

**Celebrating 25 years of
empowering patients using
evidenced based self management
approaches.**

The Heart Manual Department



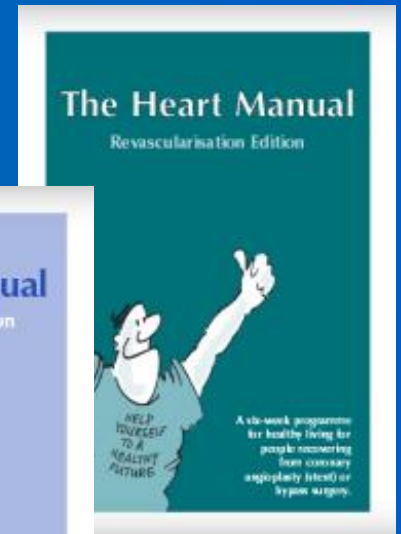
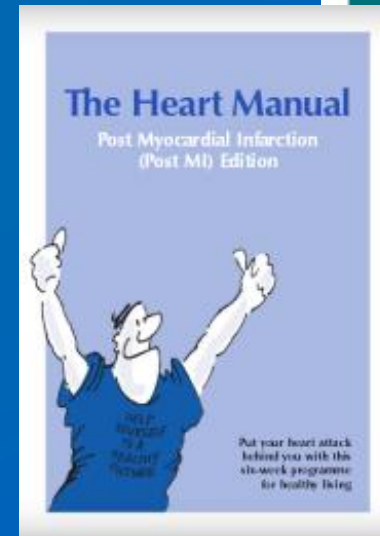
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NHS Lothian**

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Aim:

- a) An overview of the Heart Manual Department
- b) Where are we now?
- c) Invitations, challenges and work streams



Overview:

The HM Department, NHS Lothian sits within EHSCP

The Department's portfolio includes:

- MI ed., 2017 (paper & digital*)
- Revascularisation ed., 2017 (paper & digital)
- Stroke Workbook (2011)
- Cancer Manual Programme (2016)
- Training of HPs to support facilitation
- Audit, collaboration and research to enable the above
- Management Board
- PIHM group

* Supported by funding from SG

Where are we now?

National Audit of Cardiac Rehabilitation
(NACR) 2016, stated...

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



Evidence base

- Anxiety
- Depression
- Quality of life
- Health perception
- Exercise knowledge
- Smoking
- Exercise levels
- BP
- Cholesterol
- Cardiac symptoms
- Programme adherence
- GP visits
- Hospital re-admissions
- Cost effectiveness

Lewin et al (1992)
Dalal et al (2007)
Jolly (2007, 2009)
Dalal et al (2010, 2015)
Heron et al (2016)

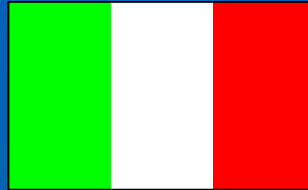
Some facts and figures:

- 500,000 patients have received a HM (50,000 in Scotland)
- 10,000 facilitators have been trained (2500 in Scotland)
- The programmes are cited in 450 journals
- 3 RCTs and a 'library' of publications/evidence
- Adaptation of the model/training into other LTCs
- Used internationally

International Colleagues



Australia



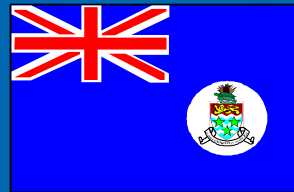
Italy



New Zealand



Beijing



Cayman



Singapore



Canada



Ireland



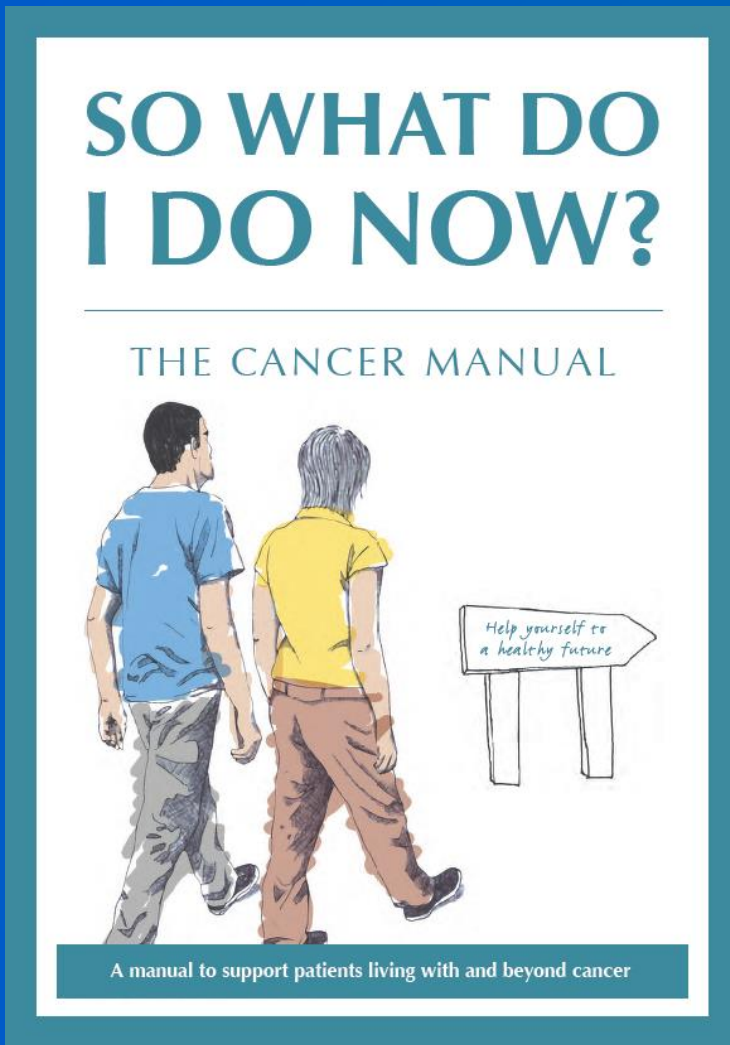
Holland

Current collaborations include:

- 2012-17: NIHR grant/National collaboration - Heart Failure Programme
- 2014-17: TIA Manual
- 2013-16: Cancer Manual

A RESOURCE TO:

- Support patients living with & beyond cancer
- Address frequently asked questions
- Help support & encourage positive behavioural changes
- Be facilitated by specially trained clinicians



Future invitations/ collaborations:

- LMIC-building supported self management programmes (with facilitator training)
- Programme for Adult Congenital Heart disease

Future challenges include:

- Building on what we have already
- Evolve ALL with evidence, guidelines, competencies, organisational change!
- Explore routes for best practice in sharing expertise/working together
- Promote activity of non-regulated HPs
- Methodology applied to other conditions/non cardiac
- Market penetration overseas
- Continue proactive collaborations with external partners/industries
- Re-name the service!

“The Heart Manual has had a lasting effect on my ability to manage my heart health and I cannot praise it enough”

“I found it really helpful and made me focus on what I need to do.”

“What more could you add, its brilliant.”

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

“It was my 'comfort blanket' and even now 3 years later the heart manual is still my 'go to' document for information”

Thank you

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