - Sure, absolutely. Okay. So, where do you need to be referred to?

P - It says I can either go to – I can choose Sunderland or I can – I don't mind just staying with the Newcastle one. I can either go to... but I don't mind going to the Freeman.

D - Sure. You have no symptoms?

P - Not that I know of - I know I've got the proper name, but I can't pronounce it.

D - Can't say it?

P - Yeah.

D - Okay.

P - I've got it on a text...

D - How's your dad?

P - He's alright. Where is it...? That's it there.

D - HOCCM.

P - Yeah.

D - For short, okay. Is he an athlete?

P - He was, he used to play football, and he used to – he's done the Great North Run and everything a few times, but he hasn't done anything recently.

D - So, he's been asked to hold on for the time being.

P - Well, we thought it was a suspected heart attack, but he's obviously been having tests, and this has...

D - And they've picked it up?

P - Yeah.

D - Fine, okay.

P - Yeah.

D - So, his heart's okay at the moment, it's just caution?

P - Yeah, obviously he's just been told and now we've got to get tested, all of us, so.

D - Okay, okay. Tell me a bit more about yourself, then.

P - I'm fine, I don't, like – my sister's looked into it and she's been giving me stuff, but I haven't looked into it, because I don't want to scare myself. So, I just want, so – but I'm

alright. I haven't done any exercise since finding out, I've just – because I don't really want to...

D - What do you normally do?

P - I normally run.

D - Okay. To what extent?

P - Just a few miles, I normally just go to Herrington Park and just run around there.

D - Competitively?

P - No, just to keep fit.

D - Okay. You've been capable of doing that, clearly?

P - Yeah.

D - Without too many issues, okay. Work wise?

P - I'm fine, I've been off for two weeks, but I've been alright. I work for Sainsbury's, so.

D - And what does that involve?

P - I'm a team leader on the produce, so it's heavy lifting.

D - I was going to say, it's physical isn't it?

P - Yeah.

D - Yeah, okay, alright. Home life?

P - Fine. Single mam, two children, but I'm fine.

D - How old are the kids?

P - Ten and seven.

D - Okay, and they're well?

P - Yeah.

D - You're not a smoker?

P - No, I'm not.

D - Okay. Habits that I need to know about?

P - Probably just my drinking.

D - Tell me more.

P - I just like a few, but obviously, I do like a few jaegers and things but I'm not going to have them since finding this out; obviously because it's got the energy drink in it and stuff, and my dad got told that he had to stop drinking them as well, so I've...

D - He's easing off from caffeine and so are you.

P - Well, I only drink tea, I don't really drink coffee, so.

D - But the energy drinks are...

P - Well, it's not something I drink anyway, it's just if I go out and have it, so I've just stopped that as well.

D - Okay, so you had a thing about an occasional binge, though.

P - Yeah, I do, yeah.

D - Okay.

P - I know.

D - Tell me a bit more about that, if you don't mind?

P - It's just when I go out with—when I haven't got the children or when I go out with my friends and have a night out.

D - To what extent would that go to? Some people have a binge and—because a binge for me is two and a half pints.

P - Oh, it's more than that, it's a lot more than two and a half pints, yeah.

D - Okay, can you give me a figure?

P - It's normally three drinks in the house, is probably half a bottle of Disaronno, and then...

D - You're over my head, here, Disaronno? Is that a spirit?

P - Disaronno and coke. Yeah. And I have that when I'm out.

D - So, half a bottle of spirits on your own?

P - In the house, yeah, and then I go out.

D - So that's quite a lot, isn't it?

P - I know, it is, yeah.

D - Do you want any help with that?

P - No, I don't drink every day.

D - And you're planning to moderate it anyway by the sounds of things, so that's probably a good thing. Have we ever done an ECG on you, yet?

P - No.

D - No, okay. Have we checked your blood pressure?

P - No.

D - So, we could do some of these things. I can listen to your heart today, check your blood pressure, and we'll arrange for an ECG. So, no chest pain when you're exerting yourself, from the sounds of things. Breathing's fine, and you can obviously exert yourself without too much difficulty. No ankle swelling, no breathlessness on a night?

P - No, no.

D - Never suffered with asthma or anything like that?

