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REACH-HF Programme

Before and during COVID 19 Pandemic

Wirral Cardiovascular Rehabilitation Service

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Wirral



320,000 population
12 year life expectancy variation

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Wirral CR Team

- Service Lead
- 1 x Cardiology Clinical Nurse Specialist
- 5 x Cardiac rehabilitation nurses
- 1 x Lead Exercise Physiologist
- 6 x Exercise Physiologists
- Community dietician support
- Administration support
- Support from Consultant Cardiologists / GPwSI / HFSN
- Wirral Cardiovascular Rehabilitation volunteers



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REACH-HF programme delivery

Pre COVID-19

- Beacon site
- 3 facilitators (1 x CRN, 1 x HFSN, 1 x EP)
- 50 patients
- 31 patient recruited pre COVID-19
- Centre, home-based and telephone appointments depending on patient need



REACH-HF beacon site training May 2019

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REACH-HF programme delivery

During COVID-19

- Home visits cancelled – phone support only
- 19 trial patients recruited
- 231 patients since we started as a Beacon site in 2019 (and counting!)
- No pre/post FCT but plan to re-start FCTs
- 3 new REACH-HF facilitators trained in June 2020 (2 x CRN, 1 x EP)
- Home visits re-introduced in July 2020

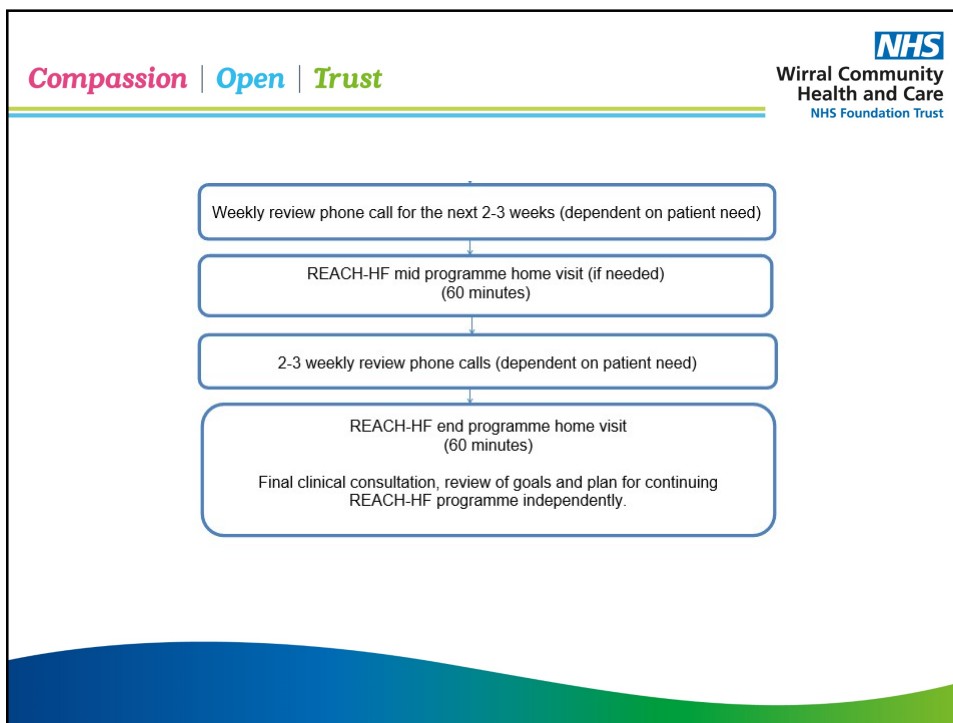
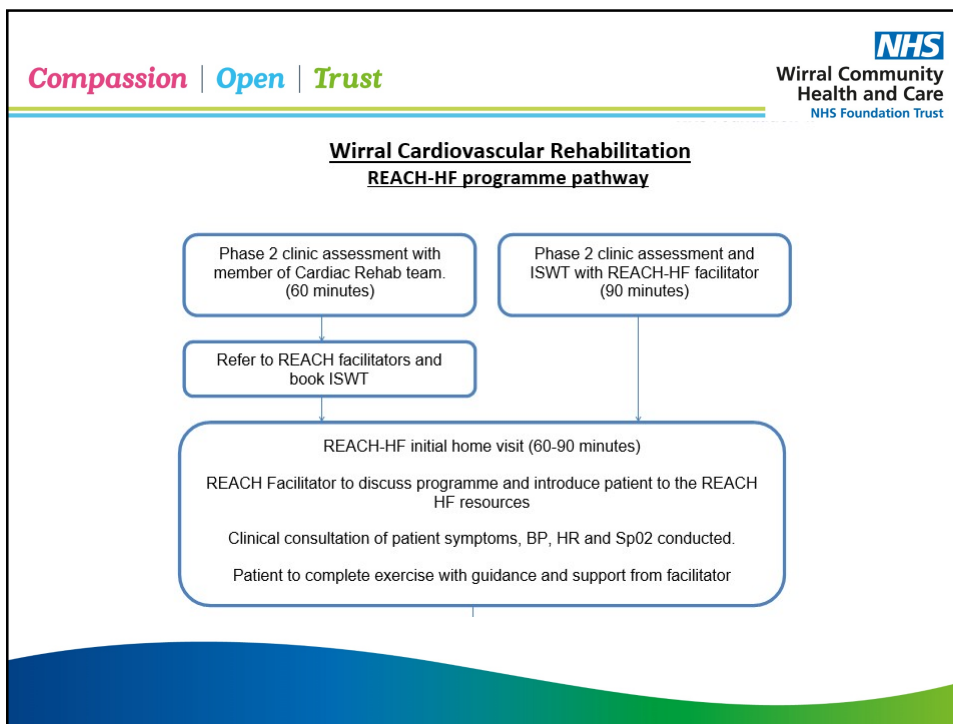
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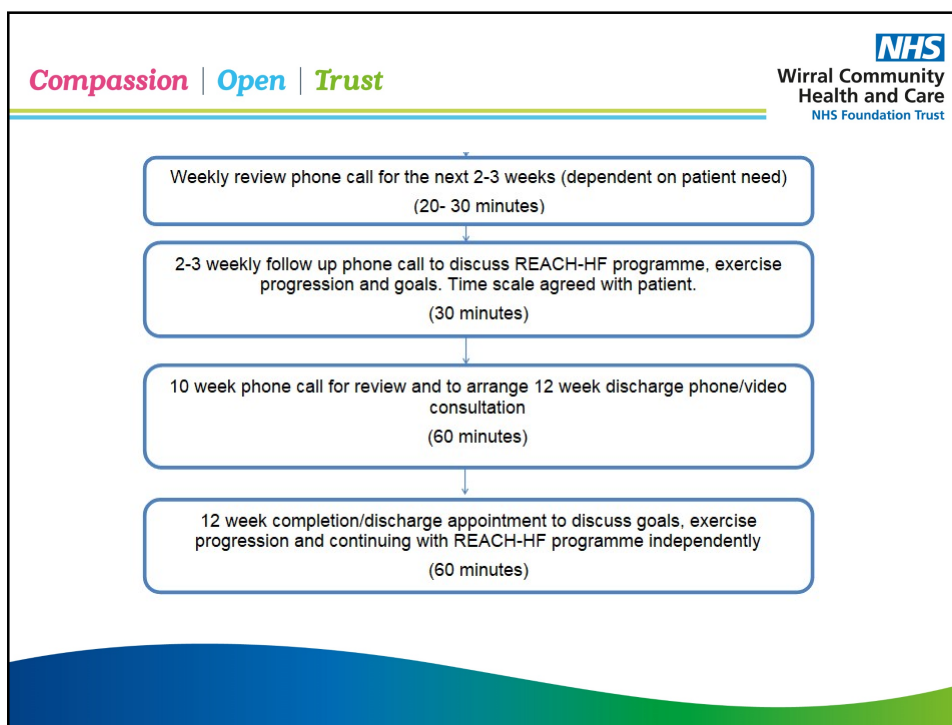
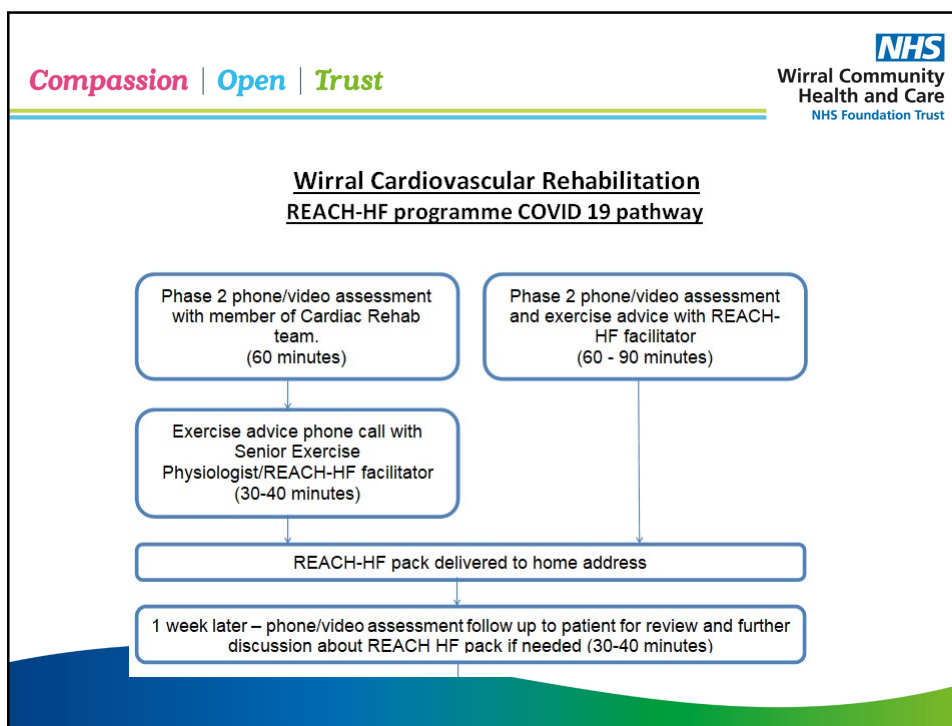
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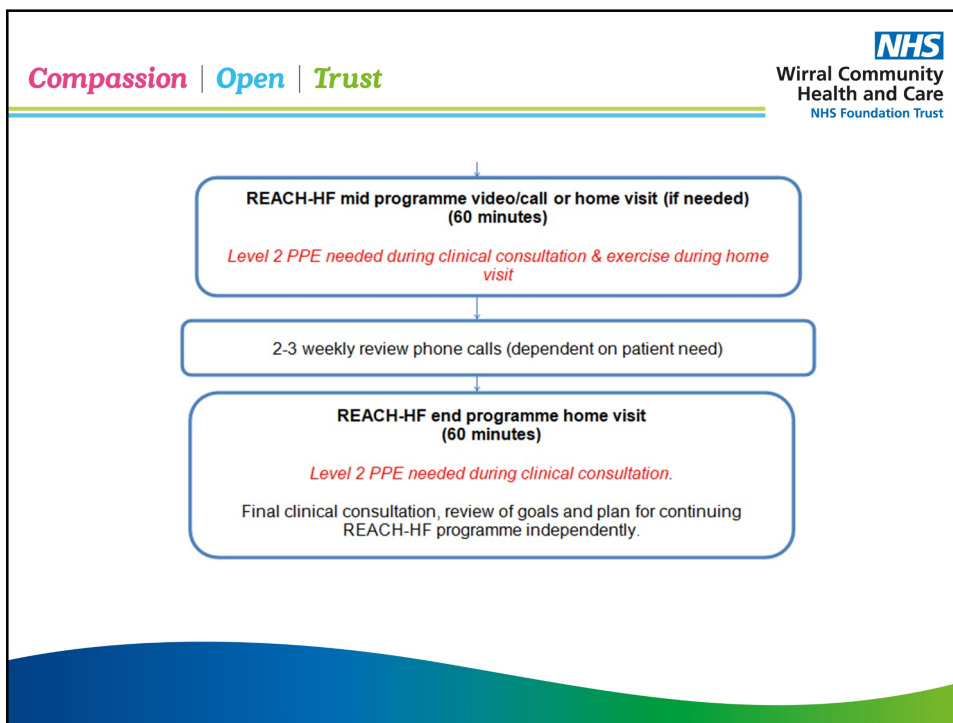
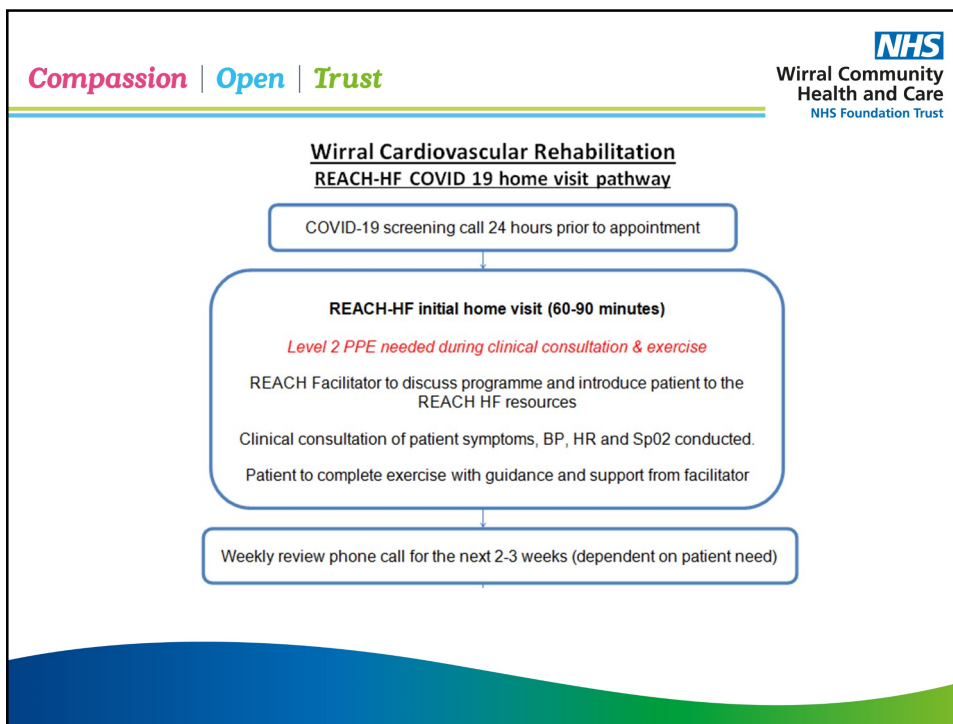
REACH-HF pathways

