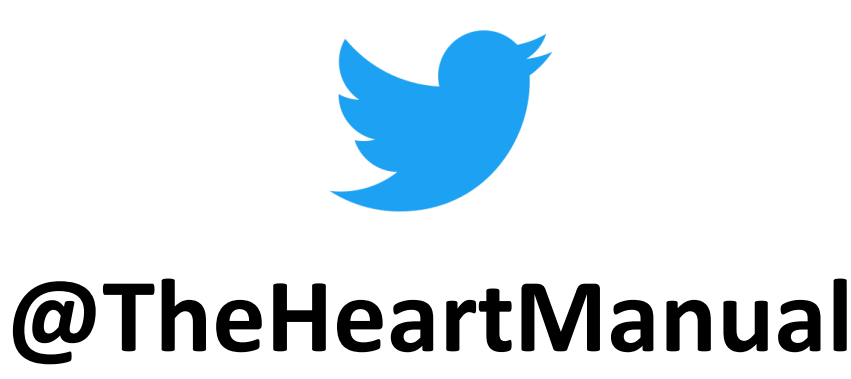


The Heart Manual: 26 years of evidence, collaboration and facilitated delivery to patients across the UK and internationally



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AIM

To examine the impact of the Heart Manual (HM), a home based cardiac rehabilitation (CR) programme, on research, practice and collaboration on patient recovery since being launched by NHS Lothian.

METHODS

This review examined the wide range of literature relating to the HM.

OUTCOME/RESULTS

Since its seminal publication in the **Lancet**, the effectiveness of the HM programmes has been well evidenced. **Randomised controlled trials and further studies have highlighted, when compared to controls, reduced:**

- Anxiety
- Depression
- GP visits
- Hospital readmissions

The HM has been **consistently involved in collaborations with academic and NHS partners** which have lead to the development of the **Digital Heart Manuals, the Stroke Workbook, the Cancer Manual and the Heart Failure Manual.**

The Revascularisation HM was developed for patients post angioplasty or coronary artery bypass. The BRUM study **found significant improvements**, across both modes of delivery, in:

- Cholesterol
- Smoking
- Anxiety
- Depression
- Physical activity
- Diet



When compared against hospital based CR programmes, both modes of delivery **found improvements in physical and psychological domains of quality of life and proved cost-effective.**

The HM has been included in **many major systematic and clinical reviews of cardiac rehabilitation models and the use of behaviour change techniques.**

More recent service evaluations have **utilised patient feedback questionnaires to assess the HM's impact on their daily lives**



throughout rehabilitation. This further illustrates the benefits of the programme for patients, most notably in health behaviour change and psychosocial support. This audit highlighted the programme as comprehensive, and inclusive of all the key elements outlined in local, national and European cardiac rehabilitation guidelines.



CONCLUSION

The HM remains a highly evidenced CR programme which has benefited the recovery of many individuals following myocardial infarction or revascularisation. While informing clinical guidance and the development of further programmes through collaborations, in order to improve the outcomes for those living with various long term conditions.



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