

REACH-HF News



Issue 10 Autumn 2015

Main Trial (WP3) Update

Well done to the research teams in Cornwall, Birmingham, Gwent and York for passing the halfway point and recruiting **123** of the **216** patients in the main trial. **54** caregivers have also been recruited so far. The current target recruitment rate is **6 patients per site, per month**. We are still aiming to finish recruiting by the end of the year!

Thank you to all the facilitators across the research sites who are working hard to make sure the intervention is well delivered to patients and caregivers, and for recording their consultations and contacts. We look forward to seeing the end results!



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REACH-HFpEF (WP2) Update

Congratulations to the Dundee team for setting up the pilot study of the REACH-HF Manual in those with heart failure with preserved ejection fraction (HF-pEF). The first participants were seen in July and the recruitment target was surpassed in the first month—keep up the good work!

Patient and Public Involvement

The next PPI meeting will take place on Wednesday 11th November at 6.00pm (County Arms, Truro). We may soon be looking to recruit some new members so if you know anyone with heart failure (or a caregiver) who may be interested in getting their views heard, let us know!

New REACH-HF Staff

WELCOME to Louise Crathorne and Lucy Moore, who will both be working on the REACH-HF project at the University of Exeter.

Louise is a health economist who will be working with Colin Green on the economic modelling component, to determine whether REACH-HF would be a cost-effective programme to be rolled out across the UK. Lucy will undertake the patient and caregiver interviews and qualitative analysis for the process evaluation.

WELCOME also to Joanne Coyle, the new qualitative researcher for Work Package 2 in Dundee.

Dates for Your Diary:

- Facilitators' teleconference: 2.00-4.00pm on **9th September**
- Principal investigators' teleconference 10.00-11.30am on **17th September** (and 9.30-11.00am on **16th October**)
- Programme Management Group (PMG) meeting on **6th November** at 12.45pm (buffet lunch 12.00) in JS07 Smeall Building, St. Luke's Campus, Exeter University (with Trial Oversight Group meeting 11.00-12.00 and Intellectual Property meeting 3.30-4.00pm)



The REACH-HF Resources: Heart Failure Manual, Family and Friends Resource, Progress Tracker, Chair-Based Exercise DVD and Relaxation CD

Upcoming Conferences

Jenny Wingham will be presenting her work with caregivers at the International Carers Conference in Gothenburg, Sweden from 4th to 6th September.

Sally Singh will present a poster on behalf of the REACH-HF team at the BHF National Centre Conference in Loughborough on 22nd September.

Reminder: Please inform the NIHR and Sarah Buckingham of any planned REACH-HF publications or conference presentations—thank you!

<http://www.rcht.nhs.uk/RoyalCornwallHospitalsTrust/WorkingWithUs/TeachingAndResearch/ReachHF>

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