

THE HEART MANUAL QUARTERLY

JULY/AUGUST 2021

ECO FRIENDLY HEART MANUAL

We have been working to be more eco-friendly, by reducing the amount of paper-training resources we print and send across the UK. Instead, all training resources are hosted online for each training course in a secure, password-protected area of the Heart Manual website. We have also made changes to our patient resources, having changed plastic CD covers to recycled cardboard. Similarly, we have made all our resources available online or via mobile phone (HM Relax App).



A VERY SPECIAL THANK YOU

From all of us from the Heart Manual Department, we would like to formally thank Karen McMeeken for all her support and contribution over the years. Karen has been instrumental to the HM Department, having been involved in training, research studies, and a representative in our public involvement group, as well as facilitating the programme with patients. We wish you all the very best in retirement – very well deserved!

THANK
YOU

REACH-HF TRAINING

Over June & July, we delivered REACH-HF training to over 50 healthcare professionals who will be delivering the REACH-HF programme to patients with preserved ejection fraction and their caregivers. This is part of a larger trial measuring health-related quality of life and psychological well-being, exercise capacity, physical activity, and HF-related hospitalisation.

You can keep up to date with REACH-HF and see more here:

- <http://sites.exeter.ac.uk/reach-hf/>
- Twitter (@REACH_HF)



PATIENT FEEDBACK

"I found it reassuring and extremely informative about my condition and I will definitely refer back to it in the future"

"All! It has been so useful to me and my partner. I would have felt alone during COVID restrictions without it"

"The exercises have helped a great deal with my arthritis in particular and health and strength generally"

"I am being more disciplined about taking exercise and eating healthily"

"The Manual has given me what me I need and when I needed it"

FACILITATION TOP TIPS: PACING

A key aspect of facilitating self-management is teaching patients how to pace. This does not just apply to physical activity. Some key phrases that can be used to help patients understand pacing and achieve their targets:

- Pacing is a way of increasing your activities (or achieving your goal) in small, easy stages
- Progress should be steady, so it's better to do as you plan, rather than as you feel
- Start by looking at what you think you can do easily, once you have achieved that you can set a new target
- Increase your exercise when it's been 'too easy' or 'all right' for at least 2 days. If it's 'too hard' for a few days, cut back a little and assess how that is.



2021 TRAINING

A range of dates are available for facilitator training for the Heart Manual and the REACH-HF programme during the remainder of 2021. We continue to run our free of charge Digital Reboot sessions for existing HM facilitators interested in providing the digital versions of the Heart Manual Post MI and Revascularisation editions. Our clinicians are available for any questions you may have.

For details on training dates and purchasing Manuals, please contact our office:

Telephone: 0131 537 9127

Email: heart.manual@nhslothian.scot.nhs.uk



LITERATURE UPDATE



Here are a selection of recent articles selected by Carolyn (Health Psychologist) and Sharon (Specialist Nurse Practitioner) which may be of interest to you.

Psychology

- Dalal, H. M., Doherty, P., McDonagh, S. T., Paul, K., & Taylor, R. S. (2021). Virtual and in-person cardiac rehabilitation. *BMJ (Clinical research ed.)*, 373, n1270. <https://doi.org/10.1136/bmj.n1270>
- Musey, P. I., Jr, Schultebrucks, K., & Chang, B. P. (2020). Stressing Out About the Heart: A Narrative Review of the Role of Psychological Stress in Acute Cardiovascular Events. *Academic emergency medicine : official journal of the Society for Academic Emergency Medicine*, 27(1), 71-79. <https://doi.org/10.1111/acem.13882>
- O'Neil, A., Nicholls, S. J., Redfern, J., Brown, A., & Hare, D. L. (2020). Mental Health and Psychosocial Challenges in the COVID-19 Pandemic: Food for Thought for Cardiovascular Health Care Professionals. *Heart, Lung and Circulation*, 29 (7), 960-963. <https://doi.org/10.1016/j.hlc.2020.05.002>.
- Rosson, S., Monaco, F., Miola, A., Cascino, G., Stubbs, B., Correll, C. U., Firth, J., Ermis, C., Perrotti, A., Marciello, F., Carvalho, A. F., Brunoni, A. R., Fusar-Poli, P., Fornaro, M., Gentile, G., Granzio, U., Pigato, G., Favaro, A., & Solmi, M. (2021). Longitudinal Course of Depressive, Anxiety, and Posttraumatic Stress Disorder Symptoms After Heart Surgery: A Meta-Analysis of 94 Studies. *Psychosomatic medicine*, 83(1), 85-93. <https://doi.org/10.1097/PSY.0000000000000872>
- Wu, Y., Levis, B., Sun, Y., He, C., Krishnan, A., Neupane, D., Bhandari, P. M., Negeri, Z., Benedetti, A., Thombs, B. D., & DEPRESSION Screening Data (DEPRESSD) HADS Group (2021). Accuracy of the Hospital Anxiety and Depression Scale Depression subscale (HADS-D) to screen for major depression: systematic review and individual participant data meta-analysis. *BMJ (Clinical research ed.)*, 373, n972. <https://doi.org/10.1136/bmj.n972>

