

The Heart Manual Autumn Newsletter

Welcome to the Autumn Edition of the Heart Manual Quarterly!

Exciting News for the Digital Heart Manual!

The National Institute for Health and Care Excellence (NICE) have recently conducted an assessment of digital technologies designed to support home-based cardiac rehabilitation. We are thrilled to announce that our Digital Heart Manual has been endorsed by NICE - supporting its use within the NHS and generating further evidence to promote cardiac recovery!

BACPR Conference 2025

We are excited to share that we have been accepted to present our research at the upcoming BACPR conference!

We will be presenting two posters:

- **Self-Management Support for Cancer Survivors at Risk of Cardiotoxicity: A Scoping Review**
- **Mapping the Cardio-Oncology Landscape: A Protocol for a Multi-Stakeholder Exploration of Self-Management Support Pathways**

Please come and visit us at the Heart Manual Stands! We look forward to seeing you there!

Upcoming Training Dates

- Heart Manual Facilitator Training:

23rd & 24th September 2025

25th & 26th November 2025

- REACH-HF Facilitator Training:

11th & 12th November 2025

- REACH-HF Follow-Up Session:

5th November 2025

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

Join our PIHM Group!

We are seeking facilitators and patients to join our **Public Involvement Heart Manual Group (PIHM)**. As a Heart Manual facilitator or patient member, your input will shape and improve patient-centred programmes by identifying barriers, enhancing resources, and guiding future research.

If you're interested, please contact us at: heart.manual@nhs.scot



World Heart Day: 29th September 2025

Cardiovascular disease is a leading cause of mortality globally, with a large percentage of CVD-related deaths being preventable through adopting healthier lifestyle choices, earlier detection, and access to appropriate care.

This month will mark the 25th anniversary of World Heart Day, which through the use of educational campaigns and fundraising events, aims to raise awareness and promote the global prevention and earlier diagnosis of CVD.



Patient Feedback Questionnaires

The patient responses we receive are invaluable in helping us to ensure that the Heart Manual meets patient needs and continues to support their cardiovascular recovery. These patient views are also crucial in contributing to our ongoing programme evaluations and adaptations.

We would like to remind all HM facilitators to continue to encourage patients to complete the Baseline and End of Programme questionnaires, to allow us to gather their feedback. Thank You!

Recent guidelines released by the European Society of Cardiology (ESC) explored Cardiovascular disease (CVD) and its associations with both mental health and pregnancy.

CVD & Mental Health:

ESC highlighted the prevailing bidirectional relationship between Cardiovascular disease (CVD) and mental health. Heightened psychological wellbeing and more frequent feelings of happiness, optimism, and life satisfaction have been strongly linked with lower CVD risk. Negative affect was also shown to predict an increased incidence of cardiac events and poorer cardiac outcomes.

Explanations offered in response to these findings allude to individuals with more positive mental health exhibiting more favourable physiological characteristics and lifestyle factors, which mitigate CVD risk and support cardiovascular health. In addition, CVD was shown to induce a range of mental health conditions and the presence of more depressive symptoms, often due to patient's elevated concerns towards prognosis and their ability to effectively manage their heart health. Overall, this complex interrelationship between CVD and mental health gives rise to the necessity of considering psychological wellbeing in the diagnosis, treatment and prevention of CVD.

CVD & Pregnancy:

CVD is a growing maternal health risk and is a leading contributor to maternal morbidity and mortality rates. Increased prevalence of these adverse cardiac outcomes in pregnancy can be attributed to pregnancy now being more likely to occur at a later maternal age and due to women often having pre-existing and undiagnosed cardiac conditions.

To support the management of maternal CVD risk, ESC have emphasised the need for the 'Pregnancy Heart Team'. This intervention encompasses the provision of person-centred care and support, delivered by a multidisciplinary team of health professionals, to promote maternal health and reduce CVD risk, before, during and after pregnancy.

During pre-conception, pregnancy, and post-partum phases, the Pregnancy Heart Team supplies continued education, counselling, lifestyle advice, and cardiovascular risk assessments. This intervention not only mitigates the emergence of new maternal CVD risk, but also enables any pre-existing maternal cardiac conditions and newly developed risk as a result of pregnancy, to be closely monitored and managed, promoting positive maternal health outcomes.



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

