

# The Heart Manual Winter Newsletter



## NICE Endorsement of the Digital Heart Manual

We are pleased to announce that our Digital Heart Manual (DHM) has been formally endorsed by the National Institute for Health and Care Excellence (NICE), following its inclusion within the NICE Early Value Assessment (EVA) of digital cardiac rehabilitation platforms.

This EVA outcome strengthens the case for the wider adoption of the DHM within NHS services, ensuring the continued promotion of cardiovascular self-management and long-term recovery, whilst addressing the nationwide need for equity of access and increased flexibility in cardiac rehabilitation delivery.

## Department Update

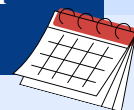
The Heart Manual team recently attended the BACPR 2025 conference, where we had the opportunity to present our ongoing research which is exploring the current self-management support that is being offered to cancer survivors who are at risk of cardiotoxicity.

We are excited to share that Kaitlyn, our Specialist Practitioner, was awarded the 'Best Poster' prize, following the presentation of her scoping review findings, which mapped the existing self-management support that is being utilised to help reduce the cardio-toxic effects of cancer therapies.

Congratulations Kaitlyn!!!



## Upcoming Training Dates for 2026



- Heart Manual Facilitator Training:  
**20<sup>th</sup> & 21<sup>st</sup> January 2026**
- REACH-HF Facilitator Training:  
**10<sup>th</sup> & 11<sup>th</sup> February 2026**
- Heart Manual Digital Reboot Session:  
**14<sup>th</sup> January 2026**
- Heart Manual Follow-Up Session:  
**10<sup>th</sup> March 2026**

If you are interested in attending any of these training sessions and would like to enquire further, please get in touch with the Heart Manual Department at: [heart.manual@nhs.scot](mailto:heart.manual@nhs.scot)

## Facilitator Training Experiences



Here's what the facilitators, who joined us in 2025, had to say about our Heart Manual training:

"I really enjoyed the layout of the days and the way the content was covered in an interactive way."

"The course was great. The presenters were fantastic and really knowledgeable."

"Great course. It will definitely allow me to provide quality care to patients."

## Thank You from The Heart Manual!

From everyone at The Heart Manual, we would like to say a massive thank you to all of our facilitators this year. We hope you have a wonderful holiday season and we wish you all the best for 2026!

## Patient Feedback Received in 2025!



Throughout 2025, we continued to receive positive feedback from patients who have used both the Post-MI and Revascularisation manuals:

**“When I was worried about my progress, the manual was a constant help and inspiration.”**

**“Excellent manual. Many thanks to all for the help I received.”**

**“The Heart Manual is a must for all recovering heart attack patients.”**

**“The manual has allowed me to confidently move forward, in a positive way, towards a healthy life.”**

## The Association between Interoception and Self-Care Practices in Individuals with CVD

Cardiovascular diseases (CVDs) are notably the leading cause of mortality, globally. Individuals living with CVDs face impairments to their physical and psychological wellbeing, increased rates of hospitalisation, and poorer health-related quality of life. Each of these CVD associated health outcomes can be managed and improved through the implementation of appropriate self-care behaviours and practices.

Self-care engagement, in people living other chronic conditions, has been strongly linked with an individual's capacity to detect and respond to their internal bodily signals (**Interoception**) and how good they believe themselves to be in interpreting and enacting upon these symptoms (**Interoceptive Sensibility**).

Through exploring Interoception and Interoceptive Sensibility in relation to self-care behaviours in individuals with CVDs, Locatelli et al. (2025) identified that this patient population displayed greater self-care practices when they had a heightened ability to effectively monitor and detect changes in their bodily sensations, and when they believed that they could accurately interpret these symptoms and correctly manage these changes, through self-care behaviour engagement.

Gaining this insight highlights that targeting patient's Interoception and Interoceptive Sensibility, through the promotion of mindfulness practices, and equipping them with the appropriate self-care strategies and self-efficacy, will enable these individuals to become more attune and responsive to changes in their internal bodily signals; enhancing CVD self-management and subsequent cardiovascular health outcomes within this patient population.



## Keep in Touch with The Heart Manual!

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

You can also follow us on X - [@TheHeartManual](https://twitter.com/TheHeartManual)