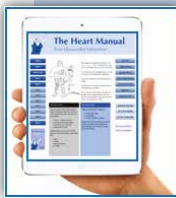


## The Heart Manual Department



### The Myocardial Infarction Edition

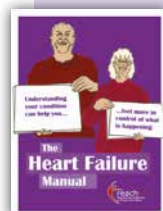
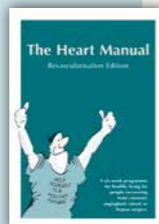
Shown to be clinically effective in repeated studies, the Heart Manual is the UK's leading home-based cardiac rehabilitation programme for patients post myocardial infarction. Providing a standardised approach for many major NHS users across the UK, this programme contributes to the recovery of numerous heart attack patients every year.



**The MI and Revascularisation editions are now available in digital format.**

### The Revascularisation Edition

This programme is designed for patients soon after a revascularisation procedure, when many feel most vulnerable. The Revascularisation edition has been evaluated in the Birmingham Rehabilitation Uptake Maximisation Study (BRUM), with improvements in physical and psychological quality of life comparable to centre-based cardiac rehabilitation.



### The Heart Failure Manual

**(Reach-HF Rehabilitation Enablement in Chronic Heart Failure)\***

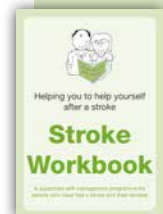
Developed in collaboration with partners from the University of Exeter and Royal Cornwall Hospitals NHS Trusts, this programme is designed for individuals with heart failure. Results are expected October 2017 and it is hoped that this development will meet the needs of many patients and their carers UK wide and beyond.

\* This project was funded by NIHR.



### The Cancer Manual

The Heart Manual department, in collaboration with NHS Taunton and Somerset, developed this programme to support individuals recovering from cancer. Results from the pilot study showed benefit to patients' physical and psychological health, with a noticeable reduction in unscheduled contacts with healthcare professionals.



### The Stroke Workbook

The evidence based Stroke Workbook intervention was produced by NHS Lothian to enable patients and carers to take control of their recovery by encouraging them to positively self manage their recovery using behaviour change techniques with the support of a trained facilitator.



The Heart Manual Department is delighted to work in collaboration to offer consultancy for designing bespoke self-management programmes for various long-term conditions. If this is something of interest, please contact the Heart Manual Department.

# GET INVOLVED WITH THE HEART MANUAL!

We believe in actively engaging with patients and health professionals. We welcome contributions, thoughts and input on a wide range of Heart Manual department activities through:

## The Public Involvement Heart Manual Group (PIHM)

### THE CORE GROUP:

A successful collaboration of former patients and health professionals from across the UK, recruited initially to assist with the development and evaluation of the digital Heart Manual.

Now meeting three times a year, the PIHM is an ideal group for those wanting to engage with a wide range of Heart Manual related topics and represent the views of the group at a broader level (e.g. Scottish Parliament events).

### THE CLINICAL REFERENCE GROUP:

For those wanting a less hands on experience, the Clinical Reference Group allows former patients and health professionals the opportunity to keep abreast of the Heart Manual research projects and developments. From time to time you may be contacted for your opinion or input on a variety of topics.



**If you are interested in finding out more about the work of the PIHM or would like to join, please contact us at the Heart Manual office.**

The Heart Manual Department  
Astley Ainslie Hospital, Grange Loan, Edinburgh EH9 2HL  
0131 537 9127  
[www.theheartmanual.com](http://www.theheartmanual.com)

# The Heart Manual Department

## Facilitated self-management programmes for long-term conditions.



# WHAT IS THE HEART MANUAL PROGRAMME?

Each year, the Heart Manual supports and assists in the recovery of thousands of patients in the UK and abroad. Developed by NHS Lothian, the Heart Manual improve patients' long-term health and wellbeing. Supported by trained healthcare professionals, patients are empowered using the Heart Manual to understand their condition and take an active role in managing their health, helping them enjoy life to the full, while reducing the risk of subsequent episodes.

