

THE HEART MANUAL QUARTERLY AUTUMN NEWSLETTER 2024



The Heart Manual Quarterly at a glance...

- Presenting at the BACPR conference
- Upcoming Key Dates
- Use of Humour in Healthcare
- Managing CVD risks in Patients with Obesity
- Cardiac disease-induced trauma and stress-related disorders

We will present at the BACPR Conference this year!

Hoping to see some of you at the BACPR conference, where we will be displaying our poster on:
The use of humour-based materials in the Heart Manual's home-based cardiac rehabilitation programme: A review and refresh.
Please do come and visit us at our Heart Manual stand. See you there!



Upcoming Key Dates

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

1. **Heart Manual** Training Dates still available for November 26th & 27th 2024
2. **REACH-HF** Training Dates for 2025 will be confirmed soon for the coming year
3. **Digital Reboot Session** - Tuesday 29th October @ 10am on Teams
4. We have another **FREE Heart Manual Drop-in session** coming up on the 18th December on Microsoft Teams.

Use of humour in healthcare is gaining attention!

The role of humour in healthcare relationships is becoming increasingly recognised for its benefits. Humour can make medical topics more memorable and accessible to patients, helping to bridge the gap between complex information and patient understanding. It is important to strike a balance between humour and the seriousness of a medical condition, as this can make healthcare professionals appear more relatable and human. Key guidelines include ensuring that patients are never the butt of jokes and maintaining education as a priority. While humour should be appropriate for the setting and not forced, it can establish rapport, alleviate tension, and validate patients' experiences. Despite the limited body of evidence, humour has a genuine impact on patient experiences when used correctly.

If you want to watch the full episode you can find it on the ESC TV website: **Episode**

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Managing CVD risks in Patients with Obesity

The research study by Tuccinardi et al. (2024) investigated the relationship between obesity and cardiovascular disease, exploring the pathophysiological mechanisms linking them and examining approaches to managing CVD risks in patients with obesity.

The results from this study found cardiologists needed to adapt to the evolving landscape of CVD treatment in patients with obesity. This involves:

- Addressing weight-related implications to improve outcomes
- Staying informed about new therapies
- Confidently initiating innovative treatments
- Providing tailored, comprehensive care

By embracing these responsibilities, cardiologists can significantly improve outcomes for this vulnerable patient population.

Cardiac disease-induced trauma and stress-related disorders

A recent review by Princip et al. (2024) presented an updated overview of cardiac disease-induced traumas (CDI-PTSD) and other stress-related disorders, including acute stress disorder (ASD), adjustment disorder (AjD), and post-traumatic stress disorder (PTSD). The review found there are challenges in distinguishing between physical symptoms of cardiac events and the psychological symptoms, and therefore it can complicate diagnosis and treatment.

This study also found PTSD and CVD had a bidirectional relationship, each exacerbating the other. While trauma-focused therapies and medications can help, many patients remain undertreated, with only 30-40% receiving treatment. Future research should focus on early identification and personalised interventions for high-risk patients and caregivers.

Risk Factors for development of CDI-PTSD:

1. Younger age
2. Female Gender
3. Prior Psychological issues

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@nhs.scot

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