Wirral pathways

- REACH-HF programme pathway
- REACH-HF programme COVID-19 pathway
- REACH-HF COVID-19 home visit pathway








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REACH-HF referrals

Wirral referral criteria

- Referral criteria whilst beacon site (pre-COVID-19)
- Current referral criteria
- Source of referrals




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Practical set up

Wirral set-up

- ISWT: 2 cones, stop watch, audio, SP02 monitor, pen, ISWT form
- Home visits: REACH-HF pack, DVD player, BP and SP02 monitoring, PPE, Clinell wipes, health promotion material (BHF and Wirral CR)
- Rota planning: dedicated REACH-HF day per fortnight (12+ patients on each caseload)
- SystemOne: Templates designed for REACH-HF programme



Wirral REACH Heart Failure

Other Details: [Exact date & time] Mon 06 Jul 2020 10:51

Changing the consultation date will affect all other data entered. To avoid this, cancel and press the 'Next' button. [Hide Warning](#)

REACH Heart Failure | Symptoms & Care Plan | Examination | View Previous Information

REACH Heart Failure

Clinical Consultation

Exercise Consultation

Exercise Progression

REACH-HF material use/health education

Oxalis update:

Additional notes:

Date of Next appointment

Information | Print | Suspend | OK | Cancel | Show Incomplete Fields

Wirral REACH Heart Failure

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REACH Heart Failure | Symptoms & Care Plan | Examination | View Previous Information

Current Cardiovascular Symptoms

Angina / Chest Pain Symptoms

General symptoms

Angina

Shortness of Breath

Palpitations

External Follow Ups / Planned Interventions

Planned intervention

!! Create Reminder

Education Talks Attended

Life with an ICD programme Activities

Medication

Sensitivity & Allergy Summary

03 Feb 2015 PARACETAMOL

Current medication

Record Other Medication

Current medication

Medication compliance

Record Allergy or Sensitivity

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Wirral REACH Heart Failure

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REACH Heart Failure | Symptoms & Care Plan | Examination | View Previous Information

Examination

Consent for Examination		
Sitting BP (Left Arm)		mmHg
Sitting BP (Right Arm)		mmHg
Standing BP		mmHg
Pulse rate		bpm
Pulse Rhythm		
O/E - weight		Kg
Waist circumference		cm
Blood oxygen saturation		%
Blood glucose level		mmol/L
Urine Ketone Concentration		
Electrocardiography		
*Exercise risk assessment		

Information | Print | Suspend | | Cancel | Show Incomplete Fields

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NACR data input

- NACR information input ASAP after first appointment
- NACR data – needs to be recorded at Phase 3 / Core CR even if patient drops out
- Online REACH-HF – select 'REACH-HF' + 'Web-based: Other'


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Case studies

Edward

- Age: 69 years
- Diagnosis: NYHA II, EF 44%
- Past History: PCI to LAD, anaemia.
- Social history: Widowed 2 years ago, lives alone on 4th floor high rise flats, active with grandchildren.
- ISWT 120 metres walked
- Minnesota 14



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Case studies

Completed REACH-HF from April – August 2020

Betty

- Age 80 years
- Diagnosis: Severe LVSD, EF 27%
- Medical history: CRT-D, Atrial fibrillation, CAD, sciatica, osteoarthritis in hands
- Social history: Lives alone in house, uses rollator or scooter, good family support
- No ISWT due to COVID-19




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Case studies

Completed REACH-HF from June – Oct 2020



Jim

- Age: 70 years
- Diagnosis: Heart Failure, NYHA Class II
- Past History: Chronic kidney disease, single vessel coronary disease, Intermittent VT, AF, abdominal ascites, other comorbid heart condition.
- Social history: Lives with wife in house.
- No ISWT due to COVID-19 / Telephone support only as patient shielding.
- Pre programme DASI score – 5.1 METs

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Group work

- What other information might you need about the patient?
- What are your initial thoughts about exercise prescription?
- Can you think of any other considerations?

Programme modifications

Wirral adaptations

- MDT approach
- Utilising health care professionals
- Increased phone support
- Changes to home visits during COVID-19

Issues and technical glitches!

- Changes during COVID-19
- DVD players
- Step by step guides
- Dealing with issues as they arise!

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Any questions?

