



The law says that Health Services have to think about people with learning disabilities to make sure they get extra support and help, so that the health services they get are as good as other people's and to make sure that people feel safe.



You can ask to go and talk to someone before you have any tests. You can ask for longer appointments. You can ask to visit the hospital and see the machines before you have an E.C.G.



You can also talk to the Patient Advice and Liaison Service (PALS).

PALS provide on-the-spot help or information for patients, families and friends when and where you need it. If you have any questions, problems or concerns about your care or the care of the person you are looking after you can contact the team and they will help to sort it out.

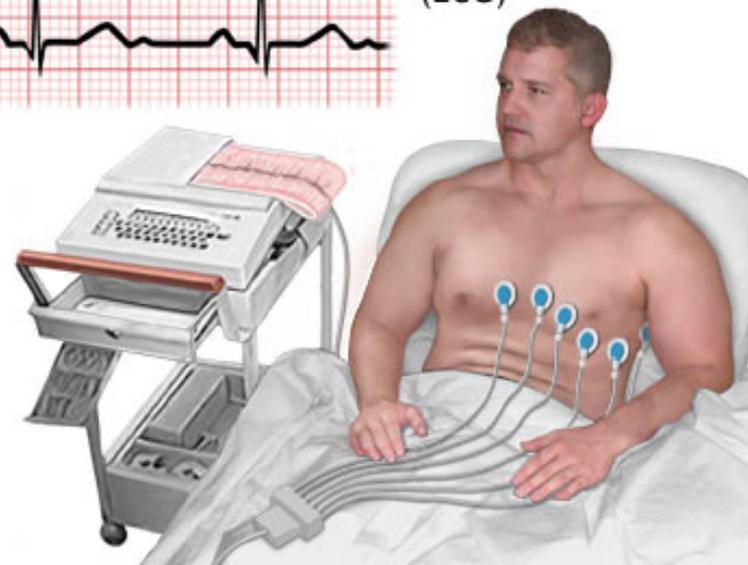
This is a Free service. If you would like to speak to someone from PALS please ask at the main reception areas. Their office hours are **9am to 5pm—Monday to Friday.**

You can also contact the team by telephone on: 0800 028 2451.

Having an E.C.G



Electrocardiogram (ECG)

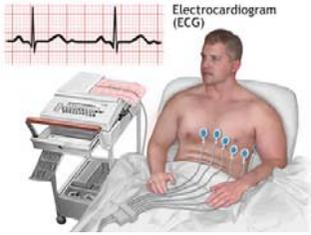


Cardio Thoracic Division



What is an E.C.G?

E.C.G stands for Electrocardiogram. It is a test that looks at your heart. It records how it beats and how it is working.



Having an E.C.G doesn't hurt and it will only take a few minutes.

After the E.C.G is finished, the nurse will take the wires out of the sticky pads, and take the sticky pads off your skin.

Then you can get dressed again.

What will happen?

If you need an E.C.G, a nurse will ask you to take your top off.

You will be asked to lie down on the couch.



After your ECG you will go back to the waiting room to wait until the doctor calls you in for your appointment. The doctor will then talk to you about your ECG and let you know how your heart is doing.

What will happen next?

If you are worried about having an E.C.G or have any questions about it, you can contact Clare Donnely at James Cook Hospital. She will be able to help you and answer any questions you might have. You can contact Clare on: 01642 854 625.



You can also talk to David Hamilton. David is a Health Facilitator at Flatts Lane Centre. You can contact David on: 01642 283 458.



A nurse will wipe your skin with an antiseptic wipe.

Small sticky pads will put onto your arms, legs and chest. The nurse put wires into the pads and connect them to a machine that records how your heart works.

You will then be asked to relax and lie still.

