

# REACH-HF News



Issue 9 Summer 2015



## Main Trial (WP3) Update

Recruitment to the REACH-HF trial is now well underway in Truro, Gwent, Birmingham and York—a big **THANK YOU** to the principal investigators and research nurses who are making the project a success so far.

The recruitment target is **6 patients per month per site** (plus carers where they have one) to recruit the 216 patients in total by the end of November. So far **78** patients have completed baseline visits.

Thank you also to the facilitators who are working with patients allocated to the intervention group (i.e. those receiving the Heart Failure Manual) and helping them to manage their condition and make positive changes to their lifestyle. Early indications from facilitator contact sheets are very encouraging.

## Patient and Public Involvement

Although the next PPI meeting is not until November, the group's continued involvement is still essential to the study. Dr. Hayes Dalal (Co-Chief Investigator) has written the following message of thanks:

*"I would very much like to thank the members of our PPI group. Your hard work and dedication in the REACH-HF project, from its earliest stages to the writing of the manual and the on going research trial, has been instrumental in its success. Your involvement is highly appreciated by the whole REACH-HF team."*

*Particular thanks to Kevin Paul, who has given up a lot of his own time to chair the PPI meetings and act as a co-applicant to represent the patients' perspective on the programme management committee.*

Very best wishes,

Dr. Hayes Dalal"



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## REACH-HFpEF (WP2) Update

We are delighted that the pilot study of the new Heart Failure Manual in patients with heart failure with preserved ejection fraction (HF-pEF) has now received full ethical approval.

Unfortunately the EME (Efficacy and Mechanism Evaluation) funding bid for the additional exercise Echo study of the impact of the REACH-HF intervention on physiological function was unsuccessful. Nevertheless, the team in Dundee are hoping to begin recruitment to the main pilot trial shortly.

## Caregiver Work

Dr. Jenny Wingham will be speaking about the findings of her qualitative research with caregivers in REACH-HF at two upcoming events - the International Carers Conference which takes place in Gothenburg, Sweden from 4th to 6th September and the Cardiomyopathy Association's Information Day in Newquay, Cornwall on 13th June.

## Welcome!

Kim Arnell has been appointed as a backup REACH-HF research nurse in Truro. Kim will work flexibly to cover Anna Old's holidays etc. Welcome to the team, Kim!

## Dates for Your Diary:

- Principal investigators' teleconference: 10.00-11.30am on **25th June**
- Programme Steering Committee (PSC) meeting: 1.00-3.00pm (buffet lunch at 12.30) on **5th June** at the Hotel Xenia, London
- Programme Management Group (PMG) meeting on **7th July** at 1.00pm (buffet lunch 12.00) in JS07 Smeall Building, St. Luke's Campus, Exeter University (with Trial Oversight Group meeting 11.00-12.00)

If you have any items for the next issue of REACH-HF News, please send to Sarah Buckingham—thank you!

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

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