

REACH-HF News

Issue 1 Summer 2013

Welcome!

Welcome to the first edition of the Rehabilitation Enablement in Chronic Heart Failure (REACH-HF) project newsletter. If you have any articles or items of interest relating to REACH-HF that you would like included in future editions of the newsletter please send them to Sarah at the address above or via email.

New Trials Manager

We would like to welcome Chris Hayward from the Peninsula Clinical Trials Unit (PenCTU) who will officially begin working as trials manager for the REACH-HF project later in the year. Chris will be based in Plymouth and will be assisting with data management, randomisation and trials management for the trials in Work Packages 2 and 3.

We look forward to working with Chris and his colleagues at PenCTU.

Intervention Development Group workshop

The REACH-HF Intervention Development workshop that took place in Birmingham on 23rd May was a well attended and successful event. The workshop provided an ideal opportunity for discussion and included a number of tasks and group activities based around some essential components of the HF manual:

- Managing medication
- Physical activity (including rehabilitation/establishing basic fitness and sustaining fitness/quality of life)
- Managing stress and breathlessness
- Needs of caregivers

Thank you to Dr. Colin Greaves for organising this event and to Professor Kate Jolly and her PA Anne Walker for providing the venue.



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Work Package 1b

Dr. Jenny Wingham and her team have now successfully recruited 16 family members and carers of people with heart failure in Cornwall who have been interviewed about their experiences. All of those interviewed have talked openly about coping with the condition and have given a rich supply of information for analysis.

The next step will be further interviews in Birmingham and focus groups in Cornwall.

PPI Update

Nine PPI group members attended a meeting with Dr. Jenny Wingham and Dr. Colin Greaves on 24th April in Truro. All those in attendance gave some very valuable feedback on the physical activity DVD that may form part of the final intervention. The next PPI meeting will be on Wednesday 3rd July.

All Wales Cardiac Rehabilitation and Heart Failure Conference 2013

A member of the REACH-HF team, Dr. Jackie Austin MBE, introduced the All Wales Cardiac Rehabilitation and Heart Failure Conference on 7th June. Jackie spoke about the future of heart failure and cardiac rehabilitation.

Dates for Your Diary:

- The next Programme Management Group (PMG) meeting is on 20th September at 12.30 pm (buffet lunch available from 12.00) in the Smeall building, Exeter University
- PMG meeting December 6th at 1.00pm (venue TBC)
- BACPR annual conference 3rd to 4th October at St. John's Hotel, Solihull

[http://www.rcht.nhs.uk/
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TeachingAndResearch/ReachHF](http://www.rcht.nhs.uk/RoyalCornwallHospitalsTrust/WorkingWithUs/TeachingAndResearch/ReachHF)

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REACH-HF News



Issue 2 Autumn 2013



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Work Package 1b

Dr. Jenny Wingham and her team have now recruited 18 family members and carers of people with heart failure in Cornwall and Birmingham who have been interviewed about their experiences. Jenny is attempting to address the lack of ethnic diversity in the study and has worked with Prof. Sally Singh to obtain permissions for further interviews in Leicester. A caregiver needs analysis has been produced and focus groups are planned for the near future.

'Chronic Illness' Publication

Three members of the REACH-HF team (Dr. Jenny Wingham, Prof. Nicky Britten and Dr. Hayes Dalal) and Dr. Geoff Harding from the University of Exeter Medical School have written a qualitative synthesis of heart failure patients' attitudes, beliefs, expectations and experiences of self-management strategies, which we are delighted to announce has been accepted for publication in the journal 'Chronic Illness'.

Upcoming Conferences

Several members of the REACH-HF team will be attending the 20th annual British Association for Cardiovascular Prevention and Rehabilitation (BACPR) conference on 3rd and 4th October. Prof. Rod Taylor has submitted three systematic review abstracts for presentation at this conference. Jenny Wingham has also submitted an abstract for a poster presentation: 'Involving People and Carers Living with an Unpredictable Condition in Research' based on work with heart failure patients and carers. Jenny will also represent the REACH-HF team at the PenCLAHRC PPI conference in Exeter in November.

A reminder that if you attend a conference or event and discover anything that may be of interest to the REACH-HF team, please send this to Sarah, who will be pleased to pass this on to the team. Thank you!

Retirement

Professor Bob Lewin from the University of York retired from the REACH-HF project on 1st July. We are sorry to lose Bob but would like to thank him for his hard work and wish him a very happy retirement.

Work Package 1a Update

Intervention development is progressing well. We now have clearly defined ideas about what changes in self-management we should try to support for people with heart failure (targets for change). We are in the process of figuring out what the barriers to such changes are and how we can help people to overcome them. The three most important actions that we want to support are Physical Activity; Managing Medication; and Managing Stress and Breathlessness. Addressing these three elements will help to maximise health and ability to engage in enjoyable activities, thereby improving quality of life.

Patient and Public Involvement Update

The last PPI meeting took place in Truro on 3rd July. The group, which consists of heart failure patients and their caregivers, gave some extremely useful information on coping with stress: how to achieve this, recognizing the barriers and how to overcome these. Possible alternative formats of the heart failure manual were also discussed, and the British Heart Foundation's 'Living with Heart Failure' guide was seen as a good example. The group's next task is to feed back on managing medications; this will be discussed at the next meeting on 4th September.

Dates for Your Diary:

- Programme Management Group (PMG) meeting on **20th September** at 12.30 pm (buffet lunch available from 12.00) in the Seminar Room, Smeall building, Exeter University
- BACPR annual conference **3rd to 4th October** at St. John's Hotel, Solihull
- PenCLAHRC PPI conference, Thistle Hotel, Exeter, **13th to 15th November**
- PMG meeting **6th December** at 1.00pm (venue TBC)

New Trials Management

Welcome to Chris Hayward and Vicky Eyre from PenCTU who began working as trials managers for REACH-HF on 1st August.

The team will begin their work with protocol writing for WP2 and WP3.

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

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REACH-HF News



Issue 3 Winter 2013

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Work Package 1a Update

We are approaching a critical point in our intervention development efforts. We are aiming to have a good version of the text for the whole manual by the end of December! This will then be sent to a printer for help with formatting and typesetting. We are also working on developing a training course for our intervention nurses. This is a crucial component of the intervention, as the nurse needs to engage the patient and caregiver, assess their current situation, give them hope and tailor information and activities to meet each individual patient's needs – we are not asking much! The intervention will stand or fall depending on the quality and skills of the nurses as well as on the quality of the written materials. We are also starting to plan the next stage of the study – a 'feasibility study' where we can test out the intervention in around 20 people with heart failure (our REACH-HF test pilots!) and get some feedback (from the patients, the nurse and the caregivers) about how the intervention is working for them and if we can do anything to improve it. So, it is a busy time for the intervention development team and we are looking forward to seeing the fruits of our efforts over the last year!

