

Decision Aid: Implantable Cardioverter-Defibrillator^a

	Heart Failure: Should I Get an Implantable Cardioverter-Defibrillator (ICD)?*	Heart Rate Problems: Should I Get an Implantable Cardioverter-Defibrillator (ICD)?†		
Section 1: Get the facts				
Your Options	<ul style="list-style-type: none"> • Get an ICD • Don't get an ICD 	<ul style="list-style-type: none"> • Get an ICD • Don't get an ICD 		
Key points to remember	<ul style="list-style-type: none"> • Your doctor suggest an ICD if you are at risk of having an abnormal heart rhythm that could cause sudden death • Many medical facts play a role in whether you should get an ICD. For example, the amount of blood your heart pumps (ejection fraction) helps your doctor decide if an ICD is right for you. Your doctor will consider other health problems you may have. • The shock from an ICD hurts briefly. It's been described as feeling like a punch in the chest. But the shock is a sign that the ICD is doing its job to keep your heart beating. The ICD also can use painless electrical pulses to fix a heart rate that is too fast or too slow. • Your doctor may also advise you to take medicine to reduce your chance of having a deadly abnormal heart rhythm. Also, some abnormal heart rhythms may be fixed with a procedure called catheter ablation. It destroys some of the heart tissue where the abnormal rhythm starts. 	<ul style="list-style-type: none"> • An ICD constantly checks your heartbeat for an abnormal rate. If it senses a dangerous rate, it gives the heart an electrical shock to restore a normal rate. An ICD also can fix a heart rate that is too fast or too slow • Your doctor may suggest an ICD if you are at risk of having an abnormal heart rhythm that could cause sudden death • Your doctor also will consider other health problems you may have to see how high your risk is for a deadly heart rate and whether an ICD could prevent it • The shock from an ICD hurts briefly • Even with an ICD, you may still need to take medicine to help prevent a deadly abnormal heart rate 		
Frequently asked questions	<ul style="list-style-type: none"> • How can heart failure affect heart rhythm? • How can an ICD help? • How is the ICD placed? • How does it feel to get a shock from an ICD? • Who might want an ICD? • Who might not want an ICD? • What are the benefits of an ICD? • What are the risks of an ICD? • What followup do you need after getting an ICD? 	<ul style="list-style-type: none"> • What is an ICD? • How is an ICD placed? • How does it feel to get a shock from an ICD? • What are the benefits of an ICD? • What are the risks and side effects of an ICD? • What followup do you need after getting an ICD? • Why might your doctor recommend an ICD? 		
Section 2: Compare Options				
	Get an ICD	Don't get an ICD	Get an ICD	Don't get an ICD
What is	• Your doctor will numb the area with	• You keep taking heart	• You will have minor surgery to have the	• You follow a healthy

^a Heart Failure: Should I Get an Implantable Cardioverter-Defibrillator (ICD)? Healthwise Knowledgebase 2010. Heart Rate Problems: Should I Get an Implantable Cardioverter-Defibrillator (ICD)? Healthwise Knowledgebase 2011.

