

# REACH-HF News



Issue 11 Winter 2015

## Main Trial (WP3) Update

179 patients and 81 caregivers have been recruited in the main trial so far. We're not far off the total target of 216 patients but recruitment will be extended to the end of January 2016 for Birmingham and the end of March for Gwent to allow these sites to reach the final numbers.

## Publications

A paper describing the intervention and its development is in submission to the journal 'BMC Pilot and Feasibility Studies'. The intervention was strongly influenced by service users, heart failure specialists and other experts with experience in supporting people with heart failure, as well as the latest evidence and clinical guidance. Now we wait with baited breath to see if the intervention works in practice!

We are pleased to say that the protocol paper for the main trial has been accepted for publication in BMJ Open.

Congratulations also to Hayes Dalal, Patrick Doherty and Rod Taylor on publication of their clinical review on cardiac rehab in the BMJ.

## BMJ Podcasts

Kevin Paul, Chair of the REACH-HF PPI group, recently recorded a patient podcast for the BMJ to share his experiences of cardiac rehab. Hayes Dalal, Rod Taylor and Jenny Wingham also recorded a podcast based on the recently published clinical review paper.

The podcasts can be accessed from: <https://soundcloud.com/bmjpodcasts/cardiac-rehab-patient> and <https://soundcloud.com/bmjpodcasts/cardiac-rehab>

Hayes, Rod and the rest of the study team would like to thank everyone who has been involved in the REACH-HF study in 2015 and wish you all a very Merry Christmas and Happy New Year. We look forward to another successful year for REACH in 2016!



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## REACH-HFpEF (WP2) Update

The team in Dundee are continuing to successfully recruit to the pilot trial of the REACH-HF Manual in those with heart failure with preserved ejection fraction (HF-pEF). 24 patients (of the total target of 50) and 12 caregivers have been randomized so far. Chim Lang, Karen Smith and their team are now identifying potential participants from the heart failure nursing service as well as the HF-pEF register.

Keep up the good work!

## Patient and Public Involvement

The last PPI meeting took place on 11th November in Truro. It was a good meeting as always and an opportunity to share progress and views on the study as a whole. Jo Palmer from the Royal Cornwall Hospital attended to talk about her work on evaluating the impact of PPI in the REACH-HF project, which has involved interviews with the group and the research team.

There was useful discussion on how to recruit new patients and carers to the group. It was agreed that in addition to external adverts, REACH participants should be given the opportunity to be involved after they finish the trial.

**Congratulations and best wishes to Anna Old, REACH-HF research nurse in Truro, who is leaving the project at the end of November to have her second baby. Thanks for all your hard work throughout 2015—you will be missed!**

## Dates for Your Diary:

- Principal investigators' teleconference 1.30-3.00pm on **8th December**
- Qualitative team meeting on **10th December** at 10.00-12.00, South Cloisters Room SC1.27, St. Luke's Campus, University of Exeter
- Programme Steering Committee (PSC) meeting on **11th December** at 2.00-3.00pm (buffet lunch 1.30pm) at Hotel Xenia, London