



It's Our Birthday!

The Heart Manual turns 30 on April 25th, and the team are thrilled! We would like to extend a big, heartfelt 'Thank You!' to all of our facilitators who make this wonderful resource accessible to your patients. It's one big team effort, and we're grateful you've come along for the ride. Here's to the next 30!



Let's Get Digital

DIGITAL HEART MANUAL INFORMATION CARD

Use this card to access your Digital Heart Manual pack by either scanning the QR code or following the link below.



<https://services.nhslothian.scot/TheHeartManual>

We're launching QR Code Cards to be given to patients who opt for the Digital Heart Manual. A little business size card with QR codes that link the patient to all The Heart Manual resources they'll need on their rehabilitation journey.

Feel like brushing up on your Digital Heart Manual Skills? We are continuing Digital Reboot Sessions, so you can get a refresher on your Heart Manual Skills. Send us an email at heart.manual@nhslothian.scot.nhs.uk to book your spot.

Farewells & New Additions

Dr Hannah Ranaldi, one of the department's assistant psychologists is leaving us to pursue her many exciting plans as a fully qualified Health Psychologist. We wish her all the best in the next stage of her career. We would like to welcome Roseanne Morris our new assistant psychologist, who joined us in March.



Updates to Facilitator Handbook

We have updated some of the literature in your **Facilitator Handbook**. Check out 'The Heart Manual Development' and 'Facilitating The Heart Manual chapters.' In the facilitators section of the website, [which can be found here](#).

Happiness & Mindfulness

Did you know our [Relaxation Programme](#) is influenced by Buddhist practices? Here are some resources that can help promote positive thought patterns.



20 minute Ted-Talk for you and your patients

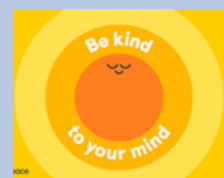
Matthieu Ricard is a French, Buddhist monk with a PhD in Molecular Genetics from the Pasteur Institute of Paris. With over 2.5 million views, his talk tells us how we can develop our habits of happiness.

10 minute video on building mindfulness

Join Andy Puddicombe, co-founder of the Headspace app, on how he has built mindfulness and meditation into his daily life

Do you have patients who struggle to meditate?

This [article](#) lists some great, accessible activities that might prefer to explore!



Let's talk about Habit Stacking

Habit Stacking is where we use well-established habits, like brushing teeth or eating breakfast, and using them like an anchor for a new habit, like chair exercises, or using the Heart Manual Relaxation app or CD.

Check out this study from the [British Journal of Health Psychology](#) to see the positive impact of Habit Stacking.



Happy Ramadan to all
our team and facilitators
celebrating!

[The South Asian Health Foundation](#) and [Stanford University](#) have some useful resources on how to support your patients during the Holy Month.

Psychology Literature Update

- **This study** looks at the impact anxiety and depression as risk factors in cardiac rehabilitation. Bermudez et. al. (2021) do a great job at highlighting the value of using the HADS scale with patients, and the value in understanding their mental health.
- **Fiorella A. Heald et. al. (2022)** found that women had the lowest adherence rate in Home Based Cardiac Rehabilitation. This may be worth bearing in mind when working with female patients.
- **Encouraging Flow can lead to improved exercise compliance in cardiac rehabilitation patients.** In positive psychology, *flow* refers to a deeply calm and focused state - you could also think of it as 'being in the zone.' Practicing mindfulness and meditation can aid in achieving this state of mind.
- **An NHS trial delivered 6 sessions of metacognitive therapy.** demonstrated the value of understanding a patient's mental health using measurements like the HADS scale to uncover any need for additional psychological support. The trial found more positive gains for patients receiving the intervention which remained significant at 12 months. Metacognitive Therapy is a psychotherapy focused on changing metacognitive beliefs (i.e. beliefs about one's condition like 'Getting excited or angry will cause another heart attack').

Nursing Literature Update

- **Cardiovascular Outcomes of Patients Referred to Home Based Cardiac Rehabilitation** (2021) - While this study doesn't have a particularly diverse population group (predominantly white and male participants,) it does highlight well the benefits of HBCR compared to individuals invited to CBCR but who did not attend. Touches on the improvements in blood pressure, depression and lipid scores. Also holds a brief discussion on how CR is an underused resource due to a variety of factors, transport etc., and so HBCR has the capacity to fulfil those needs and be utilised as an evidence-based and effective form of CR.
- **This study highlights that cognitive function predicted mortality in heart failure better than health literacy (2022).** Demonstrates the value of further evaluating. The study has a really nice n372, with nearly a 50/50 split of male and female participants, however the majority of the sample are white.
- **Caregiving in Heart Failure (2022)** - This review highlights the value of caregivers and places an importance on the education of the caregivers to understand what their client/family member has endured and experienced. The authors cover articles which address unique gaps in caregiving science literature, from China, Taiwan, Italy, Jordan, Canada, and the United States.

Keep in touch with us!

- See updates to resources in the Facilitator Login Area of our website: <https://services.nhslothian.scot/TheHeartManual/> and on Twitter (@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.