

Implementing REACH-HF during COVID-19

An effective home-based cardiac rehabilitation programme for heart failure patients

What is REACH-HF?

Home-based – A 12 week, effective rehabilitation programme for heart failure, delivered at home and facilitated by REACH-HF trained healthcare professionals



Regular exercise – Choice of 2 incremental exercise programmes – walking or chair-based



Stress management – Skills training for relaxation techniques and mindfulness

Symptom monitoring – Identifying key symptoms and taking appropriate actions to avoid hospitalisation



Medication adherence – Strategies to support taking medication as prescribed

Caregiver involvement – Active involvement for the benefit of patient and caregiver's own health and wellbeing



How do I become a REACH-HF facilitator?

Participate in REACH-HF training - coordinated by the Heart Manual Department (NHS Lothian), Edinburgh. We are currently offering a **free** remote, web-based, 2-day REACH-HF training course jointly sponsored by NHS Lothian, Health and Care Innovations and the REACH-HF Study Group on the **13th and 14th May 2020**, in light of the current pandemic.

What resources are available?

Facilitator manual

- Comprehensive REACH-HF training manual for health professionals

Patient manual +

- Exercise DVD/videos on website
- Relaxation CD
- Progress tracker
- Family and Friends resource

How much does it cost?

To enable heart failure patients to continue with rehabilitation at home during the COVID-19 outbreak, we are offering REACH-HF training **free of charge for healthcare professionals during the COVID-19 crisis**. Each trainee facilitator will be expected to order at least 10 REACH-HF intervention packs at a subsidised cost to their provider.



For more information contact the Heart Manual Department: Heart.manual@nhslothian.scot.nhs.uk