

REACH-HF News

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REACH-HFpEF Update (WP2)

We are delighted to confirm that Prof. Chim Lang and Dr. Karen Smith from the University of Dundee will be the joint principal investigators for the pilot study in patients with heart failure with preserved ejection fraction (REACH-HFpEF). All excess treatment costs for the study have now been agreed and the team are keen to begin recruiting patients in 2015.

WELCOME!

The research team would like to extend a warm welcome to all of the new research nurses and facilitators from the 5 study sites—Truro, Gwent, Birmingham, York and Dundee.

The facilitators attended a training course in Birmingham on 24th to 26th November, which covered psychology and health behavior change, physical activity, involvement of family and friends and overall facilitation of the REACH-HF programme.

The research nurse/outcome assessor training day that took place in Exeter on 1st December included familiarization with the REACH-HF study and case report forms, data management, training in the incremental shuttle walk test (ISWT) and use of accelerometers.

Patient and Public Involvement

The last REACH-HF PPI meeting took place in Truro on 9th September. The group was given a report of findings from the feasibility study and had a very useful discussion on the manual and how it has been/should be facilitated. Jenny Wingham also asked the group to contribute to the topic guide for caregivers who will be interviewed in the main trial.

Thank you very much to the PPI group for your ongoing support—we really do value your views and the project wouldn't exist without you!

Main Trial Update (WP3)

Full ethical approval for the main trial of the REACH-HF Manual has now been obtained and the Peninsula Clinical Trials Unit are working with the R&D departments at each study site to ensure the relevant local approvals are in place.

The main trial is running to planned timelines and recruitment of the first patients will begin in January 2015.

Reminder for principal investigators/research nurses: If you have any equipment or supplies left from the feasibility study, please keep these ready for the main trial. Thank you!

New Version of the REACH-HF Manual

Version 2 of the REACH-HF Manual has been published!

A few changes have been made to the previous version based on the results of the feasibility study, patient and stakeholder feedback. The front covers of each booklet have been improved, the Caregiver Resource has been renamed to 'Family and Friends Resource' and in the main manual there have been some changes to the sections on psychology, physical activity, alcohol and medications.



Date for Your Diary:

- PMG meeting **19th December** at 12.30 (JS07, Smeall Building, St. Luke's Campus, University of Exeter) (TOG meeting 11.00-12.00 and IP meeting 3.00-3.30, same venue)

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