usually involved?	local anaesthesia <ul style="list-style-type: none"> You may spend the night in the hospital You would need to have minor surgery to replace the battery after 5 to 8 years You keep taking your heart failure medicine and following a healthy lifestyle 	failure medicine and following a healthy lifestyle <ul style="list-style-type: none"> In some cases, you may be able to have catheter ablation to fix an abnormal heart rhythm You may take a rhythm-control medicine to prevent abnormal heart rhythms 	ICD put in. Your doctor will numb the area with local anaesthesia <ul style="list-style-type: none"> You may spend the night in the hospital You will need to have minor surgery to replace the battery after 5 to 8 years You keep taking heart failure medicine following a healthy lifestyle 	lifestyle <ul style="list-style-type: none"> In some cases, you may be able to have catheter ablation to fix an abnormal heart rate You may take a rhythm-control medicine to prevent abnormal heart rates
What are the benefits?	<ul style="list-style-type: none"> An ICD may lower the risk of sudden death in people who have heart failure An ICD can fix a heart rate that is too fast or too slow without using a shock You may have peace of mind that a dangerous heart rhythm could be fixed right away 	<ul style="list-style-type: none"> You avoid the risks of surgery You won't worry about when the ICD might shock you 	<ul style="list-style-type: none"> An ICD can prevent sudden death from an abnormal heart rate An ICD can fix a heart rate that is too fast or too slow without using a shock You may have peace of mind that a dangerous heart rhythm could be fixed right away 	<ul style="list-style-type: none"> You avoid the risks of surgery You won't worry about when the ICD might shock you
What are the risks and side effects?	<p>The risks of surgery usually are low. But they are different for each person. Here are some of them:</p> <ul style="list-style-type: none"> You could get an infection where the ICD is placed The leads that attach to the heart may break or stop working right. Then you would need more surgery Serious bleeding could occur after placement of the ICD A lung could collapse from a buildup of air in the space between the lung and the chest wall The manufacturer could recall an ICD for a problem. If this were to happen, you might need surgery to take out the ICD and leads The shock from an ICD hurts briefly You might worry about when the ICD might shock you An ICD shock could be strong enough to throw you off a chair or out of bed. You could get hurt from a fall If the ICD gives you too many shocks, you also may need to take a rhythm-control medicine or have catheter ablation 	<ul style="list-style-type: none"> You could have an abnormal heart rhythm that could cause sudden death 	<ul style="list-style-type: none"> Problems can happen during or soon after the procedure to place the ICD. Examples include a lead tearing the heart or a lung collapsing The manufacturer could recall an ICD for a problem. If this were to happen, you might need surgery to take out the ICD and leads The shock from an ICD hurts briefly If the ICD gives you too many shocks, you also may need to take a rhythm-control medicine or have catheter ablation 	<ul style="list-style-type: none"> You could have an abnormal heart rhythm that could cause sudden death

Personal stories	Are you interested in what others decided to do? Many people have faced this decision. These personal stories may help you decide.
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Section 3: Patient Values What matters most to you?						
Reasons to get an ICD				Reasons not to get an ICD		
I want to do everything I can to prevent a deadly heart rhythm				I would rather use only medicine to lower my chance of a deadly heart rate		
1 More important	2	3	4 Equally important	5	6	7 More important
I'm not worried that the ICD might shock me				I would worry all the time that the ICD might shock me		
1 More important	2	3	4 Equally important	5	6	7 More important
I don't mind having a device inside my body				I don't like the idea of having a device inside my body		
1 More important	2	3	4 Equally important	5	6	7 More important
I'm not worried that the ICD might shock me				I would worry all the time that the ICD might shock me		
1 More important	2	3	4 Equally important	5	6	7 More important
My other important reasons:				My other important reasons:		
1 More important	2	3	4 Equally important	5	6	7 More important
Section 4: Your Decision Where are you leaning now?						
Getting an ICD						NOT getting an ICD
1 Leaning toward	2	3	4 Undecided	5	6	7 Leaning toward
Section 5: Quiz Yourself						
Check the facts	1. I need to have an ICD if I have heart failure <ul style="list-style-type: none"> <input type="radio"/> True <input type="radio"/> False <input type="radio"/> I'm not sure 2. I'll feel a painful shock if an ICD fixes a heart rhythm that could cause sudden death <ul style="list-style-type: none"> <input type="radio"/> True <input type="radio"/> False <input type="radio"/> I'm not sure 3. I might need surgery again someday if the ICD breaks or if it needs a new battery <ul style="list-style-type: none"> <input type="radio"/> True <input type="radio"/> False <input type="radio"/> I'm not sure 					
Decide what's next	1. Yes No Do you understand the options available to you? 2. Yes No Are you clear about which benefits and side effects matter most to you?					

	3. Yes No Do you have enough support and advice from others to make a choice?							
Certainty	1. How sure do you feel right now about your decision?							
	<table border="1"> <tr> <td>1 Not at all</td> <td>2</td> <td>3</td> <td>4 Somewhat sure</td> <td>5</td> <td>6</td> <td>7 Very sure</td> </tr> </table>	1 Not at all	2	3	4 Somewhat sure	5	6	7 Very sure
	1 Not at all	2	3	4 Somewhat sure	5	6	7 Very sure	
2. Check what you need to do before you make this decision <ul style="list-style-type: none"> o I'm ready to take action o I want to discuss the options with others o I want to learn more about my options 								
	3. Use the following space to list questions, concerns, and next steps.							
Section 6: Your summary								
Here's a record of your answers. You can use it to talk with your doctor or loved ones about your decision.								

* Details available at: <http://www.healthwise.net/cochrane/decisionaid/Content/StdDocument.aspx?DOCHWID=uf9848>;
information on validation available at: <http://decisionaid.ohri.ca/AZsumm.php?ID=1310>

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