

Issue 25 December 2020

BMJ Award

REACH-HF won the **BMJ 2020 'Stroke and Cardiovascular Care Team of the Year' Award** at a virtual ceremony on 7th October. Huge congratulations to the whole REACH-HF Team on their hard work which has been recognized by this prestigious award. <http://thebmjawards.bmj.com/showcase/>

The judges said: "Founded on research and patient involvement, this is an impressive example of excellent teamwork producing a real world solution," BMJ 2020;371:m4341 <http://dx.doi.org/10.1136/bmj.m4341> Read more on [here](#)



Our Grant Successes

The **BHF Hope for Hearts competition winners** were officially announced at the annual meeting of the **British Society of Heart Failure** on 27th November. '**Digital REACH HF**' was the first of the 4 teams named by the Medical Director of the BHF, Sir Nilesh Samani followed by our video presentation put together by our industrial partner Health & Care Innovations and Sam van Beurden. Additionally, our application for a **new NIHR Programme Development Grant**—co-lead by Colin Greaves and Hayes Dalal on '**Extending the reach and implementation of the successful REACH-HF programme with a digitally-delivered training programme**' has been funded.

NIHR HTA have also **awarded over £2m** to co-leads, Rod Taylor (Glasgow) & Chim Lang (Dundee) to **assess the patient benefits and cost-effectiveness of REACH-HF** in people with heart failure with preserved ejection fraction (HFpEF) and their caregivers. This multicentre RCT will involve several co-investigators of the original REACH HF team (Patrick Doherty, Colin Greaves, Julia Frost, Kate Jolly and Hayes Dalal) - find out more, [here](#).

The **Danish Heart Foundation** has funded Line Zinckernagel at the University of Southern Denmark to conduct a national register-based analysis on the uptake of CR among HF patients with a view to introducing a Danish version of REACH HF. Unfortunately, our HSDR NIHR bid was not successful.

REACH-HF COVID-19 Response

Funding from the **South West Academic Health Science Network COVID-19 Innovation Adoption Fund**, helped to provide five 2-day online **REACH-HF facilitator training** hosted by Sam Van Beurden, Sarah Buckingham, Paulina Daw, Carrie Purcell and Sinead McDonagh. Nearly 90 health care professionals (HCP) were trained this summer. **The Heart Manual Department** provided online training to a further 14 HCPs in November and will continue to provide remote training in 2021. So, despite the ongoing pandemic patients with heart failure and their caregivers can continue to receive rehabilitation in the comfort of their own homes.

Beacon Site Update

The **Wirral Community Cardiology Beacon site** are to be commended for **adapting the delivery of REACH-HF** to over 100 patients—mostly, during COVID-19! A poster describing their experience was presented at October's virtual **BACPR annual conference**. The pandemic also delayed the launch of **SCOT:REACH-HF Beacon sites** which started in some sites. In November. Their study protocol, led by Carrie Purcell has been published in **BMJ Open**— [read more here](#).

Publications

Julia Frost led a paper on 'The value of social practice theory for implementation science', based on the main REACH HF RCT. BMC Medical Research Methodology, 2020— read the full text [here](#).

Other REACH-HF publications are listed on our website: <http://sites.exeter.ac.uk/reach-hf/reach-hf-publications/> - including Paulina's excellent REACH-HF service-delivery-guide.

Welcome to Rosina

Rosina Cross from the University of Bath joined the REACH-HF team in October as a Postdoctoral Research Associate to work on the BHF funded D REACH-HF project working closely with Sinead McDonagh and Sam Van Beurden.

PPI

We had an overwhelming response to form a new **Patient and Public Involvement (PPI)** advisory group for the **D REACH-HF project** which had a successful virtual meeting on 26th November facilitated by Kate Boddy. The group will meet regularly in 2021.

Seasonal Greetings to all. Wishing you all a safe and COVID free 2021!

The REACH HF team

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