The Heart Manual is an evidence based approach to cardiac rehabilitation. Initially produced in 1992, the Heart Manual department has evolved to meet the needs of other conditions. In collaboration with partner organisations, we offer tailored programmes to individuals recovering from revascularisation, stroke and cancer. The programmes are flexible to suit individual requirements and the service supporting them in conjunction with recommended pathways.

## WHAT MATTERS TO ME?

Patients set their own targets and goals, and work through the programme at their own pace, supported by a facilitator.

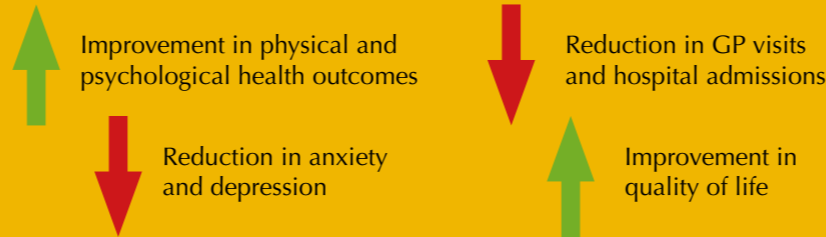
Patients are provided with tools to support their recovery – coping strategies, goal setting, activity records and relaxation CD/audio help patients develop core skills required for self-management.

# THE HEART MANUAL: EVIDENCE

## “Facilitated home based options such as the Heart Manual are proven to work”

The National Audit of Cardiac Rehabilitation (2016)

Based on evidence including three successful randomised controlled trials, the Heart Manual programmes have demonstrated:



This is supported by numerous systematic reviews, meta-analyses and clinical reviews of cardiac rehabilitation programmes. The efficacy of the Heart Manual is comparable to traditional centre-based cardiac rehabilitation in terms of patient outcomes, and cost-effectiveness.

## HOW DOES IT FIT WITHIN YOUR SERVICE?

Offering wider patient choice has been seen to increase uptake and adherence in cardiac rehabilitation, and reduce inequalities. The Heart Manual programmes can be tailored to suit local needs. Services have used the Heart Manual programmes as a standalone structured resources, whilst for others it has worked well in conjunction with traditional centre based cardiac rehabilitation.

Facilitation can be successfully delivered in a variety of formats such as in person, via telephone conversation, email or all – whatever suits the needs of both your patients and service.

To discuss tailoring the Heart Manual programmes to the needs of your service, please contact the Heart Manual office.

The Heart Manual meets the national recommendations of both NICE 172 & SIGN 150.

Further details of our supporting evidence are available on our website.

# TRAINING FOR FACILITATORS

Heart Manual facilitators have a crucial role in the delivery of our Heart Manual programmes. We offer tailored comprehensive training over two days, in person or via video conferencing and by arrangement at venues across the UK.

Our full training equips registered healthcare professionals to be able to successfully facilitate the Heart Manual programmes, covering a wide range of physiological and psychological topics.

Additionally, our trained facilitators receive regular literature updates throughout the year and have on-going access to our up-to-date online training folder, as well as further courses available to refresh their skills.

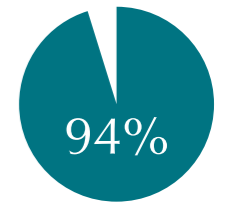
Training is also available for non-registered health, social and exercise professionals to support the use of the Heart Manual.

Our website provides training dates or alternatively call our office to discuss bespoke packages for your service.

[www.theheartmanual.com](http://www.theheartmanual.com)



Thought the training was well tailored to be able to facilitate the Heart Manual programme



Thought the training course covered an accurate amount of material

“Excellent resource. Massively helpful and reassuring, especially at the beginning.”

“A really good comprehensive guide. The style of writing is uplifting; full of useful stuff to use as reference.”

“Very grateful to have received an excellent publication.”

“It was good to think about putting the theory into practice.”

“I really enjoyed reading the manual and feel that it is a good, useful resource to have and to give to patients.”

“Very good mix with variable points of views and ideas. Excellent use of IT.”

“Covered a subject that I didn't know much about but has a good relevance to my role, interesting topic.”