

The Heart Manual Summer Newsletter



Welcome to the Summer 2026 Edition of the Heart Manual Quarterly!

Heart Manual Area Code Update!

Would you like to receive patient feedback which is specific to your site of facilitation?

We continuously receive positive and insightful feedback from patients who have engaged with the Post-MI and the Revascularisation manuals; helping us to evaluate and adapt our programme. We have recently received enquiries from our facilitators who are interested in obtaining patient feedback which is specific to their site of facilitation.

As HM facilitators, if **area specific patient evaluations** are something that you and your facilitation team would like to receive, please get in contact with our department at: heart.manual@nhs.scot. We will provide you with a 4-digit code, unique to your facilitation site, which you can then provide to your HM patients. Patients will be able to insert this code within their online patient feedback questionnaires; allowing us to provide you with tailored HM patient evaluations for your area!

Upcoming Training Dates



- Heart Manual Digital Reboot Session:
5th August 2026
- Heart Manual Follow-Up Session:
2nd September 2026
- Heart Manual Facilitator Training:
22nd & 23rd September 2026
- REACH-HF Follow-Up Session:
1st October 2026
- REACH-HF Facilitator Training:
10th & 11th November 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.

WHO Physical Activity Guideline Update 2026

In an attempt to achieve a 15% decline in global physical inactivity by 2030, the World Health Organisation (WHO) have generated newly updated physical activity guidelines:

Adults (Aged 18-64 years):

- Per week, it is recommended that this cohort should be engaging in at least 150-300 minutes of moderate-level exercise OR a minimum of 75 minutes of vigorous-intensity exercise, for additional health benefits.
- Muscle-strengthening exercises should be engaged with on at least two days per week.



Older Adults (Aged 65 years and over):

- In addition to the recommendations listed above, individuals within this age group, especially those who may have poorer mobility, should aim to engage with physical activities which seek to improve balance and strength, on approximately three or more days per week.

Join our PIHM Group!

We are still seeking facilitators and patients to join our Public Involvement Heart Manual (PIHM) group. As a Heart Manual facilitator or patient member, your input will help us shape and improve patient-centred programmes by identifying barriers, enhancing resources, and guiding future research. For more information, [click here!](#)

If you are interested, please get in contact with the HM department!

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

You can also stay up to date with the department by:

- Following us on X - @TheHeartManual
- Connecting with us through our new LinkedIn account!

Heart Manual Facilitator Training Feedback

Thank you to all of our facilitators who take the time to provide such positive feedback about our Heart Manual Facilitator Training sessions! Take a look at some of the recent comments we have received from our newly trained facilitators:

“ **I thoroughly enjoyed both days of training. I am relatively new to cardiac rehabilitation and this course has given me the confidence to use The Heart Manual with patients.** ”

“ **Excellent knowledge provided by the trainers and the information was applied in a realistic way which will improve my delivery of cardiac rehabilitation.** ”



“ **I feel like I have gained a lot from this course. I am looking forward to making a start on facilitating the manual and I am aware that I will have the support available from the team should I need it. Thank you so much!** ”

“ **The friendly, encouraging and reassuring approach of the trainers made these training sessions fun and engaging. Great content covered.** ”

Is there an association between Clinical Improvements in Anxiety and Depression and Walking Fitness Improvements following Cardiac Rehabilitation Completion?

Patient variables such as age, sex, and previous physical inactivity levels have been shown to have a moderating effect upon walking fitness improvements, following cardiac rehabilitation (CR) programme engagement ([Sever et al., 2024](#)). Heightened prevalence of anxiety and depression are common amongst cardiac patient populations and are symptoms which are also known to impact the efficacy of CR interventions and overall recovery outcomes.

A recent study by [Sever et al. \(2026\)](#) aimed to determine whether CR patients' psychological wellbeing would affect their walking fitness outcomes and more specifically, whether achieving meaningful clinical improvements in anxiety and depression would result in meaningful improvements in walking fitness, following cardiac rehabilitation completion.

Measures frequently utilised within CR interventions, such as the Incremental Shuttle Walk Test (ISWT) and the Hospital Anxiety and Depression Scale (HADS), were used to assess patients' walking capacity and their anxiety and depression scores, at both baseline and following programme completion.

Although improvements in anxiety scores were not significantly associated with walking fitness improvements in this study, other results successfully reinforced the interrelation between patients' psychological wellbeing and physical health outcomes, as patients who showed meaningful improvements in depression were also likely to demonstrate a meaningful increase in their walking fitness capacities, following cardiac rehabilitation programme engagement.