

The Heart Manual Autumn Newsletter



Welcome to the Autumn 2026 Edition of The Heart Manual Quarterly!

New Publication Announcement!

We are delighted to share that Kaitlyn, our Specialist Practitioner, recently published her scoping review in the Heart, Lung and Circulation Journal, titled: **'Self-Management Support for Cancer Survivors at Risk of Cardiotoxicity: A Scoping Review.'**

Click [here](#) to check it out!

Congratulations, Kaitlyn!



BACPR Conference 2026

Following on from our recently published scoping review, we have conducted additional research, utilising patient representative and healthcare professional perspectives, to further explore the self-management support provision for cancer survivors facing cardiotoxicity.

The Heart Manual team will be attending this year's BACPR conference and we are excited to have the opportunity to present a moderated poster, showcasing the qualitative findings from this recently conducted study!

We look forward to seeing many of you there!!

Upcoming Training Dates

- Heart Manual Facilitator Training:
22nd & 23rd September 2026
- REACH-HF Follow-Up Session:
1st October 2026
- Heart Manual Digital Reboot Session:
4th November 2026
- REACH-HF Facilitator Training:
10th & 11th November 2026
- Heart Manual Facilitator Training:
24th & 25th November 2026

We also have Heart Manual Follow-Up sessions available for facilitators who have any questions or queries about the HM programme!

If you are interested in attending any of these training sessions and would like to enquire further, please contact The Heart Manual Department at: heart.manual@nhs.scot

HM Area Code Reminder!



We would like to remind all of our HM facilitators that we have recently developed codes, corresponding with each site of HM facilitation, which will allow us to provide you with tailored patient feedback for your area.

If **area specific patient evaluations** are something that you and your facilitation team would like to receive, please get in touch with our department!



New CVD Modern Service Framework (MSF)

NHS England have recently proposed a new Cardiovascular Disease (CVD) Modern Service Framework (MSF), which outlines how cardiovascular care can be transformed to reduce CVD mortality and to promote the longevity and quality of life for those living with cardiovascular conditions. A central component of this framework is the 'Digital Vision' – highlighting the vital need for flexible and personalised digital tools which make it easier for patients to gain condition knowledge and develop self-management capabilities, and which also enhance equity of access to this cardiovascular support.

The Digital Heart Manual (DHM)

Our Digital Heart Manual (DHM), which was recently provided endorsement from the National Institute for Health and Care Excellence (NICE), aligns well with this 'Digital Vision' and provides patients with a beneficial alternative to our paper-based programme. Accessible to patients through computer, smartphone or tablet, the DHM offers patients with condition education, psychological support, and interactive relaxation, exercise, and progress tracking materials. Although mirroring the original structure and content of The Heart Manual programme, this convenient method of cardiac rehabilitation delivery has been shown to enhance patient's HM programme and self-management engagement; supporting their cardiovascular health and recovery.



If you are a HM facilitator who is interested in gaining more experience with facilitating the DHM or if you have any questions regarding our digital platform, please come along to our free Digital Reboot sessions!

Join our PIHMs Group!

We are still seeking out Heart Manual facilitators and patients to join our Public Involvement Heart Manual (PIHM) group. As a PIHMs member, your insights will be invaluable for helping us to enhance resources and guide future research; shaping the future of The Heart Manual programme.

Scan the QR code below, to find out more:



If you are interested, please get in touch with The Heart Manual Department at:
heart.manual@nhs.scot

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:

- Connecting with us on LinkedIn
- Following us on X - @TheHeartManual

