

SCOT:REACH-HF News

Issue 2 - Nov 2020



STUDY UPDATES

Little did we think when we began planning **SCOT:REACH-HF** that we would be studying implementation of REACH-HF during a global pandemic. The challenges posed by COVID-19 have necessitated some significant changes to our study, including:

- adaptation of the **REACH-HF** programme itself for remote (rather than face-to-face) delivery
- re-design of facilitator training to be conducted online
- a shift to remote data collection- participants can now complete their questionnaires by post or online, instead of at clinic

A huge advantage of **REACH-HF** in this context is that it is a home-based programme to support self-managed care, making it ideal for the current context. Adaptations to the study nevertheless took time to work through, but we are pleased to say that we now have ethical approval for these and are now ready to begin the study proper.

The study protocol has also been accepted for publication in BMJ Open and should be available by December 2020. Watch this space and our twitter account ([@SCOTREACH_HF](https://twitter.com/SCOTREACH_HF)) for details.

CONGRATULATIONS!

*The original **REACH-HF** team recently won a prestigious British Medical Journal Award for Stroke and Cardiovascular Team of the Year. The judges said that **REACH-HF** is “an impressive example of excellent teamwork producing a real-world solution.”*

Very well done to all involved! You can view the team’s presentation in the awards showcase here:

<http://thebmjawards.bmj.com/showcase/>

STUDY LAUNCH NOVEMBER 2020

*As a result of the COVID-19 pandemic, the launch of **SCOT:REACH-HF** was postponed from Spring to Autumn 2020.*

COVID-19 has had a significant impact on all our lives this year, nowhere more so than in frontline NHS care.

While the NHS continues to face significant challenges as we move toward 2021, there is also recognition that routine services must continue as much as possible, and that rehabilitation forms a key part of this (see, for example, the Scottish Government’s Rehabilitation Framework, available here: <https://bit.ly/2U8Yxdn>)

With this in mind, we are now moving forward in collaboration with our local teams across Scotland to begin the **SCOT:REACH-HF** study this November.

PATIENT AND PUBLIC INVOLVEMENT

While **SCOT:REACH-HF** has been on pause, we have continued to work with the fantastic group of volunteers who make up our Patient and Public Involvement (PPI) group. Convened by SCOT:REACH-HF co-investigator Dr Tracy Ibbotson, the group consists of people with heart conditions (including heart failure) and their partners. So far, they have advised us on issues ranging from the wording of our study materials (e.g. information sheets and consent forms) to the use of paper versus online questionnaires for the project. We are very grateful to the group for their valuable input.

New Cochrane Review on social network interventions to support cardiac rehabilitation

The pause on the SCOT:REACH-HF implementation study has allowed the team to begin work on a new systematic review looking at *the effectiveness of social network interventions to support cardiac rehabilitation and secondary prevention in the management of people with heart disease*. The protocol will be published shortly at CochraneLibrary.com. We are grateful to our funder, Heart Research UK, for supporting this work.



New REACH-HF study funded

The Universities of Dundee, Glasgow, Exeter, Birmingham, Cambridge, and York have received £2.4 million to lead a clinical trial of **REACH-HF** for people with HFpEF (heart failure with preserved ejection fraction).

The National Institute for Health Research (NIHR) funding will allow the team to undertake a trial to assess the benefits and cost-effectiveness of **REACH-HF** with this new group. Previously, the intervention has only been tested with HFrEF (reduced ejection fraction). However, unlike HFrEF, the prevalence of HFpEF has increased in the past decade, and is projected to continue increasing. It is therefore important to understand how REACH-HF can help people with both types of heart failure.

The study aims to recruit 520 patients with HFpEF and their caregivers across 15 sites across Scotland, England and Wales. The **REACH-HFpEF** study will be the largest international trial of rehabilitation in HFpEF to date. Co-chief investigator Professor Chim Lang, from Dundee's School of Medicine. "One of the most appealing elements of an intervention such as this is that it empowers patients to take ownership of their own treatment and health and that is a real motivation for many to get better."



If you would like any further information on SCOT:REACH-HF please email info@scotreachHF.net

Or find us online here: <https://bit.ly/32tCP8v>

Or on Twitter @SCOTREACH_HF