

THE HEART MANUAL SUMMER NEWSLETTER 2024

The Heart Manual Quarterly at a glance...

- Heart Manual Follow-Up Drop In Session
- Upcoming Key Dates
- Wegovy: Weight-Loss Medication
- Updated Site-Maps
- Poster Presented at NHS Scotland Conference
- Smoking Cessation: a Multi-Component Intervention

Heart Manual Follow Up Drop-In Session

We have a **FREE** Heart Manual Drop-in session coming up. The drop-in session will go over:

- Pains and Gains
- Current Updates to be made to the HM manual
- And a Q&A

It will be on the 14th August @10 -11am on Microsoft Teams. Email heart.manual@nhs.scot to reserve a place!

Upcoming Key Dates

Please email our team at heart.manual@nhs.scot to reserve a place or order for your team members for:

1. **Heart Manual Training:** we have space available on our HM training on **10th and 11th September, 2024**

Are your patients asking about Wegovy?

What is Wegovy?

Semaglutide, marketed under the brand name Wegovy, is a medication approved by the NHS for managing obesity in certain individuals when used in combination with a healthy diet and increased physical activity.

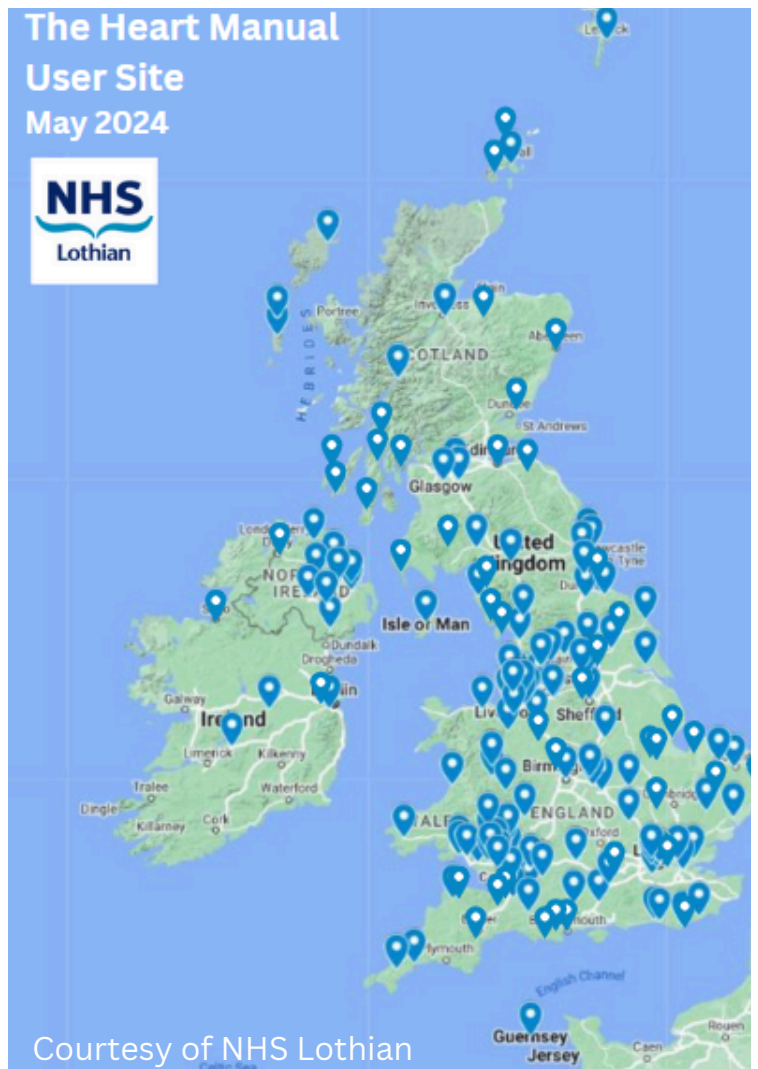
How does it work?

Wegovy targets areas of the brain responsible for appetite regulation. It enhances feelings of fullness, diminishes hunger, and decreases the desire for high-fat foods.

Wegovy helps lower blood sugar levels by stimulating insulin release when blood sugar is elevated.

Newly updated HM site map for May 2024

Here is our newly updated Heart Manual site-map! It's getting busy! Welcome to all our new sites.



Courtesy of NHS Lothian

What are the potential side effects for your patients?

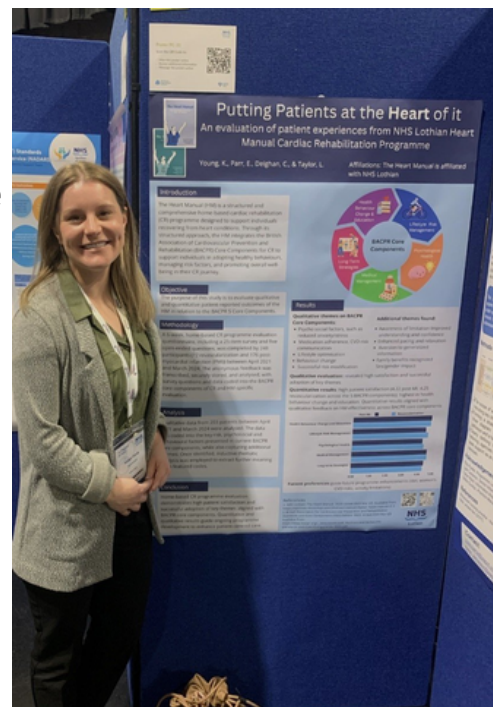
- Feeling or being sick
- Diarrhoea.

Rarer more serious, complications include:

- Gall bladder disease
- Inflammation of the pancreas
- Kidney issues.

Presenting Our Poster at the NHS Scotland Conference 2024

Kaitlyn Young, our Specialist Practitioner, presented at #NHSScot24 on the 10th of June. The study's purpose was to evaluate qualitative and quantitative patient-reported feedback of the HM in relation to the BACPR's 5 Core Components. Analysis of 248 patients' feedback showed high satisfaction, especially in health behaviour change and education. Qualitative themes included psychosocial factors, medication adherence, risk communication, gender impact, and lifestyle optimisation. **Patient insights highlighted** preferences for enhanced content on diet, women's risks, and activity limitations, guiding future program enhancements.



Boosting Smoking Cessation Outcomes for CVD Patients using Motivational Interviewing Techniques

Pleym et al. (2024) evaluated a multi-component intervention to promote smoking cessation among Norwegian smokers hospitalisation with cardiovascular disease (CVD).

The intervention included:

1. **Nurse-led motivational interviewing** during hospital stay
2. Information leaflet on community cessation programs
3. Opt-out telephone referral to cessation treatment
4. 2-week follow-up call to encourage participation

Results: The intervention group showed

- Higher rates of cessation treatment participation (48% vs. 7%, difference: 41% [95% CI: 14%, 63%]).
- At 6 months, **self-reported cessation rates** were notably higher in the intervention group (48% vs. 25%).

Conclusion: This multi-component interventions significantly improved participation in community cessation programs and cessation drug use among hospitalisation smokers with CVD

Keep in touch with The Heart Manual

Contribute to the Heart Manual Quarterly! Is there a Heart Manual story or memory you would like to share via the newsletter? Please submit to: heart.manual@nhs.scot

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