

THE HEART MANUAL QUARTERLY

WINTER EDITION 2022



BEST WISHES FOR 2022

From all of us at the Heart Manual Department NHS Lothian, best wishes for 2022! We hope that this year will bring less challenges than 2020 and 2021 and are delighted to continue to support so many of you. We continue to run facilitator training for the Heart Manual and the REACH-HF programme throughout 2022. We are also continuing to run our digital reboot sessions free of charge for existing HM facilitators interested in providing the digital versions of the HM Post MI and Revascularisation editions within their service. We are available to answer any questions you may have. **For details on training dates and/or purchasing Manuals, please email our office (heart.manual@nhslothian.scot.nhs.uk) or give us a call (0131 537 9127).**

YOUR ONLINE FACILITATOR HANDBOOK

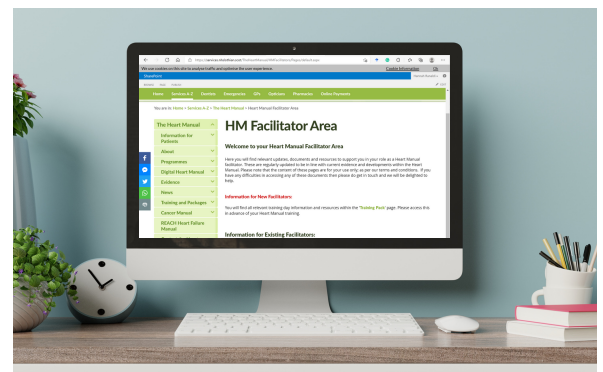
We continue to provide information and resources after your initial training to support you in your role via the online facilitator training area.

The Training Handbook is an online resource, with over 18 different chapters, that are regularly updated to be in line with current evidence and you may find these useful to support you in your role as a Heart Manual facilitator. Each quarter, we'll recommend a chapter, along with highlighting new evidence in the literature review.

This quarter, we recommend reading **Anxiety and Depression**. Anxiety and depression are common experiences for people with a heart condition, which may have been further heightened due to the COVID-19 pandemic and its associated restrictions.

You can access this here:

<https://services.nhslothian.scot/TheHeartManual/HMFacilitators/Pages/Recommended-Reading-for-facilitators.aspx>



Accessing the HM Facilitator Area:

To access, visit our website and click 'Heart Manual Facilitator Area'. Enter your login details that were provided when you attended facilitator training. If you have forgotten these, please contact us.

DIGITAL QR CODES

QR codes for our digital programmes are now available on the HM website. These can be scanned using the camera on your smartphone, tablet or laptop (if you find a QR scanner online).

You can also find a copy of these below:

Digital HM
Post MI
Edition



Digital HM
Revasc.
Edition



UPDATED NICE GUIDELINES

The National Institute for Health and Care Excellence (NICE) has published updated guidance on smoking. There are further details on the use of e-cigarettes as a smoking cessation tool when combined with behavioural support. Read more [here](#).

NICE have drafted updated guidance for depression in adults to replace NICE guideline CG90. The expected publication date of this guideline is 12th May. This guideline covers identifying, treating and managing depression in adults.

Find the consultation draft document [here](#). Pages 78 to 90 are particularly useful to read.

PATIENT FEEDBACK

"Appreciated the common sense approach and the clarity of explanations. Have found it to be an excellent publication - well done and thank you!"

"Helpful. Constructive. Detailed. Language that can be clearly understood. An excellent support for me. Thank you."

"Without it, would not have accomplished where I am now, recovery, optimism, purpose. -I dont think I could have managed without it really. Thank you to all concerned."

"It is a great alternative to other interaction that was not available due to covid."



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

- McAuliffe, H., Mc Sharry, J., Dunne, D., Byrne, M., & Meade, O. (2021). Identifying the active ingredients of cardiac rehabilitation: A behaviour change technique and qualitative analysis. *British journal of health psychology*, 26(4), 1194-1218. <https://doi.org/10.1111/bjhp.12531>
- Mesa-Vieira, C., Grolimund, J., von Känel, R., Franco, O. H., & Saner, H. (2021). Psychosocial Risk Factors in Cardiac Rehabilitation: Time to Screen Beyond Anxiety and Depression. *Global heart*, 16(1), 16. <https://doi.org/10.5334/gh.896>
- Ozemek, C., Lavie, C. J., & Kaminsky, L. A. (2021). Review of Recent Cardiac Rehabilitation Research Related to Enrollment/Adherence, Mental Health, and Other Populations. *Journal of cardiopulmonary rehabilitation and prevention*, 41(5), 302-307. <https://doi.org/10.1097/HCR.0000000000000649>
- Santomauro, F. D., et al. (2021). Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic. *The Lancet*, 398(10312), 1700 - 1712. [https://doi.org/10.1016/S01406736\(21\)02143-7](https://doi.org/10.1016/S01406736(21)02143-7)
- Williamson, T., Moran, C., Chirico, D., Arena, R., Ozemek, C., Aggarwal, S., Campbell, T., & Laddu, D. (2021). Cancer and cardiovascular disease: The impact of cardiac rehabilitation and cardiorespiratory fitness on survival. *International journal of cardiology*, 343, 139-145. <https://doi.org/10.1016/j.ijcard.2021.09.004>

Nurse/AHP

- Atti, V., Devarakonda, P. K., & Raina, S. (2021). Differential Effects of Cardiac Rehabilitation in Obese and Non-Obese Population. *Cureus*, 13(9), e18227. <https://doi.org/10.7759/cureus.18227>
- Buckley, J. P., Riddell, M., Mellor, D., Bracken, R. M., Ross, M. K., LaGerche, A., & Poirier, P. (2020). Acute glycaemic management before, during and after exercise for cardiac rehabilitation participants with diabetes mellitus: a joint statement of the British and Canadian Associations of Cardiovascular Prevention and Rehabilitation, the International Council for Cardiovascular Prevention and Rehabilitation and the British Association of Sport and Exercise Sciences. *British journal of sports medicine*, bjsports-2020-102446. Advance online publication. <https://doi.org/10.1136/bjsports-2020-102446>
- De Leon, K. & Winokur, J. E. (2021). Examining Acute Coronary Syndrome Across Ethnicity, Sex, and Age. *The Journal for Nurse Practitioners*. Advance online publication. <https://doi.org/10.1016/j.nurpra.2021.10.018>
- O'Doherty, A. F., Humphreys, H., Dawkes, S., Cowie, A., Hinton, S., Brubaker, P. H., Butler, T., & Nichols, S. (2021). How has technology been used to deliver cardiac rehabilitation during the COVID-19 pandemic? An international cross-sectional survey of healthcare professionals conducted by the BACPR. *BMJ open*, 11(4), e046051. <https://doi.org/10.1136/bmjopen-2020-046051>

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.nhslothian.scot/TheHeartManual/> and on Twitter ([@TheHeartManual](https://twitter.com/TheHeartManual))

Forgotten Your Login Details? If you have forgotten your password, you can reset it here: <https://services.nhslothian.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@nhslothian.scot.nhs.uk. Previous examples can be seen [here](#).