



Patient Information

Brent Community Heart Failure Service

This leaflet will help you understand the reason for your referral to the Community Heart Failure Service, what we offer as a specialist team, and the most effective ways we can support you in managing your heart failure.

What is Heart Failure?

Heart failure is a condition where your heart cannot pump blood around your body as well as it should. It does not mean your heart has stopped working but you may need support to help it work better. The common signs and symptoms include shortness of breath, fatigue, or swelling in your legs, ankles, or feet. For most people, heart failure is an incurable long-term condition. However, treatment can help you lead a more active life and live longer with symptoms under control, thereby improving your quality of life.

Why have you been referred?

You have been referred to this service by your GP or hospital team due to your diagnosis of heart failure. The purpose of this referral is to offer you support in managing your condition.

Who are we?

We are a team of heart failure specialist nurses based in the community. We work closely with your GP and hospital cardiology teams to provide seamless and comprehensive care planning and management. We will support you and your carers in understanding the heart failure diagnosis and provide you with personalised education on how to recognise heart failure symptoms, how to manage them, and who to contact when symptoms worsen.



**Central London
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One of our vital roles is to review your heart failure medications and adjust them, if necessary, to achieve the target doses to improve your symptoms and long-term prognosis. As part of your heart failure management, we will monitor your body weight, vital signs such as your blood pressure, pulse rate, and a blood test.

About your initial appointment

You will be offered an initial assessment appointment either in one of our community-based clinics, in your home, or via telephone, depending on your circumstances. Your first appointment will be one hour long. We will complete a comprehensive assessment of your physical, psychological, and social needs. Please have your current medication lists with you during this consultation, as we will need them to review your medication and help you understand your medication regime.

Service helpline:

Monday to Friday 8am – 4pm

Tel: 02081023456, option 2 and 8

Email: clht.brentheartfailure@nhs.net

If you have a compliment, complaint or concern please contact our PALS team:

Freephone: 0800 368 0412

Email: clchpals@nhs.net

Clinics are held at:

Hillside Primary Care Centre
150 Hilltop Avenue NW10 8RY

Chalkhill Primary Care Centre
113 Chalkhill Road HA9 9FX

Sudbury Primary Care Centre
Vale Farm, Watford Road,
Wembley HA0 3HG