

REACH-HF News

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Main Trial (WP3) Update

The follow-ups are still progressing well in Truro, Birmingham, Gwent and York. Research teams at all the sites are doing a fantastic job of encouraging patients (and their caregivers) to continue to the end of the trial—of the **216** patients recruited, there have been **16** withdrawals so far. All follow-ups are really important to us. **51** patients have reached 12 month follow-up and completed the study to date.

The process evaluation team are busy working on fidelity checking of facilitator consultations and interviewing patients and caregivers to research their individual experiences of the REACH-HF programme. The interviews take place at 4 months (the end of the intervention period) and again at 12 months to find out whether the REACH-HF Manual has been effective at helping to maintain a healthy lifestyle in the longer term.

Publications and Presentations

Recent outputs by the REACH-HF team have included an editorial on telehealth in cardiac rehab published in 'Heart', and presentations at the National NHS Research & Development Forum (Stratford-upon-Avon) and the European Society of Cardiology Heart Failure Conference (Florence, Italy) - see www.exeter.ac.uk/news/research/title_513896_en.html.

Future REACH-HF publications will include the intervention development paper (led by Colin Greaves) and the protocol paper for WP2 (led by Vicky Eyre from PenCTU) - watch this space!

Since it was published in September last year, the **BMJ clinical review on cardiac rehabilitation** by Hayes Dalal, Patrick Doherty and Rod Taylor (available at <http://www.bmj.com/content/351/bmj.h5000>) has been accessed more than 21,000 times!

The associated podcast has been downloaded 5,500 times and the patient podcast recorded by Kevin Paul has been listened to 4,200 times—impressive!



REACH-HFpEF (WP2) Update

WELL DONE to Karen Smith, Chim Lang and the team in Dundee who have now randomised **40** patients with Heart Failure with Preserved Ejection Fraction (HFpEF) to the pilot trial of the REACH-HF Manual. Despite this being a difficult group to recruit, several more baseline clinics have been scheduled in June and we're keeping our fingers crossed that the target of **50** patients will be reached!

Patient and Public Involvement

The last PPI meeting (chaired by Kevin Paul) took place on 23rd March. We now have some new members! The group were updated on the study and were pleased with how the trials are progressing. It was agreed that more frequent meetings will be useful towards the end of the main trial (Spring 2017) as results become available. This will allow the group to take an active role in disseminating the results.

The next meeting will take place in Truro on **21st September**.

Kevin has recently helped the research team to design a 'study update' newsletter, which will soon be sent to all participants in the main trial.

Dates for Your Diary:

- Process evaluation team meeting 1.00-3.00pm on **6th June** (room SC1.27, South Cloisters, St. Luke's Campus, University of Exeter)
- Principal investigators' teleconferences 9.30-11.00am on **9th June**, 1.30-3.00pm on **5th July** and 1.30-3.00pm on **2nd August**
- Methodology meeting 2.00-3.30pm on **21st June** (room SC2.17, St. Luke's Campus, Exeter—with video links from Truro and Dundee)
- Programme Management Group (PMG) meeting on **22nd July** at 12.45-3.15pm (buffet lunch 12.00) in JS07, Smeall Building, St. Luke's Campus, University of Exeter (with Trial Oversight Group meeting 11.00-12.00 and Intellectual Property meeting 3.30-4.00pm).