

REACH-HF News

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Beacon Site Update

Teams from our three beacon sites in England (University College Hospitals, London), Gloucestershire Care Services and Wirral Community Foundation Trust) and one in Northern Ireland (Belfast Health and Social Care Trust) have all started delivering REACH-HF to their patients since their successful training at the Heart Manual Department, in May 2019. We are delighted to announce that in the New Year, we will be recruiting a further three beacon sites to roll out REACH-HF in Scotland – thanks to funding from Heart Research UK for this project, led by Professor Rod Taylor. Paulina Daw, a PhD student, has started to interview staff and patients from the first wave beacon sites as part of her evaluation. The Heart Manual Department hosted another three-day REACH-HF facilitator training event in Edinburgh and this was attended by 10 health care professionals in September 2019.



Patient and Public Involvement (PPI)

Our PPI leads, Liz and Kevin have been busy working with Dr Sinead McDonagh to help us with two grant applications. In October, we submitted our stage 2 application to NIHR Health Services & Delivery Research (HS&DR) on 'Improving access to cardiac rehabilitation for people with heart failure: implementation of a homebased service in the NHS'. In November, we submitted a bid to the BHF Hope for Hearts Fund, partnering with Health and Care Innovations, to create a digital version of our intervention, 'D REACH-HF'. We are keeping fingers firmly crossed for February 2020 when we will know the outcome of both bids.

Dissemination

The mixed methods process evaluation of REACH-HF was published in BMJ Open (<https://bmjopen.bmj.com/content/9/8/e026039.long>) and the American Heart Association (AHA) have recently posted our letter in response to a Scientific Statement on Home-Based Cardiac Rehabilitation on their website https://professional.heart.org/professional/GuidelinesStatements/Correspondence/UCM_320919_Correspondence.jsp.

A letter in the Times newspaper, on 7th November, by Dr Dalal, Prof Doherty and Prof Taylor mentioned how increasing the uptake of rehabilitation could help reduce the rising number of hospital readmissions related to heart failure. Prof Taylor has also given several presentations on REACH-HF at various events in Scotland (even deputised by Louise Taylor from the Heart Manual department on one occasion!), in London and Bangladesh this autumn! REACH-HF also featured in a presentation by Dr Scott Murray, Consultant Cardiologist and immediate past president of BACPR, at this year's annual British Society of Heart Failure meeting in November.

Two members of the REACH-HF team were prize winners at this year's BACPR conference in Nottingham. Dr Sam van Beurden (pictured above) won the best Moderated Poster on the REACH-HF Beacon Site Project and Prof Colin Greaves was awarded the best Oral Abstract Presentation on What Works for Supporting Behaviour Change in Cardiovascular Health Promotion. Hearty congratulations to Sam and Colin!

In November, the REACH-HF research team met, in York, with the REACH-HF training facilitators from the Heart Manual Department and Health and Care Innovations to review the three day training and how it could be improved by making aspects of it available in a digital format/online. We will be revisiting this in 2020, with a view to making a grant application to the new Programme Development Grant from NIHR.

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Merry Christmas and best wishes for 2020!

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