

# REACH-HF News

Issue 1 Summer 2013

## Welcome!

Welcome to the first edition of the Rehabilitation Enablement in Chronic Heart Failure (REACH-HF) project newsletter. If you have any articles or items of interest relating to REACH-HF that you would like included in future editions of the newsletter please send them to Sarah at the address above or via email.

## New Trials Manager

We would like to welcome Chris Hayward from the Peninsula Clinical Trials Unit (PenCTU) who will officially begin working as trials manager for the REACH-HF project later in the year. Chris will be based in Plymouth and will be assisting with data management, randomisation and trials management for the trials in Work Packages 2 and 3.

We look forward to working with Chris and his colleagues at PenCTU.

## Intervention Development Group workshop

The REACH-HF Intervention Development workshop that took place in Birmingham on 23rd May was a well attended and successful event. The workshop provided an ideal opportunity for discussion and included a number of tasks and group activities based around some essential components of the HF manual:

- Managing medication
- Physical activity (including rehabilitation/establishing basic fitness and sustaining fitness/quality of life)
- Managing stress and breathlessness
- Needs of caregivers

Thank you to Dr. Colin Greaves for organising this event and to Professor Kate Jolly and her PA Anne Walker for providing the venue.



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## Work Package 1b

Dr. Jenny Wingham and her team have now successfully recruited 16 family members and carers of people with heart failure in Cornwall who have been interviewed about their experiences. All of those interviewed have talked openly about coping with the condition and have given a rich supply of information for analysis.

The next step will be further interviews in Birmingham and focus groups in Cornwall.

## PPI Update

Nine PPI group members attended a meeting with Dr. Jenny Wingham and Dr. Colin Greaves on 24th April in Truro. All those in attendance gave some very valuable feedback on the physical activity DVD that may form part of the final intervention. The next PPI meeting will be on Wednesday 3rd July.

## All Wales Cardiac Rehabilitation and Heart Failure Conference 2013

A member of the REACH-HF team, Dr. Jackie Austin MBE, introduced the All Wales Cardiac Rehabilitation and Heart Failure Conference on 7th June. Jackie spoke about the future of heart failure and cardiac rehabilitation.

### Dates for Your Diary:

- The next Programme Management Group (PMG) meeting is on 20th September at 12.30 pm (buffet lunch available from 12.00) in the Smeall building, Exeter University
- PMG meeting December 6th at 1.00pm (venue TBC)
- BACPR annual conference 3rd to 4th October at St. John's Hotel, Solihull

[http://www.rcht.nhs.uk/  
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TeachingAndResearch/ReachHF](http://www.rcht.nhs.uk/RoyalCornwallHospitalsTrust/WorkingWithUs/TeachingAndResearch/ReachHF)

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