

Heart Failure Outpatient Clinic

Göngudeild hjartabilunar

The Heart Failure Outpatient Clinic provides services for people diagnosed with heart failure and who have been referred to the clinic for specialised assessment, monitoring and treatment. The outpatient clinic is located on the 4th floor of Landspítali University Hospital, Hringbraut.

A team of nurses and cardiologists with expertise in heart failure work together at the outpatient clinic. Patient visits are primarily handled by nurses while treatment is supervised by cardiologists who work at the clinic and are available when needed.

Treatment objective

- Assess and manage heart failure symptoms and prevent worsening of the condition.
- Provide education to improve understanding of clinical conditions and treatment.
- Promote self-care and support lifestyle changes.
- Promote a sense of security and improve the quality of life.

Follow up and treatment

Follow up includes regular visits to the outpatient clinic. The number of visits depends on individual needs and treatment goals. Monitoring and counselling may be performed by phone and in some cases handled by other treatment providers.

The aim of the follow up is to assess the patient's symptoms and wellbeing. A simple physical examination and appropriate measurements are performed. Medication is reviewed, the progress evaluated, and changes made as necessary. It is also assessed whether further work up is required. Education and information are provided as needed, as well as support for a healthy lifestyle. Self-care capacity, activity level, circumstances at home, and the need for nursing homecare services or drug dispensing services are assessed.

When the heart failure condition has improved and has remained stable over a period of time, further follow up will be provided by other professionals such as cardiologists or general practitioners.

Service providers

Many individuals and services are involved in the treatment of a patient and are called upon as needed. This includes doctors, nurses, pharmacists, home care nurses, physiotherapists, nutritionists, psychologists, social workers, elderly care, and hospice care.

Telephone services

Clinic staff takes phone calls to the number 825 5133 between 08:30 and 15:30 on weekdays. You can also leave a message. Advice is provided for symptoms related to heart failure or its treatment. Other health care problems should be treated at primary health care clinics. In case of emergency, call 112 or go directly to the emergency ward at Landspítali in Fossvogur.

It's important to cancel a booked appointment if you can't make it

Outpatient clinic staff

- Guðbjörg Jóna Guðlaugsdóttir, Nurse and project manager
- Anna Rósa Pálsdóttir, Nurse
- Sigríður Guðmundsdóttir, Nurse
- Auður Ketilsdóttir, Clinical Nurse Specialist
- Inga Jóna Ingimarsdóttir, Cardiologist
- María Tómasdóttir, Cardiologist
- Þórdís Jóna Hrafnkelsdóttir, Cardiologist
- Ævar Örn Úlfarsson, Cardiologist

This educational material is provided for patients at Landspítali and their families, and is based on the best information available at the time of publication. The purpose of this publication is to support the professional advice of Landspítali's medical staff, who will provide further information as needed. This material is not intended to replace personal guidance from medical staff.
