

SCOT:REACH-HF News

Issue 1 - April 2020



INTRODUCING SCOT:REACH-HF

Welcome

Welcome to the first newsletter of **SCOT:REACH-HF**. REACH-HF is a home-based cardiac rehabilitation intervention (**Rehabilitation EnAblement in CHronic Heart Failure**). **SCOT:REACH-HF** is the study to evaluate implementation in Scotland of REACH-HF.

The **SCOT:REACH-HF** study seeks to understand what shapes the implementation of REACH-HF in the real-world, considering issues specific to the Scottish context.

Over the next two years we will use these newsletters to keep you up to date on **SCOT:REACH-HF** activities.



SCOT:REACH-HF is funded by Heart Research UK, a charity which supports medical research on the prevention, treatment and cure of heart disease, as well as ground-breaking training and education.

<https://heartresearch.org.uk/>

SUSPENSION DUE TO COVID-19

*Due to the ongoing COVID-19 pandemic, the launch of **SCOT:REACH-HF** has been postponed to Autumn 2020.*

As you will be well aware, COVID-19 is having a significant impact on daily life, nowhere more so than in frontline NHS care.

We are grateful to all our NHS colleagues for their enthusiasm about the study so far, and very much look forward to working with you soon.

Meantime you may be interested to read our *BMJ Rapid Response* on home rehabilitation and COVID-19 here:

<https://www.bmj.com/content/368/bmj.m844/rr>



WHAT IS SCOT:REACH-HF?

REACH-HF uses an evidence-based self-help manual for people with heart failure, to help them manage their condition using the principles of cardiac rehabilitation. The manual is designed to be used with the support of a specially trained 'facilitator'. The manual has been shown to be clinically effective, cost effective and acceptable to people with heart failure and their caregivers.

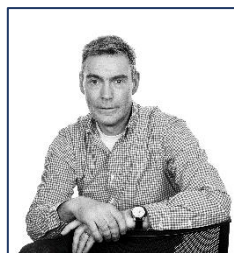
Research shows that cardiac rehabilitation is vital to comprehensive care of people with heart failure. Despite national guidelines recommending that everyone with heart failure should receive cardiac rehabilitation, uptake is low, and what is offered is primarily hospital-based. Home-based options can provide an accessible way to improving uptake.

REACH-HF was co-developed based on behaviour change theory. It has a range of components including a progress tracker, symptom monitoring, information on heart failure, a friends and family resource, and the REACH-HF facilitator manual. A multi-centre RCT found that REACH-HF had a positive impact on people living with heart failure. For details please see the REACH-HF website: sites.exeter.ac.uk/reach-hf/.

The **SCOT:REACH-HF** study will specifically explore barriers and facilitators to the implementation of REACH-HF in Scotland, and examine whether the positive impacts found in the RCT can be replicated in a 'real world' setting.

The team

The **SCOT:REACH-HF** is led by Professor Rod Taylor from the University of Glasgow's Institute for Health and Wellbeing.



Project Manager and Research Fellow on the study is Dr Carrie Purcell from the MRC/CSO Social and Public Health Sciences Unit, University of Glasgow.



The study team are working closely with the University of Glasgow Clinical Trials Unit, and colleagues from the original REACH-HF trial.

NHS Beacon Sites

In **SCOT:REACH-HF** we are working with heart failure services across a range of NHS Health Board areas in Scotland, to explore experiences in rural and urban settings. As of Spring 2020, we are pleased to confirm that our Scottish 'beacon sites' will be within NHS Ayrshire and Arran, NHS Forth Valley, NHS Highland, NHS Lanarkshire, NHS Orkney and NHS Shetland.



If you would like any further information on

SCOT:REACH-HF please email carrie.purcell@glasgow.ac.uk

Or find us online here: <https://bit.ly/2Vi4m8y>

Or on Twitter @SCOTREACH_HF