Conferences

Several members of the REACH-HF team attended the annual BACPR conference in Solihull on 3rd and 4th October. It was an informative event and Jenny Wingham presented a poster about involving heart failure patients and their caregivers in research and specifically in the REACH-HF project. This was in addition to three systematic reviews presented by Prof. Rod Taylor. Jenny more recently attended the PenCLAHRC PPI conference in Exeter and presented a poster based on her work with patients and caregivers.

Work Package 1b Update

WP1b is almost complete! 22 interviews in Cornwall, Birmingham and Leicester have taken place, in addition to a focus group in Cornwall to decide on order and priorities for the caregiver manual.

A big **THANK YOU** to the areas that have helped in recruitment.

The caregiver resource has now been drafted and is divided into three main sections: **1. Providing Support**
2. Being a Caregiver and **3. Getting Help**

Literature Searching

A reminder that if you would like to be added to the mailing list for any new articles relevant to the REACH-HF project, please contact Sarah on (01872) 255167 or e-mail Sarah.Buckingham@rcht.cornwall.nhs.uk

REACH-HF News

Issue 3 Winter 2013



WP3 Update

The trials management team at PenCTU have been busy finalising the protocol for the feasibility study in WP3. The protocol and associated documents have now been submitted for ethical approval and will be considered at a Research Ethics Committee meeting in Berkshire on 17th December. The approvals will be in place ready for the feasibility study to begin in March 2014.

Cornwall commissioners have agreed to fund our intervention nurses and Peninsula Community Health (PCH) have kindly agreed to provide the nurses we need. The Excess Treatment Costs were agreed in 2 hours! The sponsor, Chris Cannaby, and the Peninsular Comprehensive Local Research Network lead Sarah Myers are working closely with the remaining centres.

Arrivals and Departures

A warm welcome to Jenny Elliott, who joins the Heart Manual Office team at NHS Lothian on 16th December. Jenny comes with a current wealth of both acute cardiac and rehab experience and is also a Heart Manual facilitator and a trainer. We look forward to her involvement in REACH-HF.

Congratulations to Prof. Patrick Doherty, who has been offered a new post at the University of York, replacing Prof. Bob Lewin.

Dave Turner, qualitative research fellow at RCHT who conducted several of the caregiver interviews in WP1b, will be leaving at the end of the year. Thank you for your hard work and good luck for the future.

Patient and Public Involvement Update

The last PPI meeting took place in Truro on 5th November. This was another productive evening and the group gave valuable feedback on the draft manual chapters 'Understanding Heart Failure', 'Managing Stress' and 'Managing Your Condition'. There was also a useful discussion on the monitoring components of the manual, format and how to encourage heart failure patients and carers to use the manual, based on the group's own experiences.

The PPI group has now been asked to give their feedback on the 'Progress Tracker' section, the draft caregiver resource and the patient-facing documents that will be used in the trials (before submission for ethical approval).

Dates for Your Diary:

- Programme Management Group (PMG) meeting on **6th December** at 1.00 pm (buffet lunch available from 12.30) in JS07, Smeall building, Exeter University (with Trial Oversight Group meeting 11.30–12.00, same venue)
- Patient and Public Involvement meeting at The County Arms, Truro on 8th January 6.00pm
- The first PMG meeting of 2014 will take place on **28th February** at 1.00–4.00 pm (venue TBC)
- Intervention nurse training: 18th to 20th March



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REACH-HF News



Issue 4 Spring 2014



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Welcome!

We are delighted to welcome some new staff to REACH-HF at this exciting time for the project.

Dr. Anna Sansom from the University of Exeter will be working with Colin Greaves as a researcher on the feasibility study.

Welcome to the REACH-HF facilitators from Cornwall (Sarah Killackey & Susan Dean), Birmingham (Jane Stubbley & Jackie Burke), York (Nicky Cockerill) and Abergavenny (Debbie Head & Kerry Andrews).

Last but by no means least... welcome to the research nurses from the four study sites, who attended the outcome assessor training day in Birmingham on 20th February.



Work Package 1a Update

The intervention development team are delighted to announce that the text for the Heart Failure Manual and Caregiver Resource is complete and is with the printer! The team would like to thank all the experts, service users (especially our dedicated PPI group) and collaborators who helped us to put the HF manual together – it has been a mammoth undertaking, but we are nearly there!

The training course for manual facilitators is developing well with strong input from the Heart Manual Office team and Patrick Doherty at the University of York. Many thanks to Kate Jolly and her PA Anne Walker for organizing the course venue in Birmingham.

Feasibility Study Progress

All is progressing to plan for the feasibility study. We hope to begin recruiting patients (and their caregivers where they have one) in March ready to begin delivering the intervention in early April. We hope to recruit up to six patients per site (Truro, Abergavenny, Birmingham and York) giving a total of 24 patients to try out the intervention programme over the next six months. We will get feedback from patients, caregivers and facilitators about their experiences of using it. This will inform revisions to the manual and the training course and we will be ready to put "Version 2" into the main trial which will begin in November 2014.

Patient and Public Involvement Update

The first PPI meeting of 2014 took place in Truro on 8th January. Although some of the members were unable to attend, there was lively discussion as usual! The group reviewed drafts of the HF Manual and Caregiver Resource and initial thoughts were positive. The group made some helpful contributions to the proposed intervention facilitator training course and delivery of the manuals, which have been fed back to the training programme developers. Kevin Paul, Chair of the PPI group, will be present at this course to act as a 'patient voice'.

Update on Ethics & other approvals

Full ethical approval for the feasibility study has now been obtained from Berkshire Research Ethics Committee.

We are now awaiting local R&D approval from the various study sites before recruitment can begin.

Thank you to Chris and Vicky from PenCTU for making the process run smoothly!



If you have any news items that you would like to include in the summer 2014 issue of REACH-HF News, please send to Sarah at the above address. Thank you!

Dates for Your Diary:

- REACH-HF Intervention Facilitator Training course **18th to 20th March** in the **University of Birmingham**
- Patient and Public Involvement (PPI) meeting **23rd April** 6.30pm in Truro
- Programme Management Group (PMG) meeting (with Trial Oversight Group and IP Meetings) on **20th June** at 12.30 pm – venue TBC
- Society for Academic Primary Care conference 2014 **9th to 11th July**, at the **University of Edinburgh**

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REACH-HF News



Issue 5 Summer 2014

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Work Package 1a Update

After a year of hard work from the REACH-HF team, Heart Manual Office and patient representatives, the first intervention-ready version of the HF Manual was completed at the end of February (pictured below).

The manual is being tested in the feasibility study and has also been sent to several individuals and organisations for review, including the Cardiovascular Care Partnership, British Heart Foundation, Cardiomyopathy Association and Cardiovascular section of the British Geriatrics Society.



