

MARCH 2025

HEART MANUAL NEWSLETTER



International Women's Day March 8th

This International Women's Day, we're taking a closer look at the unique challenges women face when it comes to heart health. Heart disease remains the leading cause of death among women, yet women are often not seen as being at risk of heart attacks, leading to a gap in awareness and timely diagnosis. According to the 2022 British Heart Foundation (BHF) Bias and Biology Report, women are more likely to be misdiagnosed or diagnosed much later than men, which can result in slower access to appropriate care.

Women are less likely to receive optimal treatment for heart conditions, and they often experience significant barriers to accessing cardiac rehabilitation services. These issues are compounded by the lack of inclusion of women in cardiovascular research, where much of the science has historically focused on male biology and risk factors, leaving a major gap in our understanding of heart disease in women.

At Heart Manual, we are committed to improving awareness, care, and research in women's heart health.



Upcoming Training

HEART MANUAL: APRIL 29TH & 30TH

A few spaces remain for Heart Manual Facilitator Training for April 29th-30th. Contact the department to enquire further.

REACH-HF: MAY 13TH & 14TH

Similarly, a few spaces remain for REACH-HF Facilitator Training for May, 2025. If you or any members of your staff are interested, please do not hesitate to contact the department.



Public Involvement Group Get Involved!



We are reaching out to invite you to become a valuable member of our Public Involvement Heart Manual Group (PIHM). As a Heart Manual Facilitator, your expertise and experience are invaluable in shaping and improving our patient-centred programmes. The PIHM plays a crucial role in providing insights, exploring barrier, enhancing the development of the resources, and involved in future research direction.

We are looking for patients and practitioners to help us shape the future of the Heart Manual. If you are interested, please contact the department by emailing heart.manual@nhs.scot

Adapting the DK:REACH-HF Study to the Danish Context

As part of our ongoing work with REACH facilitator training, we'd like to highlight the DK:REACH-HF study, which is focused on adapting the REACH-HF programme for individuals with heart failure and their caregivers in Denmark (Eghoj et al., 2024). The programme, which is evidence-based and home-based, is being tailored to the specific needs of the Danish healthcare system and cultural context. The goal is to ensure that the programme is accessible, effective, and beneficial for patients and their families, providing support directly in their homes. The study also emphasizes the important role of caregivers in the rehabilitation process, aiming for better long-term outcomes for heart failure patients. This adaptation is a great example of how the REACH-HF programme can be customized to meet the needs of different populations, and we are proud to be part of its training and implementation here. To read the full article, [click here](#).



Information Update

If you are no longer facilitating, have left the role, or if your email address has changed, please let us know as soon as possible. Keeping our records up to date ensures we can stay in touch and share important updates with everyone involved in the Heart Manual programme. Your cooperation is greatly appreciated!

Future Directions & Department Updates

FOND FAREWELLS

The Heart Manual Department would like to extend our warmest wishes to our wonderful Assistant Psychologist, Emma, as she embarks on her next adventure. Her dedication and hard work have been instrumental to the smooth running of the department, and she will be greatly missed by all of us!

BHF GRANT UPDATE

Earlier this year, the Heart Manual Department was awarded a research grant from the British Heart Foundation Clinical Research Collaborative (BHF-CRC) to investigate self-management strategies for patients at risk of or experiencing cardiotoxicity. The research is currently underway, and we are excited to keep you updated as the project progresses!

Keep In Touch with the Department!

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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