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REACH-HF programme

Before and during COVID-19 pandemic

Wirral Cardiovascular Rehabilitation Service

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REACH-HF programme delivery

Pre COVID-19

- Beacon site
- 3 facilitators (1 x CRN, 1 x HFSN, 1 x EP)
- 50 patients
- 31 patient recruited pre COVID-19
- Centre, home-based and telephone appointments depending on patient need

REACH-HF beacon site training May 2019

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REACH-HF programme delivery

During COVID-19 - 2020

- Home visits cancelled in March – telephone support only
- Remaining 19 trial patients recruited
- 3 new REACH-HF facilitators trained in June 2020 (2 x CRN, 1 x EP)
- Home visits re-introduced in July 2020
- No pre/post FCT initially, DASI score used, FCTS re-introduced in August 2020
- Timed Up and Go FCT introduced in December 2020
- By end of 2020 - 113 patients recruited to the REACH-HF programme

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REACH-HF programme delivery

Current programme - 2021

- Current referral numbers = 131
- Due to staff redeployment REACH-HF programme on hold for new patients from Jan – March 2021. Telephone support continued for patients who had already started.
- REACH-HF programme recommenced in March 2021 with home visits or telephone support offered to patients and TUG test completed as FCT.
- ISWT re-introduced to the service in May 2021

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REACH-HF pathways

Wirral pathways

- REACH-HF programme pathway
- REACH-HF programme COVID-19 pathway
- REACH-HF COVID-19 home visit pathway

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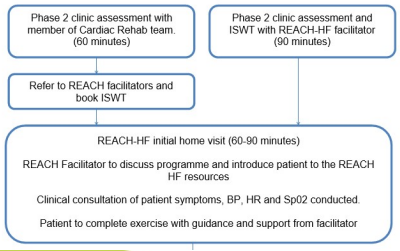
Wirral Cardiovascular Rehabilitation

REACH-HF programme pathway



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Weekly review phone call for the next 2-3 weeks (dependent on patient need)

REACH-HF mid programme home visit (if needed)
(60 minutes)

2-3 weekly review phone calls (dependent on patient need)

REACH-HF end programme home visit
(60 minutes)

Final clinical consultation, review of goals and plan for continuing REACH-HF programme independently.

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Wirral Cardiovascular Rehabilitation
REACH-HF programme COVID 19 pathway

Phase 2 phone/video assessment with member of Cardiac Rehab team.
(60 minutes)

Phase 2 phone/video assessment and exercise advice with REACH-HF facilitator
(60 - 90 minutes)

Exercise advice phone call with Senior Exercise Physiologist/REACH-HF facilitator
(30-40 minutes)

REACH-HF pack delivered to home address

1 week later – phone/video assessment follow up to patient for review and further discussion about REACH HF pack if needed (30-40 minutes)

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Weekly review phone call for the next 2-3 weeks (dependent on patient need)
(20- 30 minutes)

2-3 weekly follow up phone call to discuss REACH-HF programme, exercise progression and goals. Time scale agreed with patient.
(30 minutes)

10 week phone call for review and to arrange 12 week discharge phone/video consultation
(60 minutes)

12 week completion/discharge appointment to discuss goals, exercise progression and continuing with REACH-HF programme independently
(60 minutes)

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Wirral Cardiovascular Rehabilitation
REACH-HF COVID 19 home visit pathway

COVID-19 screening call 24 hours prior to appointment

REACH-HF initial home visit (60-90 minutes)

Level 2 PPE needed during clinical consultation & exercise

REACH Facilitator to discuss programme and introduce patient to the REACH HF resources

Clinical consultation of patient symptoms, BP, HR and Sp02 conducted. Timed up and Go completed if appropriate
Patient to complete exercise with guidance and support from facilitator

Weekly review phone call for the next 2-3 weeks (dependent on patient need)

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Weekly review phone call for the next 2-3 weeks (dependent on patient need)

REACH-HF mid programme video/call or home visit (if needed)
(60 minutes)

Level 2 PPE needed during clinical consultation & exercise during home visit

2-3 weekly review phone calls (dependent on patient need)

REACH-HF end programme home visit
(60 minutes)

Level 2 PPE needed during clinical consultation.