The REACH-HF Manuals: The Heart Failure Manual, Progress Tracker and Caregiver Resource

Feasibility Study Progress

We are delighted to announce that we have now finished recruitment for the feasibility study! 23 patients and 12 caregivers have been enrolled from across the four sites (Truro, York, Birmingham and Gwent). The aim of this study is to test feasibility and acceptability of the new HF Manual for patients, caregivers and facilitators.

Facilitators have begun to see patients and Colin Greaves, Anna Sansom and Jenny Wingham are analysing the audio recorded consultations.

The first 12 week clinic visits will take place in July... we look forward to seeing the results of the intervention!

*A big **THANK YOU** to all those involved in recruitment.*

Thank you very much to all the research nurses and facilitators who have ensured the baseline clinics and home visits have been a success so far.

Programme Steering Committee Report

The last REACH-HF Programme Steering Committee (PSC) meeting took place in London on 27th March and the chairman Professor Martin Cowie and the rest of the committee were pleased with both study progress and strong PPI involvement.

The PSC will act as Trial Steering Committee and a separate Data Monitoring Committee (DMC) has been set up to monitor patient safety in the main trial. The first meeting of the DMC is to be held on 11th June.



Chris Edgeler, the first participant in the REACH-HF feasibility study, pictured with research nurse Kaye Ludlow at the Royal Cornwall Hospital



SAPC Conference



We are pleased to say that Colin Greaves will be attending the Society for Academic Primary Care (SAPC) conference in Edinburgh in July to deliver an oral presentation for REACH-HF. Colin's presentation is entitled:

“The REACH Heart Failure Manual: Development of a complex, home-based intervention to support self care for people with heart failure”

Future Publications

The REACH-HF team are working on two papers that we hope will be accepted for publication later in the year:

1. An intervention development paper to cover the whole process and science of the HF Manual development (led by Colin Greaves)
2. Needs of caregivers in heart failure management: a qualitative study (led by Jenny Wingham)

Watch this space!

Literature Searches

If you would like to be added to the mailing list for any new abstracts or articles relevant to the REACH-HF project, please contact Sarah on (01872) 255167 or e-mail Sarah.Buckingham@rcht.cornwall.nhs.uk

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TeachingAndResearch/ReachHF](http://www.rcht.nhs.uk/RoyalCornwallHospitalsTrust/WorkingWithUs/TeachingAndResearch/ReachHF)

Patient and Public Involvement Update

Another successful PPI meeting took place on 23rd April. The group was pleased to see evidence of their work in the final manuals.

The HF patients and carers who attended the meeting gave their views on the patient approach process and documents and suggested ways to maximise recruitment based on their own experiences. For example, the group thought it might be better not to mention the exercise programme at the initial approach stage as this would tend to attract the most physically active participants.

A separate study group is being set up to evaluate the impact of PPI in the REACH-HF study, which will involve interviews with the PPI group and some members of the research team. It is hoped that what we have learned can be applied to future research studies.

Upcoming tasks for the group will include commenting on the research process and methods, and reviewing the manuals after the feasibility study to make any revisions before the main trial.

The next meeting is on 23rd July in Truro.

Dates for Your Diary:

- Programme Management Group (PMG) meeting **20th June** at 12.30pm (buffet lunch at 12.00) – Smeall Building, St. Luke's Campus, University of Exeter
- Trial Oversight Group (TOG) meeting at 11.00am and IP meeting at 3.00pm **20th June** (venue as above)
- Society for Academic Primary Care conference 2014 **9th to 11th July**, at the University of Edinburgh
- REACH-HF Patient and Public Involvement meeting **23rd July** at 6.00pm in The County Arms, Truro
- PMG meeting **18th September** at 12.30pm (with TOG meeting 11.00am and IP meeting 3.00pm) – WK Norman Conference Room, 1st floor UEMS Building, St. Luke's Campus, University of Exeter



If you have any news items that you would like to see included in the autumn 2014 issue of REACH-HF News, please send to Sarah Buckingham. Thank you!

REACH-HF News



Issue 6 Autumn 2014



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Feasibility Study Update

The final 3 month clinic visits for patients and caregivers in the feasibility study are now being completed.

The results of the feasibility study will inform changes to the manuals and facilitator training before the main trial. The manual has been positively received by participants with a mean overall rating of the REACH programme of 2 (Very Good). Several participants stated the manual and facilitators have greatly improved their confidence in managing their condition and they are now feeling much more optimistic about the future.

A report of qualitative and quantitative findings from the feasibility study will be presented to the NIHR and Steering Committee at the next meeting in London on 25th September.

Caregiver Paper for Publication

Jenny Wingham, Nicky Britten and team have prepared a paper on WP1b (qualitative study of the needs of caregivers in heart failure management), which will be submitted for publication to a peer reviewed journal.

Facilitators and Research Nurses

We are delighted to announce that several of the facilitators from the feasibility study will be continuing their involvement into the main trial. **Sarah Killackey, Sue Dean, Debbie Head, Kerry Andrews and Debbie Turpin** - we look forward to working with you again!

Each study site will also be recruiting a research nurse in time for the outcome assessor training course on 1st December.

BACPR Conference

The annual British Association for Cardiovascular Prevention and Rehabilitation (BACPR) conference will take place in Londonderry on 2nd and 3rd October. As a team we will be presenting 3 posters: REACH-HF intervention development, the needs of caregivers and a Cochrane review by Rod Taylor.

Preparation for Main Trial (WP3)

The main randomized controlled trial of the REACH-HF Manual will begin in January 2015. The principal investigators at each site have prepared a recruitment strategy.

The Peninsula Clinical Trials Unit (PenCTU) have been working with the research team to prepare the protocol for WP3 and this will be submitted for ethical and R&D approval very soon.

The University of Dundee are keen to be involved with WP2, the pilot trial of the REACH-HF Manual in heart failure with normal ejection fraction (HF-NEF) patients, and are working with the local CCG to approve excess treatment costs.

Patient and Public Involvement

The PPI group have been busy reviewing the patient-facing documents for the main trial and have given some very helpful feedback. They have been told about the results of the feasibility study and modifications to the manual and have the opportunity to give their own views.

Several members of the group have also kindly agreed to be interviewed about their experiences of being part of the REACH-HF PPI group as part of a sub-study on the impact of PPI.

