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THE HEART MANUAL SUMMER NEWSLETTER



NHS
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Welcome to the Summer Edition of the Heart Manual Quarterly!

Warm Welcomes

We recently welcomed Kayleigh, our new Assistant Psychologist, to the Heart Manual team! We are delighted to have her join us and wish her well in her new role!

The Heart Manual CD Update

Due to making some environmentally-friendly adaptations, we are soon ceasing the production of the CDs, containing the Q&A and Relaxation audios, that are provided in accompaniment with our paper-based manuals.

Don't worry! There are still many ways in which you can access these resources! You can download the HM Relaxation App, through the Apple App or Google Play Stores. You can also use the hyperlink provided within the Heart Manuals themselves, which will direct you to our online resource containing the Q&A audio, Relaxation audios, and Exercise video materials.

Upcoming Training Dates

Heart Manual Facilitator Training:

23rd & 24th September 2025

25th & 26th November 2025

Heart Manual Follow-Up Session:

3rd September 2025

Heart Manual 'Digital Reboot' Session:

6th August 2025

REACH-HF Facilitator Training:

11th & 12th November 2025

REACH-HF Follow-Up Session:

2nd October 2025

If you are interested in any of these training sessions and would like to enquire further, please do not hesitate to contact the Heart Manual Department at: heart.manual@nhs.scot

New Heart Manual Cartoons!

We have been working behind the scenes to update the cartoons used throughout each version of the Heart Manual. We are pleased to share that these new cartoons can now be viewed within the Digital Heart Manuals and will soon be incorporated within the paper-based manuals!

Here is a little glimpse at some of the latest additions:



The Association Between Reduced Sedentary Behaviours and Depressive Symptom Improvement in Heart Failure Patients

The presence of depressive symptoms is common in individuals diagnosed with heart failure. The incorporation of exercise training within cardiac rehabilitation interventions has been shown to alleviate such symptoms, by helping to improve physical and cognitive functioning and enhancing overall cardiac health. However, due to the presence of depressive symptoms and perceived fear of worsening their heart health, patients are often reluctant to engage with recommended exercise activities. This physical inactivity has a subsequent further detrimental effect upon the patient's physical and psychological state.

Previous research has emphasised that simply reducing periods of sedentary behaviour can help overcome patient's concerns associated with physical activity and help promote more positive mental wellbeing. Saleh et al. (2025) recently conducted an experimental study which aimed to deliver an 8-week at-home intervention, utilising a mobile app and activity tracker, to both reduce sedentary time and promote light physical activity levels in heart failure patients, and assess the effects of this behavioural engagement upon patient's existing depressive symptoms. This intervention interrupted sedentary behaviour every 30 minutes and encouraged participation in frequent short periods of low-intensity exercise.

Findings:

Through successful adherence with this intervention, patients demonstrated minimised sedentary behaviour, increased frequency of light physical activity levels, and a heightened daily step count. Patients reported an evident improvement in their heart failure symptoms and demonstrated a significant reduction in their depressive symptoms post-intervention, compared to baseline. The findings of this study provide compelling evidence to show that interrupting periods of sedentary behaviours and enabling heart failure patients to incorporate daily low-intensity exercises, can not only contribute to more positive cardiovascular outcomes, but can improve mental wellbeing and diminish existing depressive symptoms.

The Role of 'Hope' in Supporting Heart Health & Rehabilitation

The British Heart Foundation (BHF) recently synthesised findings from current research which allude to the various ways in which adopting a hopeful mindset can promote cardiac health and the success of cardiac rehabilitation:

- Individuals who have a more hopeful outlook towards their heart health often have more resilience in relation to their cardiovascular recovery and are more likely to follow their outlined treatment plans.
- Hope has been associated with better self-care behaviours, such as medication adherence, resulting in a more efficient and successful recovery following a cardiac event.
- Feeling more hopeful and being able to enhance overall mental wellbeing has been linked to reduced chest pain experiences and lower reported chest pain intensity.

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

You can also follow us on X - @TheHeartManual