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**The Heart Manual Department NHS Lothian** are delighted to be part of a new global research initiative set up to increase the capacity of health services in Bangladesh, India and Pakistan to deliver clinically effective, affordable rehabilitation programmes for people living with heart disease and a mental health difficulty, using **the Heart Manual**. This research was funded by the NIHR (NIHR205540) using UK international development funding from the UK Government to support global health research. ACROSS (Affordable Cardiac Rehabilitation: An Outreach Interdisciplinary Strategic Study) is a 5-year collaboration led by the University of Glasgow in partnership with a range of universities and healthcare organisations in the UK, Bangladesh, India and Pakistan

Our key partners include:

- Pakistan Institute of Living and Learning
- Bangladesh University of Health Sciences
- Sree Chitra Tirunal Institute for Medical Sciences and Technology (India)
- University of Manchester
- University of Leicester

Together with the Heart Manual Department, Lothian Health Board, original developers of the home-based rehabilitation programmes we seek to adapt and evaluate along with supporting the intervention adaptation and training of health care professionals in South Asia.

The evidence and infrastructure needed to access and deliver cardiac rehabilitation (CR) services are lacking in many low and middle-income countries (LMICs), resulting in a substantial loss of potential health and socio-economic benefits.

The home based **Heart Manual programmes**, provide an affordable model of delivery that can meet the capacity for health services to deliver CR access, while still having clinical facilitation as its basis..

ACROSS seeks to co-develop (with patients, caregivers, clinicians, and policy makers) a culturally and contextually applicable and affordable **home-based programme** using **the Heart Manual** for people with coronary heart disease with co-existing depression and/or anxiety and evaluate the acceptability, clinical effectiveness, and cost-effectiveness of its implementation in Bangladesh, India, and Pakistan and to determine its scalability and sustainability.

**Louise Taylor, Heart Manual Department Lead said, “we are delighted the NHS Lothian programmes have been offered the chance to support the needs of clinicians and patient groups in these countries. Being able to build on the Heart Manual’s long-standing profile and being core to that development with colleagues from those countries is a great opportunity for us all”**

ACROSS will be co-led by Professor Rod Taylor from the University of Glasgow and Professor Imran Chaudhry from the Pakistan Institute for Living and Learning.

Professor Taylor said “Cardiovascular disease is the most prevalent non-communicable disease, the leading cause of global mortality, and a major contributor to premature disability and ill-health. We are delighted to have secured funding to develop and evaluate an affordable model of home-based rehabilitation **using the Heart Manual as** part of that which has potential to significantly improve the lives of many people living with heart disease and mental health difficulties across our South Asian partner countries and people from South Asia living in UK.

Professor Chaudhry added “We are excited to be involved in this important, strategic project. By working collaboratively with patients, health service professional and policy makers we are confident that ACROSS can deliver real long-term benefits to our health services’ capacity to deliver cardiac and mental health rehabilitation services in Pakistan and beyond. We look forward to working with all our partners over the next 5 years to make this a reality”

You can find out more about ACROSS by reading the study protocol published in the NIHR Open Research journal:

[Affordable Cardiac Rehabilitation An... | NIHR Open Research](#)

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