Dates for Your Diary:

- Programme Management Group (PMG) meeting on **18th September** at 12.30 pm (buffet lunch available from 12.00) in WK Norman Conference Room, UEMS Building, St. Luke's Campus, Exeter University (with TOG meeting 11.00-12.00 and IP meeting 3.00-3.30pm)
- REACH-HF facilitator training course **24th, 25th & 26th November** at Birmingham University (rooms TBC)
- Research nurse/outcome assessor training **1st December** 10.00am-2.00pm, JS07 Smeall Building, St. Luke's Campus, Exeter University
- PMG meeting **19th December** at 12.30 (JS07, Smeall Building)

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REACH-HF News

Issue 7 Winter 2014



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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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Author: Sarah Buckingham (REACH-HF project administrator) 9/12/14 Version 1.0

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>



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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)

This newsletter presents independent research funded by the National Institute for Health Research (NIHR) under the Programme Grants for Applied Research programme (RP-PG-1210-12004). The views expressed in this publication are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.

Author: Sarah Buckingham (REACH-HF project administrator) 24/2/15 Version 1.1 Review Due: 24/2/16

REACH-HF News



Issue 9 Summer 2015



Main Trial (WP3) Update

Recruitment to the REACH-HF trial is now well underway in Truro, Gwent, Birmingham and York—a big **THANK YOU** to the principal investigators and research nurses who are making the project a success so far.

The recruitment target is **6 patients per month per site** (plus carers where they have one) to recruit the 216 patients in total by the end of November. So far **78** patients have completed baseline visits.

Thank you also to the facilitators who are working with patients allocated to the intervention group (i.e. those receiving the Heart Failure Manual) and helping them to manage their condition and make positive changes to their lifestyle. Early indications from facilitator contact sheets are very encouraging.

Patient and Public Involvement

Although the next PPI meeting is not until November, the group's continued involvement is still essential to the study. Dr. Hayes Dalal (Co-Chief Investigator) has written the following message of thanks:

"I would very much like to thank the members of our PPI group. Your hard work and dedication in the REACH-HF project, from its earliest stages to the writing of the manual and the on going research trial, has been instrumental in its success. Your involvement is highly appreciated by the whole REACH-HF team."

Particular thanks to Kevin Paul, who has given up a lot of his own time to chair the PPI meetings and act as a co-applicant to represent the patients' perspective on the programme management committee.

Very best wishes,

Dr. Hayes Dalal"



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REACH-HFpEF (WP2) Update

We are delighted that the pilot study of the new Heart Failure Manual in patients with heart failure with preserved ejection fraction (HF-pEF) has now received full ethical approval.

Unfortunately the EME (Efficacy and Mechanism Evaluation) funding bid for the additional exercise Echo study of the impact of the REACH-HF intervention on physiological function was unsuccessful. Nevertheless, the team in Dundee are hoping to begin recruitment to the main pilot trial shortly.

Caregiver Work

Dr. Jenny Wingham will be speaking about the findings of her qualitative research with caregivers in REACH-HF at two upcoming events - the International Carers Conference which takes place in Gothenburg, Sweden from 4th to 6th September and the Cardiomyopathy Association's Information Day in Newquay, Cornwall on 13th June.

Welcome!

Kim Arnell has been appointed as a backup REACH-HF research nurse in Truro. Kim will work flexibly to cover Anna Old's holidays etc. Welcome to the team, Kim!

Dates for Your Diary:

- Principal investigators' teleconference: 10.00-11.30am on **25th June**
- Programme Steering Committee (PSC) meeting: 1.00-3.00pm (buffet lunch at 12.30) on **5th June** at the Hotel Xenia, London
- Programme Management Group (PMG) meeting on **7th July** at 1.00pm (buffet lunch 12.00) in JS07 Smeall Building, St. Luke's Campus, Exeter University (with Trial Oversight Group meeting 11.00-12.00)

If you have any items for the next issue of REACH-HF News, please send to Sarah Buckingham—thank you!

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

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Author: Sarah Buckingham (REACH-HF project administrator) 2/6/15 Version 1.0 Review Due: 2/6/15

REACH-HF News



Issue 10 Autumn 2015

Main Trial (WP3) Update

Well done to the research teams in Cornwall, Birmingham, Gwent and York for passing the halfway point and recruiting **123** of the **216** patients in the main trial. **54** caregivers have also been recruited so far. The current target recruitment rate is **6 patients per site, per month**. We are still aiming to finish recruiting by the end of the year!

Thank you to all the facilitators across the research sites who are working hard to make sure the intervention is well delivered to patients and caregivers, and for recording their consultations and contacts. We look forward to seeing the end results!



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REACH-HFpEF (WP2) Update

Congratulations to the Dundee team for setting up the pilot study of the REACH-HF Manual in those with heart failure with preserved ejection fraction (HF-pEF). The first participants were seen in July and the recruitment target was surpassed in the first month—keep up the good work!

Patient and Public Involvement

The next PPI meeting will take place on Wednesday 11th November at 6.00pm (County Arms, Truro). We may soon be looking to recruit some new members so if you know anyone with heart failure (or a caregiver) who may be interested in getting their views heard, let us know!

New REACH-HF Staff

WELCOME to Louise Crathorne and Lucy Moore, who will both be working on the REACH-HF project at the University of Exeter.

Louise is a health economist who will be working with Colin Green on the economic modelling component, to determine whether REACH-HF would be a cost-effective programme to be rolled out across the UK. Lucy will undertake the patient and caregiver interviews and qualitative analysis for the process evaluation.

WELCOME also to Joanne Coyle, the new qualitative researcher for Work Package 2 in Dundee.

Dates for Your Diary:

- Facilitators' teleconference: 2.00-4.00pm on **9th September**
- Principal investigators' teleconference 10.00-11.30am on **17th September** (and 9.30-11.00am on **16th October**)
- Programme Management Group (PMG) meeting on **6th November** at 12.45pm (buffet lunch 12.00) 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)



The REACH-HF Resources: Heart Failure Manual, Family and Friends Resource, Progress Tracker, Chair-Based Exercise DVD and Relaxation CD

Upcoming Conferences

Jenny Wingham will be presenting her work with caregivers at the International Carers Conference in Gothenburg, Sweden from 4th to 6th September.

Sally Singh will present a poster on behalf of the REACH-HF team at the BHF National Centre Conference in Loughborough on 22nd September.

Reminder: Please inform the NIHR and Sarah Buckingham of any planned REACH-HF publications or conference presentations—thank you!

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

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Author: Sarah Buckingham (REACH-HF project administrator) 25/8/15 Version 1.0 Review Due: 25/8/16

REACH-HF News



Issue 11 Winter 2015

Main Trial (WP3) Update

179 patients and 81 caregivers have been recruited in the main trial so far. We're not far off the total target of 216 patients but recruitment will be extended to the end of January 2016 for Birmingham and the end of March for Gwent to allow these sites to reach the final numbers.

Publications

A paper describing the intervention and its development is in submission to the journal 'BMC Pilot and Feasibility Studies'. The intervention was strongly influenced by service users, heart failure specialists and other experts with experience in supporting people with heart failure, as well as the latest evidence and clinical guidance. Now we wait with baited breath to see if the intervention works in practice!

