

THE HEART MANUAL QUARTERLY



JANUARY/FEBRUARY 2021

BEST WISHES FOR 2021

Welcome to our 1st edition of the Heart Manual Quarterly (HMQ)! From all of us at the Heart Manual Department NHS Lothian, (belated) best wishes for 2021. We are delighted that we have been able to support so many of you and your services deliver home-based rehabilitation to your patients during the challenges of 2020. We continue to run an (increased) number of training dates during 2021 so please get in touch if we can support you and your service further.

HM RELAX APP

Following the challenges of 2020, it gives us great pleasure to announce that the Heart Manual Relaxation programme has been launched as an App for all Apple and Android devices. You can find this by searching for 'HM Relax' on the Apple App Store or Google Play Store. You will be asked for a username and password to access the app, these details are in the HM facilitator area. Please share these with your patients and feel free to use the App to support your own well-being at any time.



UPDATED NICE GUIDANCE

Important update for CR practitioners following NICE guidance: In Nov 2020, NICE created a new guideline NG 185 Acute Coronary Syndromes (ACS). This replaces previous Clinical Guidelines 172, 167 and 94. NG 185 now covers earlier and longer term (rehabilitation) management of acute coronary syndromes. The HM remains recommended as a form of providing comprehensive cardiac rehabilitation. To view the guidance, go to:

<https://www.nice.org.uk/guidance/ng185>

HEART MANUAL, DIGITAL REBOOT & REACH-HF TRAINING

Having adapted the Heart Manual training to run online, during 2020 we held 18 HM Facilitator training courses, 19 Digital Reboots & our HM clinicians delivered two REACH-HF Facilitator training events. From our Heart Manual Facilitator training, over 90% of attendees found the training both useful for delivering the programme and were satisfied with the course. Here is some feedback from individuals who attended:

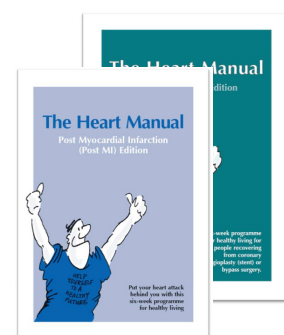
"Enjoyable two days, the HM will be a great menu option for our patients."

"Very useful information. I feel confident that I can facilitate well."

"I feel that given the course was delivered by video conferencing that it was delivered well. Was engaging with all participants and lots of opportunity given to address any questions or queries with the programme content."

"Excellent knowledge of host, information was applied to practice in a realistic way that will improve my delivery of CR."

A range of dates are available for facilitator training for the Heart Manual and the REACH-HF programme during 2021. We continue to run the free of charge Digital Reboot sessions for existing HM facilitators interested in providing the digital versions of the Heart Manual Post MI and Revascularisation editions. For details on training dates and purchasing Manuals, please contact our office (heart.manual@nhslothian.scot.nhs.uk) or telephone (0131 537 9127). Our clinicians are available for any questions you may have.



PATIENT FEEDBACK - SAYING 'THANK YOU'

Since January 2020, 9 out of 10 patients who returned their feedback questionnaire felt the contact they had with their facilitator had helped them a lot. A huge thanks to all the facilitators for enabling such during a challenging year. Here are snippets of feedback recently received:



"Helped me manage my diabetes making changes to diet and exercise for health benefits. Mental health and dealing with anxiety."

"I am back to fitness level after six weeks that I was at before my heart problems (bypass)."

"I am more aware of my heart and the importance of looking after it. I think I have a better understanding of how to live day to day and not put myself and particularly my heart at risk."

"I would not have got on so well without the Manual it has been fantastic - Thank you all so much"

LITERATURE UPDATE

Here are a selection of recent articles selected by Carolyn (Health Psychologist) and Sharon (Specialist Nurse Practitioner) which may be of interest to you.



Psychology

- [Salman & Doherty \(2020\) – Predictors of Quitting Smoking in Cardiac Rehabilitation](#)
- [Bolivar et al \(2020\) – Social Smoking Environment and Associations with Cardiac Rehabilitation Attendance](#)
- [Salman & Doherty \(2020\) – Is Weight Gain Inevitable for Patients Trying to Quit Smoking as Part of Cardiac Rehabilitation?](#)
- [Forsyth & Deaton \(2020\) – Women and Cardiac Rehabilitation: Moving Beyond Barriers to Solutions?](#)

Nurse/AHP

- [De Jong, Woodward & Peters \(2020\) - Diabetes, Glycated Hemoglobin, and the Risk of Myocardial Infarction in Women and Men: A Prospective Cohort Study of the UK Biobank Podcasts](#)
- [Candelaria et al \(2020\) - Shorter Wait Times to Cardiac Rehabilitation Associated With Greater Exercise Capacity Improvements](#)
- [A'Court, Shanmuganathan & Leoni-Moreno \(2020\) - COVID-19 and Cardiac Considerations in the Community](#)
- [Nishiga et al \(2020\) - COVID-19 and Cardiovascular Disease: from Basic Mechanisms to Clinical Perspectives](#)

Podcasts

- [How to improve at communicating risk with Dr Alexandra Freeman and Dr Gabriel Reccia from The Winton Centre at the University of Cambridge. They discuss their paper which is about how best to communicate risks to cardiology \(and other\) patients.](#)
- [ESC Top 10 highlights with Dr Sarah Hudson with Dr Sarah Hudson, a cardiology fellow from the U.K. They discuss 10 trials and 3 insightful talks from the digital 2020 ESC meeting that you might have missed.](#)

STAY UP TO DATE WITH THE HEART MANUAL DEPARTMENT

You can find updated information and resources to support you in your role as HM Facilitator are in the Facilitator Login Area of our website: <https://services.nhsllothian.scot/TheHeartManual/> and on Twitter (@TheHeartManual)

Forgotten Your Login Details? If you have forgotten your password, you can reset it here: <https://services.nhsllothian.scot/Login/Pages/ForgotPassword.aspx>

Contribute to the Heart Manual Quarterly! Should there be a Heart Manual story or memory you'd like to share with the HM facilitator network via this regular newsletter please submit to heart.manual@nhsllothian.scot.nhs.uk by **28th February 2021**. Previous examples can be seen [here](#).

