

# Home-based heart failure rehab training led by the University of Exeter and funded by NHS England

## What is REACH-HF?

A clinically-proven and cost-effective, 12-week home-based rehabilitation programme for people with heart failure, facilitated by REACH-HF-trained healthcare professionals.



Programme consists of: exercise plan, stress management, symptom monitoring, medication adherence and caregiver involvement.



## How to become a REACH-HF delivery site ?

NHS sites in **England** can apply between October 2021 and Feb 2022 to participate in REACH-HF training - coordinated by **the Heart Manual Department** (NHS Lothian) and funded by **NHS England**.

**Free** two-day **online REACH-HF** training course:

- For **60 healthcare professionals** at **15-20 NHS** sites
- Priority to areas where take-up of cardiac rehab is lowest e.g. high proportion of ethnic minority, socioeconomically deprived and rural communities



## What resources are available?

As a national REACH-HF site you will receive:

- **Free** online training for at least 3 staff per site in the delivery of the REACH-HF programme including a comprehensive training manual
- Post-training support
- Formative feedback on performance and ongoing improvement
- **Free** programme materials for the treatment of up to 30 people with heart failure and their caregivers/family member (per trained facilitator), including:
  - Patient Manual
  - Progress Tracker
  - Family and Friends Resource
  - Chair-based Exercise Programme





## How do I apply?

**Two-stage** application process:

**Stage 1** - application form, downloadable from:  
**sites.exeter.ac.uk/reach-hf/**

**Stage 2** - shortlisted sites panel-interviewed via videoconference, conducted in **Q4 2021 and Q1 2022**

**Application form and more information** available at:

 [sites.exeter.ac.uk/reach-hf/](https://sites.exeter.ac.uk/reach-hf/)  
 [reach-hf@exeter.ac.uk](mailto:reach-hf@exeter.ac.uk)