

# REACH-HF News



Issue 6 Autumn 2014



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## Feasibility Study Update

The final 3 month clinic visits for patients and caregivers in the feasibility study are now being completed.

The results of the feasibility study will inform changes to the manuals and facilitator training before the main trial. The manual has been positively received by participants with a mean overall rating of the REACH programme of 2 (Very Good). Several participants stated the manual and facilitators have greatly improved their confidence in managing their condition and they are now feeling much more optimistic about the future.

A report of qualitative and quantitative findings from the feasibility study will be presented to the NIHR and Steering Committee at the next meeting in London on 25th September.

## Caregiver Paper for Publication

Jenny Wingham, Nicky Britten and team have prepared a paper on WP1b (qualitative study of the needs of caregivers in heart failure management), which will be submitted for publication to a peer reviewed journal.

## Facilitators and Research Nurses

We are delighted to announce that several of the facilitators from the feasibility study will be continuing their involvement into the main trial. **Sarah Killackey, Sue Dean, Debbie Head, Kerry Andrews and Debbie Turpin** - we look forward to working with you again!

Each study site will also be recruiting a research nurse in time for the outcome assessor training course on 1st December.

## BACPR Conference

The annual British Association for Cardiovascular Prevention and Rehabilitation (BACPR) conference will take place in Londonderry on 2nd and 3rd October. As a team we will be presenting 3 posters: REACH-HF intervention development, the needs of caregivers and a Cochrane review by Rod Taylor.

## Preparation for Main Trial (WP3)

The main randomized controlled trial of the REACH-HF Manual will begin in January 2015. The principal investigators at each site have prepared a recruitment strategy.

The Peninsula Clinical Trials Unit (PenCTU) have been working with the research team to prepare the protocol for WP3 and this will be submitted for ethical and R&D approval very soon.

The University of Dundee are keen to be involved with WP2, the pilot trial of the REACH-HF Manual in heart failure with normal ejection fraction (HF-NEF) patients, and are working with the local CCG to approve excess treatment costs.

## Patient and Public Involvement

The PPI group have been busy reviewing the patient-facing documents for the main trial and have given some very helpful feedback. They have been told about the results of the feasibility study and modifications to the manual and have the opportunity to give their own views.

Several members of the group have also kindly agreed to be interviewed about their experiences of being part of the REACH-HF PPI group as part of a sub-study on the impact of PPI.

### Dates for Your Diary:

- Programme Management Group (PMG) meeting on **18th September** at 12.30 pm (buffet lunch available from 12.00) in WK Norman Conference Room, UEMS Building, St. Luke's Campus, Exeter University (with TOG meeting 11.00-12.00 and IP meeting 3.00-3.30pm)
- REACH-HF facilitator training course **24th, 25th & 26th November** at Birmingham University (rooms TBC)
- Research nurse/outcome assessor training **1st December** 10.00am-2.00pm, JS07 Smeall Building, St. Luke's Campus, Exeter University
- PMG meeting **19th December** at 12.30 (JS07, Smeall Building)

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This newsletter presents independent research funded by the National Institute for Health Research (NIHR) under the Programme Grants for Applied Research programme (RP-PG-1210-12004). The views expressed in this publication are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.

Author: Sarah Buckingham (REACH-HF project administrator) 3/9/14 Version 1.1