

REACH-HF News



Issue 8 Spring 2015

Main Trial (WP3) Update

Now that all necessary approvals are in place at the four study sites (Truro, Gwent, Birmingham and York), we are pleased to say the main trial is underway.

Truro was the first site to enrol a patient on the 19th of January. The first three patients in Truro have been randomised and anyone receiving the intervention has been assigned to a facilitator.

We have a target of 6 patients per month until November 2015 to be recruited from each site via a number of pathways including GP surgeries, hospital clinics and community heart failure services. The target is to recruit 216 patients in total.

Message from Dr. Hayes Dalal, Co-Chief Investigator:
“I want to thank you all for your hard work in getting us to this stage, and for the efforts now needed to recruit HF patients and their caregivers to our study”

Patient and Public Involvement

The last PPI meeting took place in Truro on 11th February. Jenny Wingham and Colin Greaves updated the group on progress in the trial so far. Those present at the meeting gave some helpful feedback on the patient-facing documents for WP2. All PPI members have received a copy of Version 2 of the Heart Failure Manual and are pleased with its format and content.

Thank you to all those (both PPI members and the research team) who took part in the study of the impact of PPI in REACH-HF that was led by Jo Palmer at the Royal Cornwall Hospital. Jo will be producing a report of the findings from data gathered from interviews and questionnaires.

The PPI group will remain involved in the study throughout the trial and the next formal meeting will take place towards the end of the year.

Past issues of REACH-HF News can be found on the REACH website:

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



Research, Development & Innovation
Room B14, BIU
Knowledge Spa
Royal Cornwall Hospital
Truro
Tel: (01872) 255167
Email:
Sarah.Buckingham@rcht.cornwall.nhs.uk

REACH-HFpEF (WP2) Update

The Ethics application for the pilot study of the new Heart Failure Manual in patients with heart failure with preserved ejection fraction (HF-pEF) is almost ready for submission. The team in Dundee are hoping to begin recruitment in April.

As part of this study, the WP2 team are also putting in a bid for funding for a sub-study using Echo testing during exercise to assess the impact of the REACH intervention on physiological function of the heart in this group of patients.

‘Chronic Illness’ Publication

The REACH-HF team are pleased to announce that their first paper from the project has been accepted for publication in the journal ‘Chronic Illness’ - **“The needs of caregivers in heart failure management: A qualitative study”**.

REACH-HF/PenCTU News

The Peninsula Clinical Trials Unit (PenCTU), who are managing the REACH-HF study, are producing a weekly report and quarterly newsletter for the research teams with recruitment updates and useful tips.

Dates for Your Diary:

- Teleconference for facilitators: 9.00-11.00am on **4th March**
- Principal investigators’ teleconference: 10.00-11.30am on **5th March**
- Programme Management Group (PMG) meeting on **31st March** at 1.00pm (buffet lunch 12.30) in JS07 Smeall Building, St. Luke’s Campus, Exeter University (with Trial Oversight Group meeting 11.00-12.00 and Intellectual Property meeting 3.30-4.00pm)

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