



**Guy's and St Thomas'**  
NHS Foundation Trust

# Cardiology older persons service

## Outpatient clinic

**This leaflet explains more about this clinic. If you have any further questions please speak to a member of staff caring for you.**

## **What is the cardiology older persons clinic?**

- Provides rapid response cardiology services for older people
- Helps patients develop a management plan for their condition
- Provides patient education.

## **What will happen at the clinic?**

Your appointment at the clinic will take up to two hours. You will be assessed by a nurse and a doctor who specialises in cardiology. They will take a medical history and do a physical examination. You will be asked to remove some of your clothes and may find it easier to wear loose clothing.

You may be asked

- some questions about how you manage every day activities and your psychological wellbeing including mood and memory
- To do some practical or functional tasks for example, to measure your walking speed.

You may have some investigations such as examining your urine, taking blood tests, and an ECG. Other tests may also be arranged such as X-rays and echocardiography. You may have to attend on another day for some of these.

An occupational therapist or physio therapist may also see you. They may give you information on benefits or grants and help arranging support or equipment at home if you need it.

Depending on your needs, we will discuss our finding and make a plan with you. We will also write to your GP and send you a copy of the letter.

### **What do I need to bring?**

You should bring along any correspondence (for example letters, test results) that you might have received from your GP or other hospitals. You should also bring a list of medicines you are taking or the medicines themselves if you don't have a list.

**Clothing.** For some examinations you may need to remove your tights or stockings.

## **Who will see the results of my assessment?**

A copy of your assessment will be filed in your medical record and we will inform your GP of our findings. You will be sent a copy of the clinic letter.

Occasionally we may need to share your information with other health and social care agencies, but we will discuss this with you first. If you do not wish us to share this information with others please let us know.

## **Can I bring a friend or relative?**

It is often helpful to have a friend, relative or carer at the appointment and they will be welcome. If you are coming to your appointment by hospital transport, please inform the transport team about this.

## Where is the clinic held?

Older persons assessment unit  
Ground Floor,  
Bermondsey Wing  
Guys' hospital  
Great Maze Pond  
London. SE1 9RT.

### Contact us

Monday to Friday 8.30am- 5pm

- For new appointments  
call 0207 188 8879
- For follow up appointments  
call 0207 188 2093

Transport: To arrange transport  
please call 0207 188 2888

For more leaflets on conditions,  
procedures, treatments and services  
offered at our hospitals, please visit,  
**W:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

Our hospital is actively engaged in research and education to improve the care we give. During your visit you will be asked if you are willing to be contacted about research projects relevant to you.

## **Pharmacy Medicines Helpline**

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748, Monday to Friday, 9am-5pm

## **Your comments and concerns**

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)

**e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## **Language and accessible support services**

- If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815

**e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111 **w:** [www.111.nhs.uk](http://www.111.nhs.uk)

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