We are pleased to say that the protocol paper for the main trial has been accepted for publication in BMJ Open.

Congratulations also to Hayes Dalal, Patrick Doherty and Rod Taylor on publication of their clinical review on cardiac rehab in the BMJ.

BMJ Podcasts

Kevin Paul, Chair of the REACH-HF PPI group, recently recorded a patient podcast for the BMJ to share his experiences of cardiac rehab. Hayes Dalal, Rod Taylor and Jenny Wingham also recorded a podcast based on the recently published clinical review paper.

The podcasts can be accessed from: <https://soundcloud.com/bmjpodcasts/cardiac-rehab-patient> and <https://soundcloud.com/bmjpodcasts/cardiac-rehab>

Hayes, Rod and the rest of the study team would like to thank everyone who has been involved in the REACH-HF study in 2015 and wish you all a very Merry Christmas and Happy New Year. We look forward to another successful year for REACH in 2016!



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REACH-HFpEF (WP2) Update

The team in Dundee are continuing to successfully recruit to the pilot trial of the REACH-HF Manual in those with heart failure with preserved ejection fraction (HF-pEF). 24 patients (of the total target of 50) and 12 caregivers have been randomized so far. Chim Lang, Karen Smith and their team are now identifying potential participants from the heart failure nursing service as well as the HF-pEF register.

Keep up the good work!

Patient and Public Involvement

The last PPI meeting took place on 11th November in Truro. It was a good meeting as always and an opportunity to share progress and views on the study as a whole. Jo Palmer from the Royal Cornwall Hospital attended to talk about her work on evaluating the impact of PPI in the REACH-HF project, which has involved interviews with the group and the research team.

There was useful discussion on how to recruit new patients and carers to the group. It was agreed that in addition to external adverts, REACH participants should be given the opportunity to be involved after they finish the trial.

Congratulations and best wishes to Anna Old, REACH-HF research nurse in Truro, who is leaving the project at the end of November to have her second baby. Thanks for all your hard work throughout 2015—you will be missed!

Dates for Your Diary:

- Principal investigators' teleconference 1.30-3.00pm on **8th December**
- Qualitative team meeting on **10th December** at 10.00-12.00, South Cloisters Room SC1.27, St. Luke's Campus, University of Exeter
- Programme Steering Committee (PSC) meeting on **11th December** at 2.00-3.00pm (buffet lunch 1.30pm) at Hotel Xenia, London

REACH-HF News



Issue 12 Spring 2016

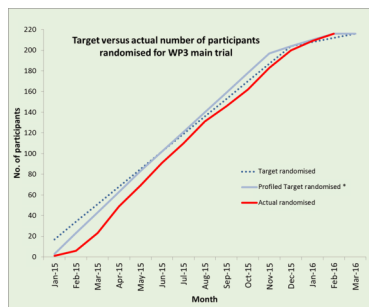


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Recruitment Completed!

We're delighted that recruitment in the main trial (Work Package 3) is now complete. **216** patients and **97** caregivers have been recruited in Truro, Birmingham, Gwent and York.

THANK YOU to everyone involved in recruitment across the four sites and to PenCTU for all their support. Your hard work is very much appreciated. The follow-ups will keep us busy now until the end of next year.



The process evaluation work to find out about the experiences of individual patients and caregivers in the study is progressing well. Jenny Wingham and team have been conducting 4 month interviews and the first 12 month interviews will begin in April.

A big THANK YOU to all the facilitators who have taken part in the main trial, and whose involvement will be ending soon. We will send you the results at the end of the trial!

Publications and Presentations

The protocol paper for the main trial has now been published by BMJ Open. Congratulations to Rod Taylor, Chris Hayward and all those involved in writing this paper, which is available to read at: <http://bmjopen.bmj.com/content/5/12/e009994.full.pdf+html>

Hayes Dalal will attend the annual South West Society for Academic Primary Care (SAPC) conference on 1st to 2nd March in Cardiff. Hayes will deliver an oral presentation on behalf of the team entitled "The Rehabilitation Enablement in Chronic Heart Failure (REACH-HF): an update on a home based intervention for people with heart failure".

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

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Author: Sarah Buckingham (REACH-HF project administrator) 01/03/16 Version 1.0 Review Due: 01/03/17

REACH-HFpEF (WP2) Update

Recruitment to the pilot trial of the REACH-HF Manual in patients with Heart Failure with preserved Ejection Fraction (HF-pEF) is continuing to progress in Dundee. So far **29** patients (of the total target of **50**) and **15** caregivers have been randomized. An amendment to the protocol is currently being processed to allow recruitment of patients from some new pathways including the heart failure nursing service.

Patients will also have a resting Echo scan before and after receiving the REACH-HF intervention to look at any effects on physiological function of the heart.

Patient and Public Involvement

The next PPI meeting (chaired by Kevin Paul) will take place in Truro on 23rd March.

The PPI group have worked with the team in Truro to produce a poster which will be presented at a 'Let's Talk Research' open event at the Royal Cornwall Hospital on 10th March. The event will showcase research in the past, present and future in a range of health and disease areas. The event is open to patients, caregivers, clinicians or anyone with an interest in research. To book your place please ring Amanda Datson on (01872) 255131 or e-mail a.datson@nhs.net.

Dates for Your Diary:

- Principal investigators' teleconference 9.30-11.00am on **10th March**
- 'Let's Talk Research' Patient and Public Involvement event on **10th March** at 4.30-6.45pm in the Knowledge Spa, Royal Cornwall Hospital
- Programme Management Group (PMG) meeting on **18th March** at 1.00-3.30pm (buffet lunch 12.00) in EMSF20, Medical School Building, St. Luke's Campus, University of Exeter (with Trial Oversight Group meeting 11.00-12.00)
- REACH-HF Patient and Public Involvement (PPI) group meeting on **23rd March** at 6.00pm in the County Arms, Truro

REACH-HF News

Issue 13 Summer 2016



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Main Trial (WP3) Update

The follow-ups are still progressing well in Truro, Birmingham, Gwent and York. Research teams at all the sites are doing a fantastic job of encouraging patients (and their caregivers) to continue to the end of the trial—of the **216** patients recruited, there have been **16** withdrawals so far. All follow-ups are really important to us. **51** patients have reached 12 month follow-up and completed the study to date.

The process evaluation team are busy working on fidelity checking of facilitator consultations and interviewing patients and caregivers to research their individual experiences of the REACH-HF programme. The interviews take place at 4 months (the end of the intervention period) and again at 12 months to find out whether the REACH-HF Manual has been effective at helping to maintain a healthy lifestyle in the longer term.

