

REACH-HF News

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Beacon Site project

We are delighted to announce that we have had much interest from various sites across the UK in delivering REACH HF on the ground. Applications to our Beacon Site competition announced last year were strong and showed a real enthusiasm for home-based rehabilitation for people living with Heart Failure.

Following interviews held with shortlisted sites earlier this year, we have now identified the four NHS trusts to be our “beacon” sites. This staged roll-out of REACH-HF will help answer whether the benefits to quality of life seen in the trial also apply to real-world healthcare settings.

It will also mean that we can learn more from these diverse sites about how the offer and delivery of REACH HF might work in the real-world and that the programme can be refined, monitored and evaluated before it is extended further.

The successful sites from the competition are: University College Hospitals London NHS Foundation Trust, Belfast Health and Social Care Trust, Gloucestershire Care Services, and Wirral Community NHS Foundation Trust. They were chosen for their geographical spread, commitment to offering home based care and having systems of providing high quality data for the National Audit of Cardiac Rehabilitation.

The training course for the facilitators has been refined by Colin Greaves, Samantha van Beurden, Jennifer Wingham, Patrick Doherty, and NHS Lothian, to address the training needs identified following the multisite trial. Each of the Beacon Sites will be sending 3 staff members to Edinburgh for the 3-day training course in May delivered by NHS Lothian.

Dissemination

We are delighted that the cost-effectiveness results were published in the *European Journal of Preventive Cardiology* and REACH HF was mentioned again on BBC Spotlight Breakfast on the 2nd of April after a press release by the University of Exeter: <https://bit.ly/2XtxyJb>

The Beacon Site project and selected sites were presented (SvB) in an oral slot at the South West Primary Care conference in March in Southampton and oral slot at the British Journal of General Practice conference on the 29th of March (HD). REACH HF also featured in several PhD presentations at the Post Graduate Centre at RCHT in January.

People

Earlier this year, Sinead McDonagh and Jeff Lambert joined Samantha van Beurden in Exeter and are working on the next steps of REACH HF. In Birmingham, Paulina Daw started her PhD with Colin Greaves in January and will be working closely with the REACH HF Beacon Sites. In February, Fiona Giles has taken over from Emma Thompson as our manager at NIHR and is liaising with the Journals Library to ensure publication of our Programme Monograph—sometime this year.



What are the next steps?

Given the successful outcomes of REACH HF in terms of clinical effectiveness and long term cost-effectiveness we are looking at ways of implementing it in the NHS.

We are also considering the logistics of digitizing aspects of the intervention and talking to researchers in Denmark about a possible REACH HF like trial in Denmark. We are in the process of making funding applications to realise these next steps in the roll out of REACH HF.

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 and engagement and dissemination work. Do follow us if you'd like to hear news as and when it comes out.

 @REACH_HF

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