Nurse/AHP

- Birtwistle, S. B., Jones, I., Murphy, R., Gee, I., & Watson, P. M. (2021). Family support for physical activity post-myocardial infarction: A qualitative study exploring the perceptions of cardiac rehabilitation practitioners. *Nursing & health sciences*, 23(1), 227-236. <https://doi.org/10.1111/nhs.12806>
- Bostock, B. (2021). Cardiovascular disease: the gender divide. *Journal of Prescribing Practice* 3 (4), 144-150. <https://www.magonlinelibrary.com/doi/full/10.12968/pnur.2021.32.5.184>
- Drake, N. (2021). Building up rehabilitation services as we wait to hold patients' hands again. *British Journal of Cardiac Nursing*, 16 (4), 1-2. <https://www.magonlinelibrary.com/doi/full/10.12968/bjca.2021.0047>
- McHale, S., Astin, F., Neubeck, L., Dawkes, S., & Hanson, C. L. (2020). A systematic review and thematic synthesis exploring how a previous experience of physical activity influences engagement with cardiac rehabilitation. *European journal of cardiovascular nursing : journal of the Working Group on Cardiovascular Nursing of the European Society of Cardiology*, 19(1), 31-43. <https://doi.org/10.1177/1474515119882549>
- Moore, E. C., Tsakirides, C., Rutherford, Z., Swainson, M. G., Birch, M. K., Ibeggazene, S., & Ispoglou, T. (2020). Dietary education provision within a cardiac rehabilitation programme in the UK: a pilot study. *British Journal of Cardiac Nursing*, 15 (8), 1-12. <https://www.magonlinelibrary.com/doi/full/10.12968/bjca.2020.0012>
- Qin, X., Chen, J., Suo, R., Feng, L., Zhang, Y., & Jun, Y. (2020). The dissimilarity between myocardial infarction patients' and spouses' illness perception and its relation to patients' lifestyle. *Journal of Clinical Nursing*, 29, 887-898. <https://doi.org/10.1111/jocn.15132>
- Salt, H., El-Salahi, S., Schiza, A., & Dent, J. (2021). Implementing a stepped-care psychological pathway for cardiac patients with comorbid anxiety and depression in the UK: a service development project. *British Journal of Cardiac Nursing*, 16 (3), 1-14. <https://www.magonlinelibrary.com/doi/full/10.12968/bjca.2020.0151>
- Thomson, P., Rushworth, G. F., Andreis, F., Angus, N. J., Mohan, A. R., & Leslie, S. J. (2020). Longitudinal study of the relationship between patients' medication adherence and quality of life outcomes and illness perceptions and beliefs about cardiac rehabilitation. *BMC cardiovascular disorders*, 20(1), 71. <https://doi.org/10.1186/s12872-020-01378-4>
- Vogel, B., Acevedo, M., Appelman, Y., Bairey Merz, C. N., Chieffo, A., Figtree, G. A., Guerrero, M., Kunadian, V., Lam, C., Maas, A., Mihailidou, A. S., Olszanecka, A., Poole, J. E., Saldarriaga, C., Saw, J., Zühlke, L., & Mehran, R. (2021). The Lancet women and cardiovascular disease Commission: reducing the global burden by 2030. *Lancet (London, England)*, 397(10292), 2385-2438. [https://doi.org/10.1016/S0140-6736\(21\)00684-X](https://doi.org/10.1016/S0140-6736(21)00684-X)

STAY UP TO DATE WITH THE HEART MANUAL DEPARTMENT

You can find updated information and resources to support you in your role as HM Facilitator are in the Facilitator Login Area of our website: <https://services.nhslothian.scot/TheHeartManual/> and on Twitter ([@TheHeartManual](https://twitter.com/TheHeartManual))

Forgotten Your Login Details? If you have forgotten your password, you can reset it here: <https://services.nhslothian.scot/Login/Pages/ForgotPassword.aspx>

Contribute to the Heart Manual Quarterly! Should there be a Heart Manual story or memory you'd like to share with the HM facilitator network via this regular newsletter please submit to heart.manual@nhslothian.scot.nhs.uk. Previous examples can be seen [here](#).