Final clinical consultation post timed up and go test, review of goals and plan for continuing REACH-HF programme independently.

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REACH-HF referrals

Wirral referral criteria

- Referral criteria whilst beacon site (pre-COVID-19)
- Current referral criteria
- Source of referrals

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Practical set up

Wirral set-up

- ISWT: 2 cones, stop watch, audio, SP02 monitor, pen, ISWT form
- TUG: 1 cone, stop watch, tape measure, Sp02 monitor, pen, TUG form
- Home visits: REACH-HF pack, DVD player, BP and SP02 monitoring, PPE, Clinell wipes, health promotion material (BHF and Wirral CR)
- Rota planning: dedicated REACH-HF day per fortnight (12+ patients on each caseload)
- SystmOne: Templates designed for REACH-HF programme

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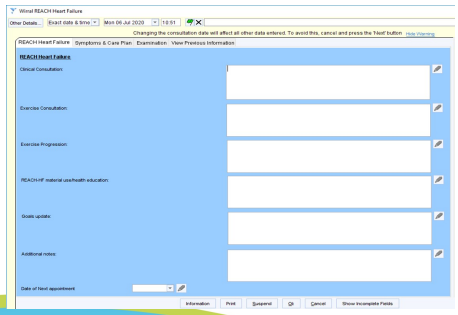

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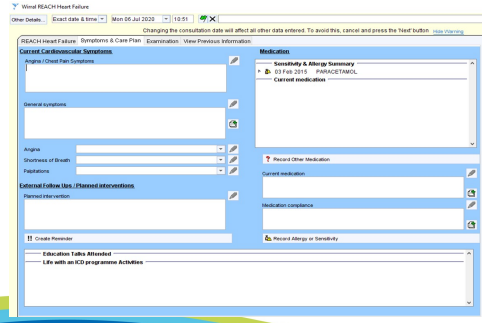

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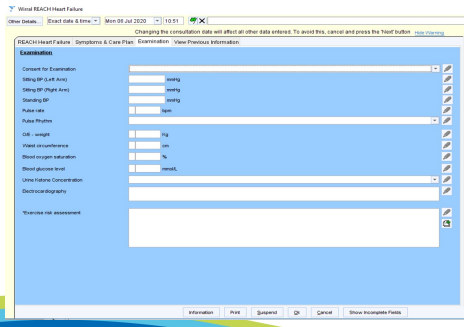

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NACR data input

- NACR information input ASAP after first appointment
- NACR data – needs to be recorded at Phase 3 / Core CR even if patient drops out
- Online REACH-HF – select 'REACH-HF' + 'Web-based: Other'

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Case studies

Pre Covid - 2019

Edward

- Age: 69 years
- Diagnosis: NYHA II, EF 44% , moderate LVSD, mildly dilated Left Atrium
- Past History: PCI to LAD, residual disease multiple vessels, anaemia.
- Social history: Widowed 2 years ago, lives alone on 4th floor high rise flats, active with grandchildren.
- ISWT 120 metres walked

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Case studies

Completed REACH-HF from April – August 2020

Mary

- Age 78 years
- Diagnosis: HFpEF, EF 50%, NYHA Class II, dilated atria
- Medical history: Atrial fibrillation, Hypertension, Osteoarthritis, total hip replacement
- Social history: Lives with husband in a 3 bedroom house
- No ISWT due to COVID-19

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Case studies

Completed REACH-HF from June – Oct 2020

Jim

- Age: 70 years
- Diagnosis: HFpEF, EF 48%, NYHA Class II
- Past History: Chronic kidney disease, single vessel coronary disease, Intermittent VT, AF, abdominal ascites, other comorbid heart condition.
- Social history: Lives with wife in house.
- No ISWT due to COVID-19 / Telephone support only as patient shielding.
- Pre programme DASI score – 5.1 METs

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Group work

- What other information might you need about the patient?
- What are your initial thoughts about exercise prescription?
- Can you think of any other considerations?

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Programme modifications

Wirral adaptations

- MDT approach
- Utilising health care professionals
- Increased phone support
- Changes to home visits during COVID-19

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Issues and technical glitches!

- Changes during COVID-19
- DVD players
- Step by step guides
- Dealing with issues as they arise!

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Any questions?