Publications and Presentations

Recent outputs by the REACH-HF team have included an editorial on telehealth in cardiac rehab published in 'Heart', and presentations at the National NHS Research & Development Forum (Stratford-upon-Avon) and the European Society of Cardiology Heart Failure Conference (Florence, Italy) - see www.exeter.ac.uk/news/research/title_513896_en.html.

Future REACH-HF publications will include the intervention development paper (led by Colin Greaves) and the protocol paper for WP2 (led by Vicky Eyre from PenCTU) - watch this space!

Since it was published in September last year, the **BMJ clinical review on cardiac rehabilitation** by Hayes Dalal, Patrick Doherty and Rod Taylor (available at <http://www.bmj.com/content/351/bmj.h5000>) has been accessed more than 21,000 times!

The associated podcast has been downloaded 5,500 times and the patient podcast recorded by Kevin Paul has been listened to 4,200 times—impressive!



REACH-HFpEF (WP2) Update

WELL DONE to Karen Smith, Chim Lang and the team in Dundee who have now randomised **40** patients with Heart Failure with Preserved Ejection Fraction (HFpEF) to the pilot trial of the REACH-HF Manual. Despite this being a difficult group to recruit, several more baseline clinics have been scheduled in June and we're keeping our fingers crossed that the target of **50** patients will be reached!

Patient and Public Involvement

The last PPI meeting (chaired by Kevin Paul) took place on 23rd March. We now have some new members! The group were updated on the study and were pleased with how the trials are progressing. It was agreed that more frequent meetings will be useful towards the end of the main trial (Spring 2017) as results become available. This will allow the group to take an active role in disseminating the results.

The next meeting will take place in Truro on **21st September**.

Kevin has recently helped the research team to design a 'study update' newsletter, which will soon be sent to all participants in the main trial.

Dates for Your Diary:

- Process evaluation team meeting 1.00-3.00pm on **6th June** (room SC1.27, South Cloisters, St. Luke's Campus, University of Exeter)
- Principal investigators' teleconferences 9.30-11.00am on **9th June**, 1.30-3.00pm on **5th July** and 1.30-3.00pm on **2nd August**
- Methodology meeting 2.00-3.30pm on **21st June** (room SC2.17, St. Luke's Campus, Exeter—with video links from Truro and Dundee)
- Programme Management Group (PMG) meeting on **22nd July** at 12.45-3.15pm (buffet lunch 12.00) in JS07, Smeall Building, St. Luke's Campus, University of Exeter (with Trial Oversight Group meeting 11.00-12.00 and Intellectual Property meeting 3.30-4.00pm).

Issue 3 -
December 2016



Welcome to the Christmas Newsletter. It has been a good year for REACH HF! We achieved our target recruitment in the main WP3 trial and in the pilot WP2 trial. Many thanks for all your hard work. The WP2 team have been terrific having completed their follow up earlier this month with 90 % retention! Well done to the Dundee team! The WP3 teams are on track to complete follow up by February 2017. The New Year promises to be busy with data collating and analyses. We are all looking forward to the results which we will disseminate to all of you including the PPI group , the PMG , the DMC and PSC. Rod and I are most grateful for helping us deliver on all our milestones so far.

Yuletide greetings and a Happy New Year to all of you.

Dr Hayes Dalal



WP2 is complete!

The WP2 team in Dundee have now completed the WP2 pilot study just in time for their Christmas break - huge congratulations and thanks to Chim, Karen, Lynn, Fatima, Joanne, Heather and Gwen. We hope to have some results in the Spring! In the New Year the PenCTU team will be in touch with any queries and commence site close down.

The WP3 study is nearly complete with just a few months to go until all the visits are complete. The last visit is due to be completed on 3rd February 2017. The first site to finish will probably be Truro!

Don't Forget...

Please post blood samples ASAP especially with the clinics later this week!



The PenCTU is closed from 23.12.16 until 03.01.17. Vicky will be covering SAE reporting so if an SAE is reported, please contact Vicky on 07843590037.

Roll on 2017! We hope to have WP2 results in the Spring and WP3 results in the Autumn.



REACH-HF News

Issue 14. February 2017



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Study extension to June 2018

REACH HF has secured approval from the NIHR for a 6 month extension to the research and £50,000 in additional funds. The extension was supported by Professor Cowie, the chair of the programme steering committee who wrote to the NIHR stating that the REACH-HF team had made “excellent progress to date” and a short extension was necessary to ensure timely delivery of the scientific outputs of the various work packages. The study extension will allow Dr Hayes Dalal to co-ordinate the writing of the study monograph and includes funds to pay for open access publication on the findings of the research.

New Faces



Suzanne Nunn joined REACH HF in January as our administrator. Her usual working week is Mon and Tues 8.30-4.45 and Thurs 8.30-1.00

Two new PhD students jointly funded by the NIHR and the University of Exeter are linked to REACH HF:



Miriam Noonan graduated from University College Cork, Ireland in 2007. Her PhD will explore the role of informal carers in Chronic Illness.



Grace Dibben completed her MSc in cardiovascular rehabilitation in 2013. Her PhD title is ‘Cardiac Rehabilitation and Physical Activity Levels in Heart Failure’

Congratulations and goodbye!

Congratulations to Vicky Eyre our trial manager from Pen CTU who has been appointed as the Centre Manager for Re:Cognition Health Plymouth which is a centre delivering commercial Alzheimer’s trials and memory clinics. Vicky will be attending our PMG meeting in April which will be her last official duties with Pen CTU. We will miss her and wish her every success in her new position.

REACH-HFpEF (WP2) Update

At the end of December 50 patients had been recruited with 45 of them returning the primary outcome measure (retention of 90%). All the data has now been collected and sent to Fiona Warren (statistician) in Exeter for analysis. The results will be discussed at the Programme Management Meeting (PMG) in April.

REACH-HFpEF (WP3) Update

The main trial recruited 216 patients at all four sites have now completed their 12 month follow ups with 86% retention (186 patients). All qualitative interviews are completed and Julia in Exeter has started coding data: specifically looking at the difference between 4 and 12 month interviews and what sustains or prevents continued behaviour change. Also looking at interactions between patient and caregiver and how REACH HF has impacted on the relationship. We are expecting to present results of WP3 at the PMG in September 2017.

Patient and Public Involvement

In September the PPI group (chaired by Kevin) reviewed the REACH-HF progress report and the reasons why participants ‘dropped out’ of the study were discussed. Looking forward the group discussed proposed caregiver research that would build on the work done in the REACH-HF programme. Jenny has applied for a NIHR career development fellowship to fund this work.

Dates for Your Diary:

- REACH-HF PI (teleconference) 28.02.2017 3-4pm
- PPI meeting, County Arms, Truro 14.03.2017
- REACH-HF PMG and TOG St Luke’s Campus, Exeter 28.04.2017

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

REACH-HF News

Issue 15 June 2017



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REACH-HFpEF (WP2) The big reveal!

