

REACH-HF News



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Work Package 1b

Dr. Jenny Wingham and her team have now recruited 18 family members and carers of people with heart failure in Cornwall and Birmingham who have been interviewed about their experiences. Jenny is attempting to address the lack of ethnic diversity in the study and has worked with Prof. Sally Singh to obtain permissions for further interviews in Leicester. A caregiver needs analysis has been produced and focus groups are planned for the near future.

'Chronic Illness' Publication

Three members of the REACH-HF team (Dr. Jenny Wingham, Prof. Nicky Britten and Dr. Hayes Dalal) and Dr. Geoff Harding from the University of Exeter Medical School have written a qualitative synthesis of heart failure patients' attitudes, beliefs, expectations and experiences of self-management strategies, which we are delighted to announce has been accepted for publication in the journal 'Chronic Illness'.

Upcoming Conferences

Several members of the REACH-HF team will be attending the 20th annual British Association for Cardiovascular Prevention and Rehabilitation (BACPR) conference on 3rd and 4th October. Prof. Rod Taylor has submitted three systematic review abstracts for presentation at this conference. Jenny Wingham has also submitted an abstract for a poster presentation: 'Involving People and Carers Living with an Unpredictable Condition in Research' based on work with heart failure patients and carers. Jenny will also represent the REACH-HF team at the PenCLAHRC PPI conference in Exeter in November.

A reminder that if you attend a conference or event and discover anything that may be of interest to the REACH-HF team, please send this to Sarah, who will be pleased to pass this on to the team. Thank you!

Retirement

Professor Bob Lewin from the University of York retired from the REACH-HF project on 1st July. We are sorry to lose Bob but would like to thank him for his hard work and wish him a very happy retirement.

Work Package 1a Update

Intervention development is progressing well. We now have clearly defined ideas about what changes in self-management we should try to support for people with heart failure (targets for change). We are in the process of figuring out what the barriers to such changes are and how we can help people to overcome them. The three most important actions that we want to support are Physical Activity; Managing Medication; and Managing Stress and Breathlessness. Addressing these three elements will help to maximise health and ability to engage in enjoyable activities, thereby improving quality of life.

Patient and Public Involvement Update

The last PPI meeting took place in Truro on 3rd July. The group, which consists of heart failure patients and their caregivers, gave some extremely useful information on coping with stress: how to achieve this, recognizing the barriers and how to overcome these. Possible alternative formats of the heart failure manual were also discussed, and the British Heart Foundation's 'Living with Heart Failure' guide was seen as a good example. The group's next task is to feed back on managing medications; this will be discussed at the next meeting on 4th September.

Dates for Your Diary:

- Programme Management Group (PMG) meeting on **20th September** at 12.30 pm (buffet lunch available from 12.00) in the Seminar Room, Smeall building, Exeter University
- BACPR annual conference **3rd to 4th October** at St. John's Hotel, Solihull
- PenCLAHRC PPI conference, Thistle Hotel, Exeter, **13th to 15th November**
- PMG meeting **6th December** at 1.00pm (venue TBC)

New Trials Management

Welcome to Chris Hayward and Vicky Eyre from PenCTU who began working as trials managers for REACH-HF on 1st August.

The team will begin their work with protocol writing for WP2 and WP3.

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

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