

REACH-HF BEACON SITE PROJECT: DEVELOPING AND EVALUATING A NETWORK OF PRACTICE FOR THE IMPLEMENTATION OF HOME-BASED HEART FAILURE REHABILITATION ACROSS THE UK

Dr Sinead TJ McDonagh¹, Dr Samantha B van Beurden¹, Ms Paulina Daw², Prof Colin J Greaves², Prof Patrick Doherty³, Dr Hasnain Dalal⁴, Prof Rod Taylor^{1,5} on behalf of the REACH HF Study Investigators

1. University of Exeter, 2. University of Birmingham, 3. University of York, 4. Royal Cornwall Hospitals NHS Trust, 5. University of Glasgow

900 000 affected by Heart Failure in the UK

NHS cost of **£2.3 bn** primarily (70%) due to hospitalisations

Less than **1** in **10** receive rehabilitation

NICE National Institute for Health and Care Excellence **2018**

People with heart failure should be offered:

a personalised, exercise-based cardiac rehabilitation programme – in a format and setting (at home, in the community or in the hospital) that is easily accessible

What is reachHF?



1 Home-Based

Effective rehab for heart failure, delivered at home and facilitated by REACH HF trained healthcare professional



6 Caregiver Involvement

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



2 Regular Exercise

Choice of two incremental exercise programmes: 1) walking and 2) chair-based



5 Medication Adherence

Strategies to support taking medication as prescribed



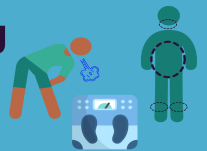
3 Stress-Management

Skills training for relaxation techniques and mindfulness.



4 Symptom Monitoring

Identifying key symptoms and taking appropriate actions to avoid hospitalisation



THE BEACON SITE PROJECT

Aims

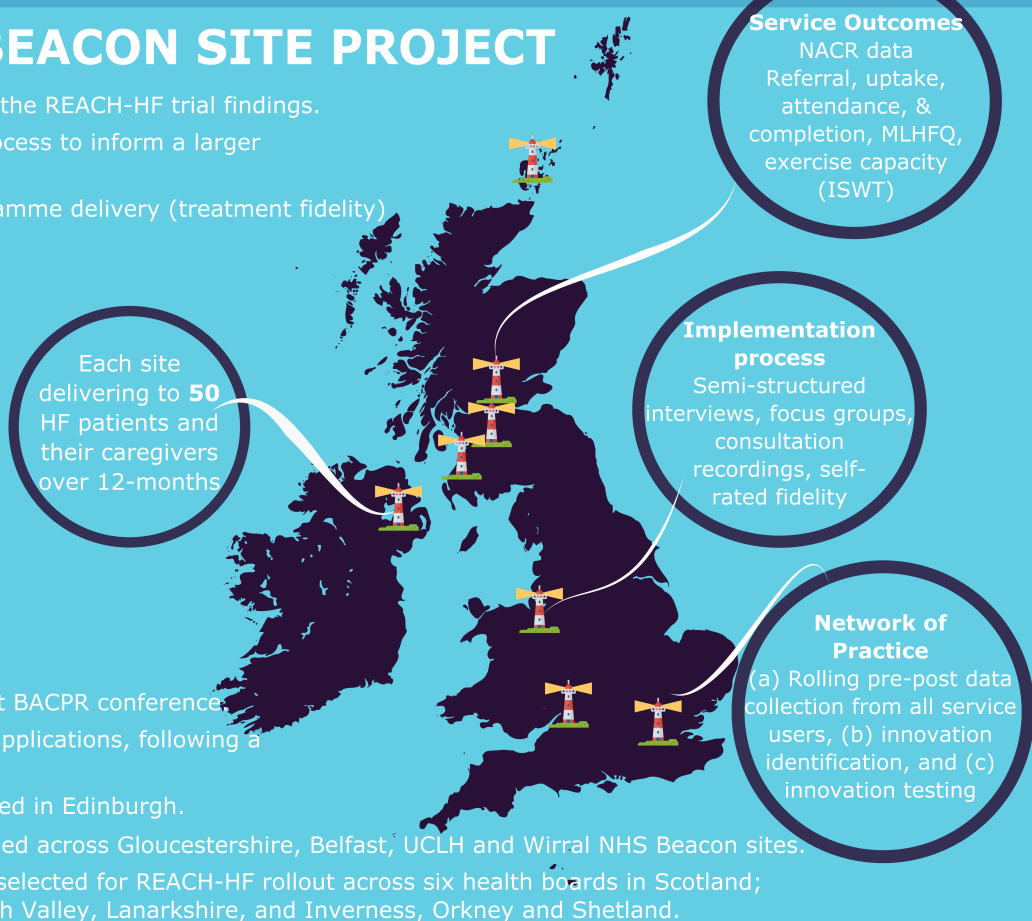
- Comparison of real-world outcomes with the REACH-HF trial findings.
- Exploration of the implementation process to inform a larger scale NHS roll-out.
- Assess quality of real-world programme delivery (treatment fidelity)

How?

Mixed-Methods evaluation of REACH-HF in **4** NHS CR centres.

Site + Patient Recruitment

- 2018 Q4- National competition launched at BACPR conference.
- 2019 Q1 - Four sites selected from 10 applications, following a two stage application process.
- 2019 Q2 - three HCPs per site trained in Edinburgh.
- 2019 Q4 - 109 HF patients enrolled across Gloucestershire, Belfast, UCLH and Wirral NHS Beacon sites.
- 2020 Q1 - Four further sites selected for REACH-HF rollout across six health boards in Scotland; Ayrshire & Arran, Forth Valley, Lanarkshire, and Inverness, Orkney and Shetland.



References
National Institute for Health and Care Excellence. Chronic Heart Failure in Adults: Diagnosis and Management. NG106. London: NICE, 2018.
Donkor A et al. National Heart Failure Audit. London: Healthcare Quality Improvement Partnership, 2017
BHF NACR. The National Audit of Cardiac Rehabilitation Annual Statistical Report. 2017
Dalal, Taylor et al. The effects and costs of home-based rehabilitation for heart failure with reduced ejection fraction: The REACH-HF multicentre randomized controlled trial. Eur J Prev Cardiol, 2018. doi: 10.1177/2047487318806358

Funder disclaimer: This poster presents independent research funded by the National Institute for Health Research (NIHR) under its Programme Grants for Applied Research Programme (PG-A) 12104-12004 for Gloucestershire, Belfast, UCLH and Wirral) and Heart Research UK (for the Scottish Beacon sites). The views expressed are those of the authors and not necessarily those of the NHS, NIHR or the Department of Health & Social Care.