

# SUMMER 2023

## The Heart Manual Quarterly

### The Heart Manual Quarterly at a glance...

- Well Wishes and Fond Farewells
- Updates to Heart Manual User Sites
- Research Priorities for Cardiovascular Prevention & Rehabilitation
- Podcast Recommendations
- Digital Reboots Sessions

### Well Wishes & Fond Farewells

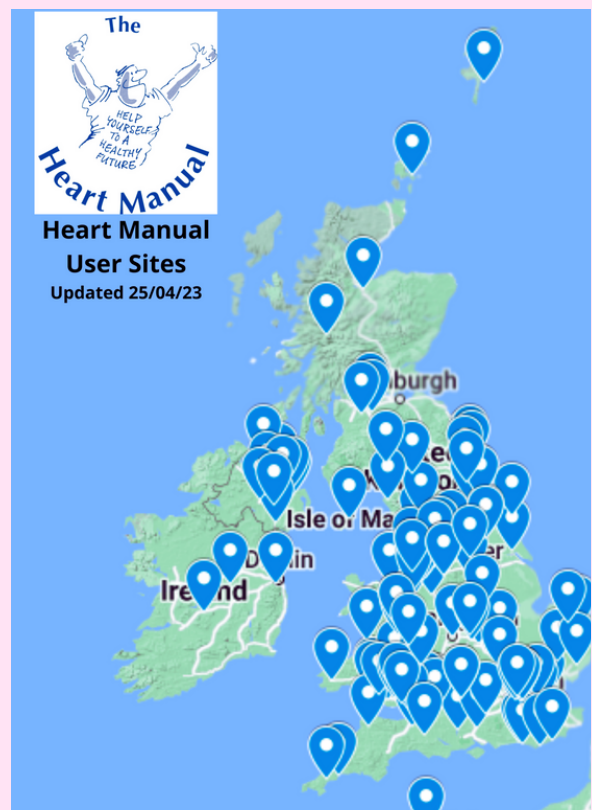
We would like to wish a **Ramadan Mubarak** from everyone here at the Heart Manual to all of our colleagues who celebrated Ramadan!



Roseanne, one of our Assistant Psychologists, will be leaving us after a year of great work with the Heart Manual. We will miss her but hope she will be popping by to see us as she will still be in NHS Lothian. Roseanne we will send you our newsletters – as promised!

### New Heart Manual User Sites

It's been a busy year at the Heart Manual - here is an updated map of all the sites trained in and using the Heart Manual. Welcome to all our new members!



### Free Digital Reboots

Our next **Digital Reboot** is scheduled for **Monday 12th June!** If you would like to refresh your knowledge of the Digital Heart Manual and attend this free reboot session, please email us at [heart.manual@nhslothian.scot.nhs.uk](mailto:heart.manual@nhslothian.scot.nhs.uk). The sessions last approximately 30 minutes and take place over Microsoft Teams.



### Podcast Recommendation!

The **American Heart Association** have a 'Podcast Network' on their website, featuring a number of fascinating podcasts. You can listen to the podcasts for free at: [www.heart.org/en/podcast-network](http://www.heart.org/en/podcast-network) or by clicking [here](#).

## Research Priorities in Cardiac Rehabilitation: What's Next?

The **British Association for Cardiovascular Prevention and Rehabilitation (BACPR)**'s clinical study group recently published a 'top 10 list of priority research questions' for cardiovascular prevention/rehabilitation (McHale et al., 2023). Identified priorities included:

- What is the best way to **assess exercise capacity remotely** when a face-to-face test is not possible?
- Can cardiac rehabilitation programmes meet the needs of those with **multi-morbidity**?
- What is the efficacy of cardiac rehabilitation **collaborative care management** incorporating exercise, mental health, and behaviour strategies?
- What is the effectiveness of remote delivery of **psychological support vs computerised cognitive behavioural** therapy for anxiety and depression in patients with cardiac disease?

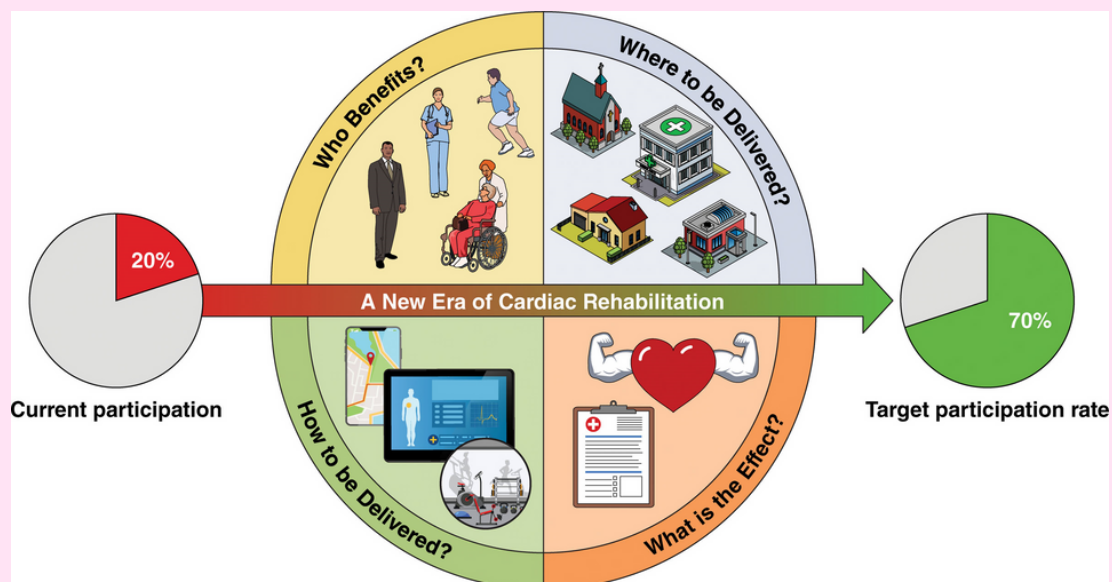


## 'A New Era in Cardiac Rehabilitation Delivery'

Similarly, **Circulation** (an **American Heart Association Journal**) recently published a review highlighting Research Gaps, Questions, Strategies, and Priorities pertaining to virtual and remote methods of Cardiac Rehabilitation:

- *'The emergence of new virtual and remote delivery models has the potential to improve access to and participation in Cardiac Rehabilitation and ultimately improve outcomes for people with Cardiovascular Disease'*

By framing these important questions, the authors hope to **'advance toward a goal of delivering high-quality Cardiac Rehabilitation to as many people as possible'** (Beatty et al., 2023).



## Keep in touch with The Heart Manual

Contribute to the Heart Manual Quarterly! Is there a Heart Manual story or memory you would like to share via the newsletter? Please submit to: [heart.manual@nhslothian.scot.nhs.uk](mailto:heart.manual@nhslothian.scot.nhs.uk).



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