The Programme Management Group (PMG) met in Exeter on the 28th April to find out if the results of the WP2 pilot trial of the REACH-HF manual in patients with heart failure and preserved ejection fraction (HFpEF) conducted in Dundee.

The results were promising and we now intend to disseminate these at various conferences. Rod Taylor will present this at the British Association of Cardiovascular prevention and Rehabilitation (BACPR) annual meeting in London 06.10.2017. We also agreed to show an expression of interest for an NIHR HTA grant to support a full trial. This will be led by Chim Lang and Rod Taylor.

Patient and Public Involvement

In May the PPI group (chaired by Kevin Paul) met to discuss the results presented at the PMG meeting and help develop a dissemination plan to inform the wider public about the research findings.

It was agreed that the group should have a strong presence at the 'Let's Talk' research event (RCHT March 2018) for recruitment and dissemination.

Not so new Faces

Although it was sad to say goodbye to Vicky Eyre our trial manager from PenCTU we are delighted to welcome back Chris Hayward as our new trial manager. Chris was involved with REACH HF at the very beginning in 2012 and it is great that he will be there to see the full results.

*Dates for your diary:
Next PMG meeting 22nd September
PPI meeting 17th December
April 6th 2018 REACH-HF Closing
Conference*

REACH-HF dissemination plans

Members of the PMG also discussed draft plans for dissemination of results prepared by Rod and Hayes. A number of key conferences were identified in addition to academic and medical journals.

A REACH HF Closing Conference is planned for April 2018. The conference will be held at Pendennis Castle, Falmouth, Cornwall and is already attracting interest from leading specialists in the field. The conference will be videoed and available to download as a podcast from our website.



REACH-HFrEF (WP3) Update

Fiona Warren our statistician is in the process of analysing the quantitative data and Jenny and Julia are working on the qualitative aspects of REACH-HF.

We are expecting to present results of WP3 at the PMG in September 2017. The presentation of the results will follow the 'Big Reveal' format used for WP2, where the results are discussed before the group that received the intervention is revealed by opening a sealed 'golden' envelope.

[http://www.rcht.nhs.uk/
RoyalCornwallHospitalsTrust/WorkingWithUs/
TeachingAndResearch/ReachHF](http://www.rcht.nhs.uk/RoyalCornwallHospitalsTrust/WorkingWithUs/TeachingAndResearch/ReachHF)

REACH-HF News

Issue 16. October 2017

REACH-HFrEF (WP3) The big reveal!



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The REACH-HF Programme Management Group (PMG) met on 22nd September in Exeter to review the results of the multicentre REACH-HF WP3 RCT. The main results were presented and an initial interpretation of findings were agreed by the PMG. The PMG agreed that the results should remain confidential until the remaining quantitative and qualitative data analyses have been completed. We aim to submit the findings for publication in a peer reviewed journal before the end of 2017. A press release of the results will be publically available to coincide with the publication date.

Congratulations



Grace Dibben and Miriam Noonan our PhD students both presented their research at the BACPR 2017 conference. Grace was awarded the prize for the best oral presentation for her systematic review and meta-analysis 'Does cardiac rehabilitation impact physical activity levels of heart disease patients?'

Congratulations also go to Kim Arnell our research nurse who was shortlisted for The RCNi Nurse Awards 2017 in May. Kim started working in REACH-HF in 2015 and her nomination was for this work. <http://intra.cornwall.nhs.uk/Intranet/News/NewsArticles/RCHT/StaffNurseShortlistedforBankNurseoftheYear.aspx>

Date for Your Diary:

Closing conference and dissemination event 06.04.2018

Patient and Public Involvement

The PPI group (chaired by Kevin) are planning a celebratory meal on the 17th [November at the County Arms in Truro, Cornwall to mark the end of this project and to celebrate the members of the PPI group's contribution. Continuing involvement is planned with the group having a key role as reviewers of our publications and advising us on public dissemination.

Dissemination news

Rod presented the findings of WP2 (Pilot RCT) at the BACPR conference in London on 6th October and also at the Welsh Heart Failure Forum on the 13th October where it was the keynote: 'A Facilitated Home-Based Rehabilitation Intervention in Patients with Heart Failure with Preserved Ejection Fraction and their Caregivers: REACH-HFpEF Pilot Study'.

Joe Mills, past president of the BACPR, will present an overview of the REACH-HF study at the British Soc of Heart Failure conference in London on 24th November. The study poster 'A Facilitated Home Based Rehabilitation Intervention: Impact on Well-Being and Quality of Life in Patients with Heart Failure with Preserved Ejection Fraction' has been accepted for presentation at the prestigious American Heart Association's Scientific Sessions 2017 in Anaheim, California from November 11-15. Rod will also be attending the meeting.

Hayes will be giving an overview of the study at this year's British Soc. for Heart Failure annual meeting in London on 24th November.

REACH-HF and social media

REACH-HF now has a Facebook page and twitter account. Please 'like' our page and 'follow' us



REACH_HF @heartfailurerehabilitation



Reach-hf @heartfailurerehabilitation

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

REACH-HF News

Issue 17 April 2018



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REACH-HFEF (WP3) 'Best of the Best'

Following on from last September's Programme Management Group meeting when we had the 'big reveal' of the REACH HFReEF multicentre RCT results, Rod and Hayes have been busy submitting abstracts to several conferences. We are pleased that our abstract was in the top 3 in the heart failure category and was judged the 'Best of the Best' by the British Cardiovascular Society. We will be making an oral and poster presentation at their annual meeting on 6th June. A full manuscript of the findings has also been submitted for publication.

WP2 accepted by BMJ Open

The results of WP2 have been presented at the 2017 BACPR (London), AHA (California), the BSH (London) meetings and in 2018 at the BJGP (London) & the SW SAPC (Plymouth) conferences. BMJ Open have now accepted the REACH HFpEF pilot RCT for publication.

Patient and Public Involvement

The PPI group enjoyed a Christmas meal at the County Arms, Truro to celebrate their contribution to the project. Rod and Hayes discussed the results of WP3 with the group and how the group may like to be involved in the next stage of the research.

Dates for your diary:

*British Cardiovascular Society Annual Meeting, Manchester 6th June
BACPR Annual conference, 5th October, Glasgow. Oral presentations of main RCT*

REACH-HF Stakeholder and Dissemination Conference

The REACH-HF dissemination event on 6th April at Pendennis Castle, Falmouth, has attracted over 60 delegates including representation from our funder the National Institute of Health Research, our sponsor the Royal Cornwall Hospitals Trust, the University of Exeter, Kernow Clinical Commissioning Group, the British Heart Foundation and Pumping Marvellous—a patient charity for people with heart failure. Prof Martin Cowie, Consultant Cardiologist from Imperial College, London will deliver the keynote. The focus will be on the achievements of the REACH-HF study team over the last 5-6 years and the next steps. **#heartfailurehabilitation**



On the eve of the conference, key stakeholders are meeting for a workshop to discuss the potential implementation strategy for REACH-HF and how we could make REACH-HF easily accessible to patients within the NHS so it improves the current low uptake of cardiac rehab in people with heart failure.

