

THE HEART MANUAL QUARTERLY



APRIL/MAY 2021

CALL FOR PRACTITIONERS



We have recently been successful in grant funding to digitise the Cancer Manual – a home-based, self-management programme for people living with and beyond cancer. We are currently inviting patient and practitioners' representatives with an interest in cardiac and cancer to help support the development and provide feedback. If you are interested, please contact Dr Carolyn Deighan (Carolyn.deighan@nhslothian.scot.nhs.uk).

PLEASE GIVE US FEEDBACK!

We launched the 'HM Relax' App to make our relaxation programme easily accessible on your phone or tablet. You can find this by searching for 'HM Relax' on the Apple App Store or Google Play Store. You will be asked for a username and password to access the app, which can be found in the HM facilitator area.

We are currently evaluating the app and would appreciate it if you could take a few moments to share your thoughts on the app complete and share the following surveys.

- **Survey for Healthcare Professionals:**
<https://nhslothiansurveys.onlinesurveys.ac.uk/relaxationapp/practitioners>
- **Survey for Patients:**
<https://nhslothiansurveys.onlinesurveys.ac.uk/relaxationapp>

AVAILABLE TRAINING

A range of dates are available for facilitator training for the Heart Manual and the REACH-HF programme during 2021. We continue to run the 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 (heart.manual@nhslothian.scot.nhs.uk) or telephone (0131 537 9127).

PATIENT FEEDBACK

Looking at feedback over the past three years, 97% of patients agreed that the Heart Manual has helped them to manage their condition, and 89% agreed that the Heart Manual motivated them to change their lifestyle. Here is some recent feedback from patients:

"It was my companion throughout my recovery and really helped!"

"The Health Manual is an excellent tool for anyone who has had a heart attack or heart problems"

"I found great encouragement in the phone calls from the rehab team"

"It has helped me to manage my diabetes better by helping me to be more active and encouraging me to eat more healthily"

"It's the best book ever, so helpful. I look at it every day."

"It was my 'bible' for recovery."

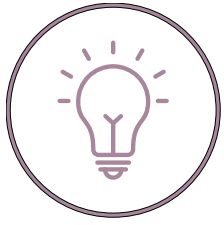
THANK
YOU

FACILITATION TOP TIPS

Looking out for the 5 ways that people make sense of their illness can help you assess their understanding and how they may cope. On phone or face to face contacts listen to the way people talk about these 5 areas and address the concerns:

- **What is it?**
- **What is the cause of it?**
- **How long does it last?**
- **What will happen to me?**
- **What can I do about it?**





DIGITAL REBOOT TOP TIP

Based on feedback from our Public & Patient Involvement Group, we have added a new contents tab to the Digital Heart Manual for easier navigation - please check out the right-hand side of the home screen the D-HM. Here you will find quick links to each component of the programme, including:



- **How to use the Manual**
- **Part 1: The Facts**
- **Part 2: The Weekly Programme**
- **Part 3: Facts & Advice to Help Your Recovery**

Remember you can attend our free of charge Digital Reboot sessions for existing HM facilitators if you are interested in providing the digital versions of the Heart Manual Post MI and Revascularisation editions. For more details, please contact our office (heart.manual@nhslothian.scot.nhs.uk) or telephone (0131 537 9127)

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

- [Cader, F., Yancy, C., & Banerjee, S. \(2021\). To be, or not to be BAME, in the time of COVID-19: does it matter? Heart, 107\(9\), 692-693. DOI: 10.1136/heartjnl-2020-318884](#)
- [Jacquet-Smailovic, M., Tarquinio, C., Alla, F., Denis, I., Kirche, A., Tarquinio, C., & Brennstuhl, M.-J. \(2021\). Posttraumatic Stress Disorder Following Myocardial Infarction: A Systematic Review. Journal of Traumatic Stress, 34\(1\), 190-199. DOI: 10.1002/jts.22591](#)
- [Ohm, J., Skoglund, P., Häbel, H., Sundström, J., Hambraeus, K., Jernberg, T., & Svensson, P. \(2021\). Association of Socioeconomic Status with Risk Factor Target Achievements and Use of Secondary Prevention After Myocardial Infarction. JAMA Network Open, 4\(3\), e211129. DOI: 10.1001/jamanetworkopen.2021.1129](#)

Nurse/AHP

- [Ibegazene, S., Moore, C., Tsakirides, C., Swainson, M., Ispoglou, T., & Birch, K. \(2020\). UK cardiac rehabilitation fit for purpose? A community-based observational cohort study. BMJ Open, 10\(10\), 1-8. DOI: 10.1136/bmjopen-2020-037980](#)
- [Laursen, U., Johansen, M., Joensen, A., Overvad, J., & Larsen, M. \(2020\). Is Cardiac Rehabilitation Equally Effective in Improving Dietary Intake in All Patients with Ischemic Heart Disease? Journal of the American College of Nutrition, 40\(1\), 33-40. DOI: 10.1080/07315724.2020.1755910](#)
- [Mahtta, D., Ramsey, D., Krittawong, C., Mahmoud Al Rifai, M., Khurram, N., Samad, Z., Jneid, H., Ballantyne, C., Petersen, L., & Virani, S. \(2021\). Recreational substance use among patients with premature atherosclerotic cardiovascular disease. Heart, 107\(8\), 650-656. DOI: 10.1136/heartjnl-2020-318119](#)
- [Scott, M., Murnane, K., & Orr, A. \(2021\). Young at heart? Drugs of abuse cause early-onset cardiovascular disease in the young. Heart, 107\(8\), 604-606. DOI: 10.1136/heartjnl-2020-318856](#)
- [Stewart, J., Addy, K., Campbell, S., & Wilkinson, P. \(2020\). Primary prevention of cardiovascular disease: Updated review of contemporary guidance and literature. JRM Cardiovascular Disease, 9\(1\), 1-12. DOI: 10.1177/2048004020949326](#)
- [Turk-Adawi, K., Supervia, M., Lopez-Jimenez, F., Adawi, A., Sadeghi, M., & Grace, S. \(2021\). Women-Only Cardiac Rehabilitation Delivery Around the World. Heart, Lung and Circulation, 30\(1\), 135-143. DOI: 10.1016/j.hlc.2020.01.015.](#)

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 by **30th June 2021**. Previous examples can be seen [here](#).

