

The Heart Manual Quarterly

Spring Edition 2023

Spring Quarterly at a glance...

- Upcoming Training Dates
- Accessibility and the Digital Heart Manual
- First PIHM Group Meeting of 2023
- Cancer and Cardiac Rehabilitation: New Guidelines on Cardio-Oncology and Cardiotoxicity



Upcoming Training Dates

We still have a few spaces left on our Heart Manual training for the **18th & 19th of April**.

Please email our team at heart.manual@nhslothian.scot.nhs.uk to reserve a place for your team members.



PIHM Group Meeting

We were delighted to meet with our PIHM Group in Edinburgh late last month. It had been so long since we had been able to meet together in person.

We discussed updates to the Heart Manual, continued research we have been conducting, and patient testimonials about the Heart Manual programme and its facilitators. Our PIHM group provide us with invaluable feedback - thank you again to those involved!



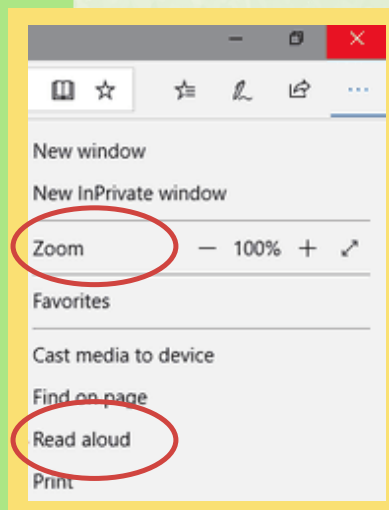
Accessibility of the Digital Manual

The Digital Heart Manual could be a wonderful option for patients with visual impairments or who have trouble reading as it is possible there are both '**Read Aloud**' and '**Zoom**' functions to enlarge the text on the webpage.

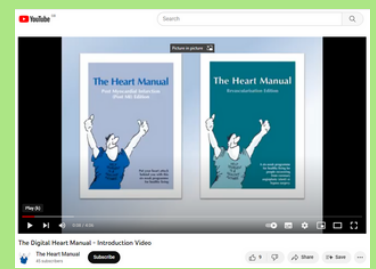
The instructions to activate this feature on Chrome are [here](#), [here](#) for Edge, and [here](#) for FireFox.

You can book a Digital Reboot Session for Heart Manual trained members of your team by emailing us at: heart.manual@nhslothian.scot.nhs.uk

Our **next reboot session will be on the 14th of March**. Reboot sessions typically last about 30 minutes, and are a great way to get comfortable with the Digital Heart Manual.



Click [here](#) to watch an introductory video to the **Digital Heart Manual!**



If your **details** as a facilitator have changed or **you no longer wish to receive the Newsletter** please let us know and we can update our records.

Cardiotoxicity and Cancer Treatments



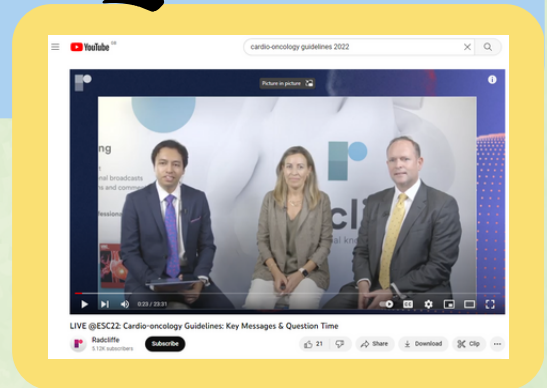
[This 2022 consensus document](#) by the International Cardio-Oncology Society (IC-OS) defines the key cardiovascular toxicities of cancer treatments. **Cardiomyopathy/heart failure, myocarditis, vascular toxicity, hypertension, arrhythmias** and **QTc prolongation** were identified as being the most commonly reported cardiovascular toxicities associated with cancer therapies, including conventional chemotherapeutics, cytotoxic cancer therapies, radiation therapy, arsenic trioxide and newer targeted agents such as vascular signalling pathway inhibitors.



Guidelines on Cardio-Oncology

In 2022, the European Society of Cardiology (ESC) developed [guidelines on cardio-oncology](#). The guidelines cover: end-of-cancer therapy cardiovascular risk assessment, the diagnosis and management of cardiovascular toxicity, and future needs and quality indicators for cardio-oncology.

Click [here](#) to watch **a summary of the guidelines and a Q&A session** with Dr Alexander Lyon and Dr Teresa Lopez Fernandez at the 2022 ESC Conference.



Inequity in Cardio-Oncology

[This 2021 review](#) by the American Heart Association highlights that **certain populations are more vulnerable to the effects of cardiotoxicity**. These include:

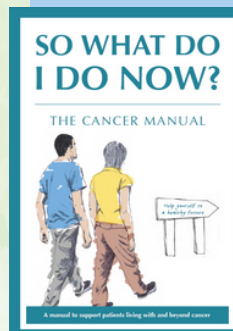
- Black breast cancer survivors, in comparison with White counterparts
- Young people from lower socioeconomic backgrounds, compared to those from higher socioeconomic backgrounds
- Female patients treated with anthracyclines or radiation, versus male counterparts.

Cardio-Oncology Rehabilitation

[This 2019 scientific statement](#) from the American Heart Association introduces the concept of 'Cardio-Oncology Rehabilitation'. It emphasises the necessity of identifying cancer patients who are at risk for cardiac dysfunction and describes the ways in which **cardiac rehabilitation models could be applied to cancer care**.

The Cancer Manual

We are in the process of updating 'The Cancer Manual: So What Do I Do Now' - a manual designed to support patients living with and beyond cancer. We have also developed a digital version of the Cancer Manual, to provide patients with the option of accessing their manual online.



If you or a member of your team would be interested in reviewing this resource, please contact The Heart Manual Department at: heart.manual@nhslothian.scot.nhs.uk

