

REACH-HF News

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Study extension to June 2018

REACH HF has secured approval from the NIHR for a 6 month extension to the research and £50,000 in additional funds. The extension was supported by Professor Cowie, the chair of the programme steering committee who wrote to the NIHR stating that the REACH-HF team had made “excellent progress to date” and a short extension was necessary to ensure timely delivery of the scientific outputs of the various work packages. The study extension will allow Dr Hayes Dalal to co-ordinate the writing of the study monograph and includes funds to pay for open access publication on the findings of the research.

New Faces



Suzanne Nunn joined REACH HF in January as our administrator. Her usual working week is Mon and Tues 8.30-4.45 and Thurs 8.30-1.00

Two new PhD students jointly funded by the NIHR and the University of Exeter are linked to REACH HF:



Miriam Noonan graduated from University College Cork, Ireland in 2007. Her PhD will explore the role of informal carers in Chronic Illness.



Grace Dibben completed her MSc in cardiovascular rehabilitation in 2013. Her PhD title is ‘Cardiac Rehabilitation and Physical Activity Levels in Heart Failure’

Congratulations and goodbye!

Congratulations to Vicky Eyre our trial manager from Pen CTU who has been appointed as the Centre Manager for Re:Cognition Health Plymouth which is a centre delivering commercial Alzheimer’s trials and memory clinics. Vicky will be attending our PMG meeting in April which will be her last official duties with Pen CTU. We will miss her and wish her every success in her new position.

REACH-HFpEF (WP2) Update

At the end of December 50 patients had been recruited with 45 of them returning the primary outcome measure (retention of 90%). All the data has now been collected and sent to Fiona Warren (statistician) in Exeter for analysis. The results will be discussed at the Programme Management Meeting (PMG) in April.

REACH-HFpEF (WP3) Update

The main trial recruited 216 patients at all four sites have now completed their 12 month follow ups with 86% retention (186 patients). All qualitative interviews are completed and Julia in Exeter has started coding data: specifically looking at the difference between 4 and 12 month interviews and what sustains or prevents continued behaviour change. Also looking at interactions between patient and caregiver and how REACH HF has impacted on the relationship. We are expecting to present results of WP3 at the PMG in September 2017.

Patient and Public Involvement

In September the PPI group (chaired by Kevin) reviewed the REACH-HF progress report and the reasons why participants ‘dropped out’ of the study were discussed. Looking forward the group discussed proposed caregiver research that would build on the work done in the REACH-HF programme. Jenny has applied for a NIHR career development fellowship to fund this work.

Dates for Your Diary:

- REACH-HF PI (teleconference) 28.02.2017 3-4pm
- PPI meeting, County Arms, Truro 14.03.2017
- REACH-HF PMG and TOG St Luke’s Campus, Exeter 28.04.2017

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