

REACH-HF News

Issue 22 Summer 2019

Beacon Sites launched

Four cardiac rehab teams (from University College Hospitals London NHS Foundation Trust, Belfast Health and Social Care Trust, Gloucestershire Care Services and Wirral Community NHS Foundation Trust) who were successful in the Beacon Site competition and selected to be the first sites to roll out the REACH-HF home based cardiac rehab programme, attended a facilitator training event in May which was run by NHS Lothian at the Heart Manual Department, Edinburgh.

Following an introduction by Professor Rod Taylor, the REACH-HF facilitator training was delivered by Dr Carolyn Deighan (Psychology), Miriam Noonan (Family & Friends), Professor Patrick Doherty (Physical Activity) and Edith Sheerin (Nursing aspects). In addition, PhD student, Paulina Daw, delivered a presentation on service evaluation. Professor Colin Greaves, Dr Sinead McDonagh and Dr Hayes Dalal attended as observers with Louise Taylor as their host. The four Beacon Sites are now actively recruiting heart failure patients to participate in the REACH-HF programme. Further facilitator training dates are available later in the year (25th-27th September).



Dissemination

We are delighted to announce that the mixed methods process evaluation of REACH-HF has been accepted for publication in BMJ Open (in press). In addition, 'Caregiver outcomes of the REACH-HF multicentre randomized controlled trial of home-based rehabilitation for heart failure with reduced ejection' was published in the European Journal of Cardiovascular Nursing (<https://doi.org/10.1177/1474515119850011>). Two letters related to REACH-HF have recently been published in the European Journal of Preventive Cardiology 'Home-based rehabilitation for heart failure: we need to act now' (<https://doi.org/10.1177/2047487319836515>) and 'Heart failure rehabilitation improves quality of life' (<https://doi.org/10.1177/2047487319863507>). Our most recent publication is 'Exercise-Based Rehabilitation for Heart Failure: Cochrane Systematic Review, Meta-Analysis, and Trial Sequential Analysis' (<https://doi.org/10.1016/j.jchf.2019.04.023>) with a supportive editorial in JACC HF (<https://doi.org/10.1016/j.jchf.2019.05.006>). Prof Taylor also spoke on REACH-HF at the June 2019 British Cardiovascular Society conference. REACH-HF has recently been selected by the South West Academic Health Science Network (SW AHSN) as an innovation that could be suitable for national spread. A decision on the outcome is awaited.

PPI

We are now in the second half of 2019 and there hasn't been a group meeting for some time. However, as you will see from this newsletter there has still been a great deal of activity with submissions to various medical publications, further applications for funding and progressing the Beacon Sites roll-out of REACH-HF. I read through all documentation with my PPI hat on and am in regular contact with Hayes and Sinead, making sure that the PPI team remains an important part of the REACH-HF project. Hope to see you all soon and enjoy the rest of the summer, Kevin.

What are the next steps?

Given that REACH-HF has shown both healthcare and economic benefits, we have made grant applications, which, if successful, will aid in the wider implementation of home based cardiac rehab across the NHS. We have been invited to submit a stage 2 application to the NIHR Health Services & Delivery Research (HS&DR) programme. We would like to make a digital version of the REACH-HF intervention and are looking at ways to fund this initiative. We are also exploring international collaborations with researchers in Denmark and Australia. Watch this space!

Online presence

The Exeter-based website is now live— and can be found at <http://sites.exeter.ac.uk/reach-hf/>

We now also have an active twitter account and will use this to keep people updated about our Beacon Site project, future projects and dissemination of results. Do follow us if you'd like to hear news as and when it comes out.

@REACH_HF 

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