[http://www.rcht.nhs.uk/
RoyalCornwallHospitalsTrust/WorkingWithUs/
TeachingAndResearch/ReachHF](http://www.rcht.nhs.uk/RoyalCornwallHospitalsTrust/WorkingWithUs/TeachingAndResearch/ReachHF)

REACH-HF News

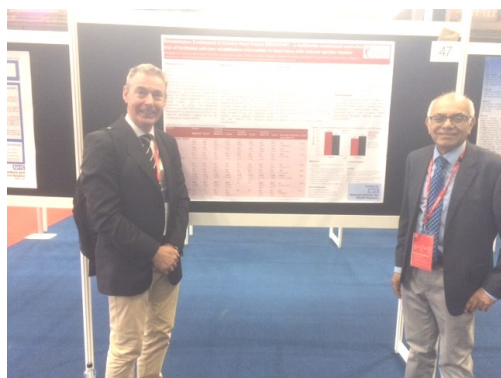
Issue 19 July 2018



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Conference Season!

The team have presented the research at a number of important national and international conferences: The BJGP conference (London, March 2018), the British Cardiovascular Society (Manchester, June 2018) the European Society of Cardiology HFA (Vienna, May 2018) Euro Heart Care (Dublin, June 2018) and the International Society for Behaviour, Nutrition and Physical Activity (Hong Kong, June 2018).



Our own local dissemination event at Pendennis Castle, Falmouth in April attracted over 60 delegates. Prof Martin Cowie, was the keynote

Preparing to 'Roll out' REACH-HF

With the main multicentre trial over our thoughts have turned to making REACH-HF NHS ready. Funding from the University of Exeter and our NIHR grant has enabled Prof Colin Greaves to lead on updating the intervention with a post doc, Sam van Beurden the aim is to have an NHS ready version to showcase at the BACPR in Glasgow! Colin and Sam are working with the Heart Manual Department in Edinburgh.

Dates for your diary:

BACPR Annual conference, 5th October, Glasgow. Oral presentations of main RCT

REACH-HF Dissemination news

A summary of the main multicentre RCT results are available at: http://heart.bmj.com/content/104/Suppl_6/A43.2

We will be submitting articles for the caregiver outcomes, the process evaluation and the health economic findings for publication later in 2018.

Patient and Public Involvement

The PPI group are continuing to actively involved with the project. They are now working with Sam van Beurden and Colin Greaves on updating the manual in preparation for 'roll-out'.

Hello and Goodbye

Sam Van Beurden from the University of Exeter Medical School (UEMS) joined the REACH HF team in May. She can be contacted at sbv201@exeter.ac.uk

Jenny Wingham's is no longer with RCHT an honorary post with UEMS and will be involved in updating REACH-HF training materials with Colin Greaves.

Kat Horner has replaced Emma Thompson as our Programme Manager at the NIHR CCF.

Suzanne Nunn who has been the project administrator since January 2017 will be leaving at the end of June when her contract ends. We will miss her!

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

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

REACH-HF News

Issue 21 April 2019

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

The REACH HF team

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REACH-HF News

Issue 22 Summer 2019

Beacon Sites launched

Four cardiac rehab teams (from University College Hospitals London NHS Foundation Trust, Belfast Health and Social Care Trust, Gloucestershire Care Services and Wirral Community NHS Foundation Trust) who were successful in the Beacon Site competition and selected to be the first sites to roll out the REACH-HF home based cardiac rehab programme, attended a facilitator training event in May which was run by NHS Lothian at the Heart Manual Department, Edinburgh.

Following an introduction by Professor Rod Taylor, the REACH-HF facilitator training was delivered by Dr Carolyn Deighan (Psychology), Miriam Noonan (Family & Friends), Professor Patrick Doherty (Physical Activity) and Edith Sheerin (Nursing aspects). In addition, PhD student, Paulina Daw, delivered a presentation on service evaluation. Professor Colin Greaves, Dr Sinead McDonagh and Dr Hayes Dalal attended as observers with Louise Taylor as their host. The four Beacon Sites are now actively recruiting heart failure patients to participate in the REACH-HF programme. Further facilitator training dates are available later in the year (25th-27th September).



Dissemination

We are delighted to announce that the mixed methods process evaluation of REACH-HF has been accepted for publication in BMJ Open (in press). In addition, 'Caregiver outcomes of the REACH-HF multicentre randomized controlled trial of home-based rehabilitation for heart failure with reduced ejection' was published in the European Journal of Cardiovascular Nursing (<https://doi.org/10.1177/1474515119850011>). Two letters related to REACH-HF have recently been published in the European Journal of Preventive Cardiology 'Home-based rehabilitation for heart failure: we need to act now' (<https://doi.org/10.1177/2047487319836515>) and 'Heart failure rehabilitation improves quality of life' (<https://doi.org/10.1177/2047487319863507>). Our most recent publication is 'Exercise-Based Rehabilitation for Heart Failure: Cochrane Systematic Review, Meta-Analysis, and Trial Sequential Analysis' (<https://doi.org/10.1016/j.jchf.2019.04.023>) with a supportive editorial in JACC HF (<https://doi.org/10.1016/j.jchf.2019.05.006>). Prof Taylor also spoke on REACH-HF at the June 2019 British Cardiovascular Society conference. REACH-HF has recently been selected by the South West Academic Health Science Network (SW AHSN) as an innovation that could be suitable for national spread. A decision on the outcome is awaited.

PPI

We are now in the second half of 2019 and there hasn't been a group meeting for some time. However, as you will see from this newsletter there has still been a great deal of activity with submissions to various medical publications, further applications for funding and progressing the Beacon Sites roll-out of REACH-HF. I read through all documentation with my PPI hat on and am in regular contact with Hayes and Sinead, making sure that the PPI team remains an important part of the REACH-HF project. Hope to see you all soon and enjoy the rest of the summer, Kevin.

What are the next steps?

Given that REACH-HF has shown both healthcare and economic benefits, we have made grant applications, which, if successful, will aid in the wider implementation of home based cardiac rehab across the NHS. We have been invited to submit a stage 2 application to the NIHR Health Services & Delivery Research (HS&DR) programme. We would like to make a digital version of the REACH-HF intervention and are looking at ways to fund this initiative. We are also exploring international collaborations with researchers in Denmark and Australia. Watch this space!

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, future projects and dissemination of results. Do follow us if you'd like to hear news as and when it comes out.

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