

# REACH-HF News



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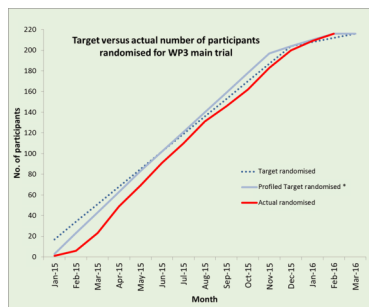


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## Recruitment Completed!

We're delighted that recruitment in the main trial (Work Package 3) is now complete. **216** patients and **97** caregivers have been recruited in Truro, Birmingham, Gwent and York.

**THANK YOU** to everyone involved in recruitment across the four sites and to PenCTU for all their support. Your hard work is very much appreciated. The follow-ups will keep us busy now until the end of next year.



The process evaluation work to find out about the experiences of individual patients and caregivers in the study is progressing well. Jenny Wingham and team have been conducting 4 month interviews and the first 12 month interviews will begin in April.

**A big THANK YOU to all the facilitators who have taken part in the main trial, and whose involvement will be ending soon. We will send you the results at the end of the trial!**

## Publications and Presentations

The protocol paper for the main trial has now been published by BMJ Open. Congratulations to Rod Taylor, Chris Hayward and all those involved in writing this paper, which is available to read at: <http://bmjopen.bmj.com/content/5/12/e009994.full.pdf+html>

Hayes Dalal will attend the annual South West Society for Academic Primary Care (SAPC) conference on 1st to 2nd March in Cardiff. Hayes will deliver an oral presentation on behalf of the team entitled "The Rehabilitation Enablement in Chronic Heart Failure (REACH-HF): an update on a home based intervention for people with heart failure".

<http://www.rcht.nhs.uk/RoyalCornwallHospitalsTrust/WorkingWithUs/TeachingAndResearch/ReachHF>

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## REACH-HFpEF (WP2) Update

Recruitment to the pilot trial of the REACH-HF Manual in patients with Heart Failure with preserved Ejection Fraction (HF-pEF) is continuing to progress in Dundee. So far **29** patients (of the total target of **50**) and **15** caregivers have been randomized. An amendment to the protocol is currently being processed to allow recruitment of patients from some new pathways including the heart failure nursing service.

Patients will also have a resting Echo scan before and after receiving the REACH-HF intervention to look at any effects on physiological function of the heart.

## Patient and Public Involvement

The next PPI meeting (chaired by Kevin Paul) will take place in Truro on 23rd March.

The PPI group have worked with the team in Truro to produce a poster which will be presented at a 'Let's Talk Research' open event at the Royal Cornwall Hospital on 10th March. The event will showcase research in the past, present and future in a range of health and disease areas. The event is open to patients, caregivers, clinicians or anyone with an interest in research. To book your place please ring Amanda Datson on (01872) 255131 or e-mail [a.datson@nhs.net](mailto:a.datson@nhs.net).

### Dates for Your Diary:

- Principal investigators' teleconference 9.30-11.00am on **10th March**
- 'Let's Talk Research' Patient and Public Involvement event on **10th March** at 4.30-6.45pm in the Knowledge Spa, Royal Cornwall Hospital
- Programme Management Group (PMG) meeting on **18th March** at 1.00-3.30pm (buffet lunch 12.00) in EMSF20, Medical School Building, St. Luke's Campus, University of Exeter (with Trial Oversight Group meeting 11.00-12.00)
- REACH-HF Patient and Public Involvement (PPI) group meeting on **23rd March** at 6.00pm in the County Arms, Truro