



REACH-HF News



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Work Package 1a Update

After a year of hard work from the REACH-HF team, Heart Manual Office and patient representatives, the first intervention-ready version of the HF Manual was completed at the end of February (pictured below).

The manual is being tested in the feasibility study and has also been sent to several individuals and organisations for review, including the Cardiovascular Care Partnership, British Heart Foundation, Cardiomyopathy Association and Cardiovascular section of the British Geriatrics Society.



The REACH-HF Manuals: The Heart Failure Manual, Progress Tracker and Caregiver Resource

Feasibility Study Progress

We are delighted to announce that we have now finished recruitment for the feasibility study! 23 patients and 12 caregivers have been enrolled from across the four sites (Truro, York, Birmingham and Gwent). The aim of this study is to test feasibility and acceptability of the new HF Manual for patients, caregivers and facilitators.

Facilitators have begun to see patients and Colin Greaves, Anna Sansom and Jenny Wingham are analysing the audio recorded consultations.

The first 12 week clinic visits will take place in July... we look forward to seeing the results of the intervention!

A big THANK YOU to all those involved in recruitment.

Thank you very much to all the research nurses and facilitators who have ensured the baseline clinics and home visits have been a success so far.

Programme Steering Committee Report

The last REACH-HF Programme Steering Committee (PSC) meeting took place in London on 27th March and the chairman Professor Martin Cowie and the rest of the committee were pleased with both study progress and strong PPI involvement.

The PSC will act as Trial Steering Committee and a separate Data Monitoring Committee (DMC) has been set up to monitor patient safety in the main trial. The first meeting of the DMC is to be held on 11th June.



Chris Edgeler, the first participant in the REACH-HF feasibility study, pictured with research nurse Kaye Ludlow at the Royal Cornwall Hospital



SAPC Conference



We are pleased to say that Colin Greaves will be attending the Society for Academic Primary Care (SAPC) conference in Edinburgh in July to deliver an oral presentation for REACH-HF. Colin's presentation is entitled:

“The REACH Heart Failure Manual: Development of a complex, home-based intervention to support self care for people with heart failure”

Future Publications

The REACH-HF team are working on two papers that we hope will be accepted for publication later in the year:

1. An intervention development paper to cover the whole process and science of the HF Manual development (led by Colin Greaves)
2. Needs of caregivers in heart failure management: a qualitative study (led by Jenny Wingham)

Watch this space!

Literature Searches

If you would like to be added to the mailing list for any new abstracts or articles relevant to the REACH-HF project, please contact Sarah on (01872) 255167 or e-mail Sarah.Buckingham@rcht.cornwall.nhs.uk

[http://www.rcht.nhs.uk/
RoyalCornwallHospitalsTrust/WorkingWithUs/
TeachingAndResearch/ReachHF](http://www.rcht.nhs.uk/RoyalCornwallHospitalsTrust/WorkingWithUs/TeachingAndResearch/ReachHF)

Patient and Public Involvement Update

Another successful PPI meeting took place on 23rd April. The group was pleased to see evidence of their work in the final manuals.

The HF patients and carers who attended the meeting gave their views on the patient approach process and documents and suggested ways to maximise recruitment based on their own experiences. For example, the group thought it might be better not to mention the exercise programme at the initial approach stage as this would tend to attract the most physically active participants.

A separate study group is being set up to evaluate the impact of PPI in the REACH-HF study, which will involve interviews with the PPI group and some members of the research team. It is hoped that what we have learned can be applied to future research studies.

Upcoming tasks for the group will include commenting on the research process and methods, and reviewing the manuals after the feasibility study to make any revisions before the main trial.

The next meeting is on 23rd July in Truro.

Dates for Your Diary:

- Programme Management Group (PMG) meeting **20th June** at 12.30pm (buffet lunch at 12.00) – Smeall Building, St. Luke's Campus, University of Exeter
- Trial Oversight Group (TOG) meeting at 11.00am and IP meeting at 3.00pm **20th June** (venue as above)
- Society for Academic Primary Care conference 2014 **9th to 11th July**, at the University of Edinburgh
- REACH-HF Patient and Public Involvement meeting **23rd July** at 6.00pm in The County Arms, Truro
- PMG meeting **18th September** at 12.30pm (with TOG meeting 11.00am and IP meeting 3.00pm) – WK Norman Conference Room, 1st floor UEMS Building, St. Luke's Campus, University of Exeter



If you have any news items that you would like to see included in the autumn 2014 issue of REACH-HF News, please send to Sarah Buckingham. Thank you!