P - I don't, but my little boy does.

D - Okay.

P - So, but he's fine.

D - Good, alright. Anything else that we need to talk about, apart from this?

P - No.

D - So this referral, you probably want me to refer you probably through to Freeman service there?

P - Yeah.

D - Have we got a name of somebody that we're referring you to?

P - It's...

D - We referring you to Julie?

P - Yeah.

D - Okay well let's do your blood pressure and then listen to your heart. And then we can follow this up by you seeing one of my nurses for an ECG.

P - Right.

D - A normal ECG will not quite rule it out completely, but it means that if it's completely normal, that you're probably fine....

P - Right.

D - Never aware of any palpitations, of your heart racing, or anything like that?

P - No.

D - So, normal, healthy sounding heart; not racing, normal rhythm, no added sounds. So, there's nothing that's suggesting HOCM with you at the moment, and your blood pressure's perfect. That doesn't completely rule it out, but it does give us some reassurance. So, why don't we just crack on and dictate you a letter and send you off to see Julie and the team?

P - Okay.

D - "Letter to Julie Goodfellow, BHF Cardiac Genetics nurse at the Freeman Hospital, Newcastle Upon Tyne, NE7 7DN. Regarding Yvonne Cassidy, date of birth..... Dear Julie, I am very grateful to you for seeing Julie at a routine opportunity at your own recommendation, her father has just been diagnosed with HOCM and fortunately has been very well with this, but it was found incidentally when he presented with some chest pain which would then prove not to be cardiac.

Yvonne is extremely well, is asymptomatic, does run, but not competitively and has never been restricted in her exercise capabilities; she is a young, fit, healthy single mum with two kids. Her blood pressure today was 114/74, pulse was 80 and regular, heart sounds were normal with no added sounds.

Yvonne does have a bit of a tendency to binge with her drinking, but we've talked about this and she's decided not to do any aggressive aerobic exercise until she's been screened by yourself. I've arranged to do an ECG on her at the moment. Past medications, present medications, allergies as per record. I'm very grateful for your help in organising an echocardiogram and any further appropriate testing.

Yours sincerely, Keith Birrell".

Does that sound okay? Is there anything else that you need any help with?

P - No, that sounds fine.

D - So that's yours, I don't think we need to take that from you?

P - No, I think you...

D - Oh, we need to—

P - Yeah, I need to send that back to them because I've got to return it.

D - So if I stamp that so that you can send that back off and just say that I've done that.

P - Lovely.

D - Would you need me to send that with the letter, you probably do, don't you? So, that can go with it, can't it, really?

P - Yep, lovely. That's fine.

D - Any queries?

P - No, just obviously if there's anything that I shouldn't really be doing because obviously I don't—obviously, my dad was fit and healthy, and then he just went, and he was in hospital for a while, obviously because they thought it was a heart attack. So, I just want to know if I shouldn't be doing anything or if there's anything I should be doing to...

D - I think you can safely carry on with normal activities, but I think it's a sensible thing for you to not be running at the moment, particularly if it's more aggressive. But, you can gently—you can go to the gym, that's absolutely fine, but I don't think you should be doing any endurance running and I don't think you should be sprinting.

P - Right.

D - So you shouldn't be expecting more of your body than you're normally able to do. I don't see this causing you any difficulties.

P - No, that's fine.

D - We'll do that ECG, if that's completely normal then you could probably carry on with your running, but let's wait for a couple of weeks until at least we know from Julie how long it's going to be until the ultrasound scan for your heart. But I think if your ECG's fine, then it's highly unlikely that you've got HOCM or anything significant at the moment.

P - Alright.

D - But the echo will give you a bit more reassurance and you can probably get back to being a bit more aggressive with your exercise after that stage. Does that sound okay?

P - Yeah, no, that's fine. Yeah.

D - Okay, goodbye.

P - Okay, that's lovely, thank you.

D - You're welcome.

P - Thank you very much.

D - There's a remote, tiny risk of sudden cardiac death with HOCM, and that's why we're cautious about it, and that can be treated to reduce that risk.

P - No that's fine.

D - Okay.

P - Thank you.

D - You're welcome, any time.

P - Thanks.