

NHS Wirral Community Health and Care WCH Foundation Trust

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

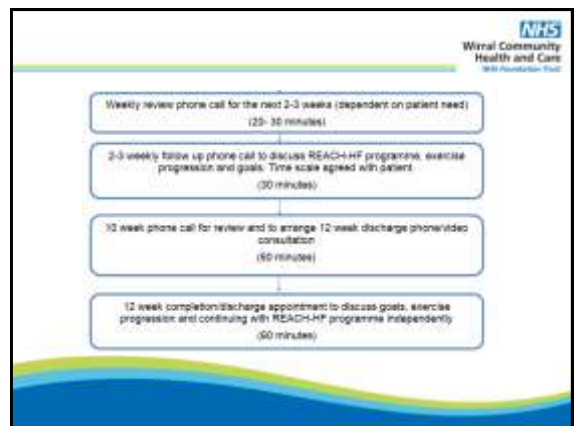
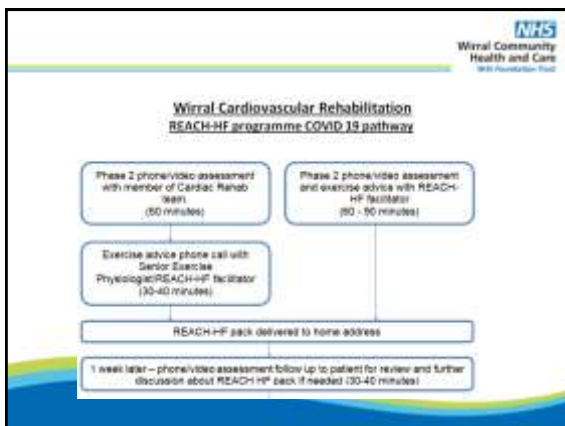
- Home visits cancelled – phone support only
- 19 trial patients recruited
- 32 new patients taking part (and counting!)
- 3 new REACH-HF facilitators trained in June 2020 (2 x CRN, 1 x EP)
- Home visits re-introduced in July 2020
- No pre/post FCT initially, FCTS re-introduced in August 2020

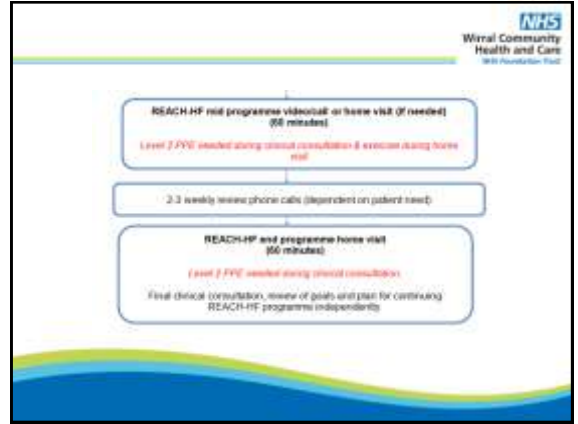
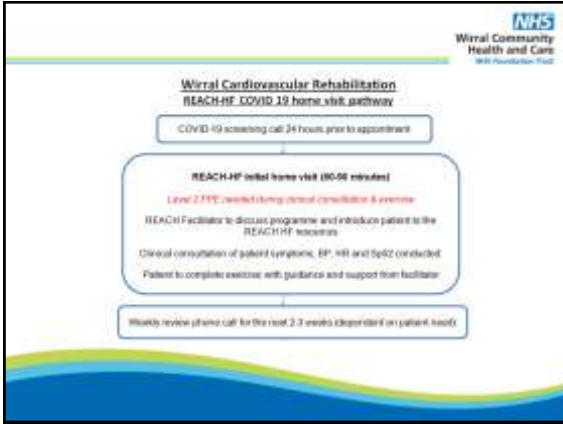
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REACH-HF pathways

Wirral pathways

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





REACH-HF referrals

Wirral referral criteria

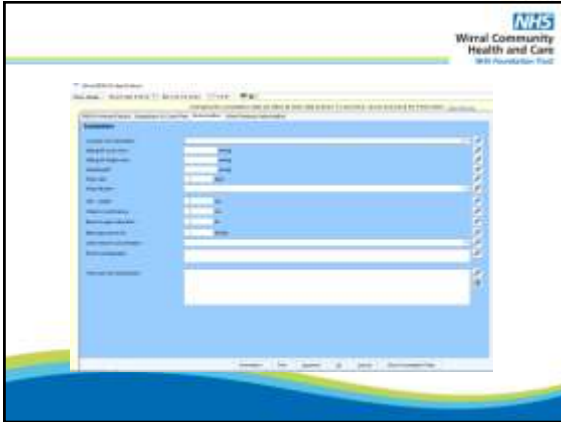
- Referral criteria whilst beacon site (pre-COVID-19)
- Current referral criteria
- Source of referrals

Practical set up

Wirral set-up

- ISWT: 2 cones, stop watch, audio, SP02 monitor, pen, ISWT 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)
- SystemOne: Templates designed for REACH-HF programme






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'


Case studies



Edward

- Age: 69 years
- Diagnosis: NYHA II, EF 44%
- Past History: PCI to LAD, anaemia.
- Social history: Widowed 2 years ago, lives alone on 4th floor high rise flats, active with grandchildren.
- ISWT 120 metres walked
- Minnesota 14


Case studies



Jim

- Age: 87 years
- Diagnosis: NYHA II, EF 45%
- Past History: AF, right knee replacement, previous bladder cancer hiatus hernia.
- Social History: Lives with wife in house.
- No ISWT due to COVID-19
- Minnesota: 2

Case studies



Betty

- Age 80 years
- Diagnosis: Severe LVSD, EF 27%
- Medical history: CRT-D, Atrial fibrillation, CAD, sciatica, osteoarthritis in hands
- Social history: Lives alone in house, uses rollator or scooter, good family support
- No ISWT due to COVID-19
- Minnesota 1

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?

