

Angus Community Cardiac Nurses

If you have been discharged from hospital, mainly Ninewells with a cardiac disease diagnosed, you will likely have been contacted by either Rhonda Hannah or Pauline Crozier to arrange a home visit. They are both Community Cardiac Nurses who cover the Angus area and visit patients with a diagnosis of acute coronary syndrome, myocardial infarction, coronary artery bypass graft or angioplasty.

Since January 2006, Rhonda has visited patients within their own homes following a cardiac diagnosis to give them advice, support and valuable information regarding their heart disease. She was very pleased when Pauline joined her to cover the Angus area in October 2006. They both work 20 hours each and work as a close team, geographically splitting Angus in two. Pauline visits patients at home within Forfar, Letham, Kirriemuir, Edzell and Brechin and Rhonda visits in Montrose, Arbroath, Friockheim, Carnoustie and Monifieth, dependant on the individual patients' Angus GP practice.

"We know that at the time of discharge it can be a very stressful and anxiety provoking time for the patient, family and carers. We try and make it as easy as possible by giving them clear and concise information and advice so that the patient and their families can live as full a life as possible, physically and emotionally."

"Part of our role is to provide information regarding coronary heart disease risk factors, medication, exercise, diet and emotional support to the patient, partner or carers. This is carried out by visiting in their home environment and also by being involved in the running of the cardiac rehabilitation exercise and education class within Arbroath Infirmary."

Pauline and Rhonda have many years of cardiac expertise between them. Rhonda was a Senior Charge Nurse at Stracathro Hospital Coronary Care Unit (CCU) and initiated the Angus Cardiac Rehabilitation Service with Gail Craig (physiotherapist) in 1991. She also worked in Dundee carrying out a similar role as in Angus today. Pauline worked in London in a cardiothoracic ward and also worked in Stracathro CCU. She was also a cardiac link nurse within Forfar.

Rhonda and Pauline enjoy the diversity of their roles and also the challenge of helping patients get through what can be a stressful time in their lives. "It is great to see the patients becoming more confident and positive in outlook and that's what makes our job so fulfilling."

Pauline and Rhonda are based at Whitehills Community Care Centre in Forfar and can be contacted by answer phone on 01307 475151.