



NEWS RELEASE

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Pulse Check Drop-in Session at Education for Health; the UK's leading education charity for Health Professionals



Laura Kenwright of Stratford and Norman Nelmes of Barford were two of numerous members of the public who called into the Pulse Check Drop-in Session held at Education for Health, Warwick on Wednesday 10th June. At the session qualified nurses taught members of the public how to take their pulse and helped them to understand that the pulse is one of the most effective ways to identify potential cardiac arrhythmias.

The session was part of Arrhythmia Awareness Week which runs from 8th to 14th June 2009. The national campaign aims to raise awareness and promote better understanding of arrhythmic conditions. Arrhythmia Alliance, the organisation behind the campaign, encourages regular routine pulse checks.

Laura Kenwright came along to the drop-in session as she had recently been thinking about cardiac conditions following the death of her brother's best friend from a heart attack. Having seen posters advertising the event Laura decided to be proactive and come long to find out more about cardiac arrhythmias and how to take her own Pulse. She said "I will definitely be putting this into practice at home and will now regularly check my pulse".

Norman who has a history of heart problems in his family, thought it would be a good idea to attend the drop-in session in order to learn more about taking a pulse. He hopes that now he 'knows his pulse' he will now be able to keep an eye on his own in the future.



Cardiac Arrhythmia is an abnormal electrical activity in the heart which affects the way the heart beats and is a number one killer in the UK. More than 2 million people in the UK (diagnosed and undiagnosed) have an arrhythmia and it affects people of any age. Untreated, some arrhythmias can lead to sudden cardiac arrest, stroke and loss of consciousness.

Monica Fletcher, Chief Executive of Education for Health and arrhythmia patient herself comments: "We are delighted to be working with Arrhythmia Alliance on this very important issue. Talking a pulse is a very simple thing that patients can learn to do themselves. Unfortunately many people are not aware of having an abnormal heart rhythm and pulse checking could identify irregularities".

Trudie Lobban, Trustee, Founder and CEO of Arrhythmia Alliance, comments: "Finding out about arrhythmias early could improve a patient's chance of finding a successful treatment and could save their life. That is why Arrhythmia Alliance encourages regular routine pulse checks as exist for blood pressure and weight".

If you are interested in finding out more about how to check your own pulse you can download a simple 4 step guide at:

www.knowyourpulse.org

Notes to Editors

About Education for Health

Education for Health is the UK's leading education Charity for health professionals working with patients with long term conditions. It aims to provide a consistent, comprehensive and innovative approach to professional health training across the fields of cardiovascular, respiratory and allergic diseases, with the ultimate objective of transforming lives worldwide. Educational programmes are run nationally and internationally and are accredited by the Open University.

For further information please contact:

Candy Perry - Head of Corporate Communications and External Affairs
Education for Health

Tel: 01926 836995

Email: c.perry@educationforhealth.org

Sarah Wilson – Communications Assistant

Education for Health

Tel: 01926 838968

Email: s.wilson@educationforhealth.org