

REACH-HF News

Issue 20 November 2018

BACPR Annual Conference

REACH HF was a strong presence at the BACPR annual conference in Glasgow in October.



Rod Taylor presented the main trial results and officially launched the Beacon Site competition.

Colin Greaves and Sam van Beurden manned a stand showcasing the updated materials, promoting the Beacon Site competition, and gathering early interest.



Dissemination News

We are delighted that the trial results were published in the *European Journal of Preventive Cardiology* <https://journals.sagepub.com/doi/10.1177/2047487318806358>

REACH HF was on BBC TV Spotlight on 11th October after a press release by the University of Exeter. We also presented at two regional BHF meetings in October in Plymouth and Bristol and four local meetings in November (3 in Truro and 1 in Exeter).

NIHR has also allowed extension of our Programme Grant to June 2019 so we can engage in enhanced dissemination of REACH HF through the Beacon Sites. We are also updating our website and looking at future wider implementation.

Emma Thompson has come back as our manager at NIHR and is liaising with the Journals Library to ensure publication of our Programme Monograph—likely to be in 2019..

We have been invited to present a poster on the enhanced dissemination of REACH HF at the annual British Society of Heart Failure conference in London on 29-30th Nov.

If you have any items for the next issue of REACH-HF News, please send to reach-hf@exeter.ac.uk —thank you!

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Beacon Site Competition



We are delighted that the Beacon Site competition launched on the 4th of October as part of the enhanced dissemination of REACH HF. The team are looking for 4 cardiac rehabilitation sites in the UK to start delivering the updated REACH HF programme to their patients with heart failure. This competition is part of the phased roll-out plan which allows the team to showcase the intervention. The 4 Beacon Sites will also help provide valuable insights into organisational or logistical barriers to the future implementation of REACH HF and potential solutions for dealing with these.

The Beacon Sites will receive free materials for 50 patients, facilitator training for up to 3 health professionals, and ongoing support.

In return, the team ask for the sites to be research ready to allow ongoing evaluation (which will be compared with the main trial findings) and further innovations.

The deadline for applications is **December the 13th 2018**.

Application forms can be requested from:

reach-hf@exeter.ac.uk

Patient & Public Involvement

The PPI group have continued to actively be involved with the project and Kevin Paul continues as Chair. They have been working with Sam van Beurden and Colin Greaves to update the patient facing materials and to discuss ongoing support needs and the potential of digital platforms. They're valuable feedback has resulted in a user-friendly Progress Tracker and an increased emphasis on preparing patients to continue self-management and keeping active after nurse facilitation comes to an end.

Watch the
REACH HF video
goo.gl/BqEfhe