Heart Manual editions

Post Myocardial Infarction (Post MI) Edition

More than 400 major NHS users across the UK and Ireland use this edition aimed at patients recovering from acute myocardial infarction. This programme is the UK’s leading home-based, self-management rehabilitation programme for this population group.

The Heart Manual – Post MI Edition was shown to be clinically effective in a major trial conducted between 1988 and 1991*. Subsequent studies have supported the findings of this initial trial.

You may use the programme as a standalone rehabilitation programme or you can integrate it with existing hospital or primary care-based programmes. A number of national and government reports (SIGN and NICE) cite the Heart Manual as best practice.

Revascularisation Edition

Existing Heart Manual facilitators can use our free, self-directed learning package to update their skills so that they may also deliver the revascularisation edition of our manual.

Building on the success of the original edition, our project team collaborated with the University of Birmingham in 2002 to develop this separate programme for coronary artery bypass graft (CABG) and angioplasty (PTCA/PCI) patients.

You can read more about the revascularisation edition in the Birmingham Rehabilitation Uptake Maximisation Study (BRUM)**, where the programme was evaluated as part of a four-year study on home-based cardiac rehabilitation with a multi-ethnic population.


Help yourself to a healthy future

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Supported self-management programmes for people with coronary artery disease
Use of the Heart Manual

Although trained healthcare professionals support patients’ in the use of the Heart Manual, the onus is on the individual to make the necessary lifestyle changes to aid recovery and improve/maintain health.

The programme empowers patients to improve their long-term health and well-being in a number of ways:

- Ownership of the Heart Manual belongs to the individual patient - who set their own targets and goals (in conjunction with a facilitator), then work through the programme at their own pace to achieve these milestones.
- Patients are provided with tools to support recovery – an activity record and relaxation CD help patients to develop the core skills required for self-management.
- A home based programme allows flexibility – the Heart Manual can be adapted to suit patients’ circumstances and requirements and this helps to increase uptake and adherence to cardiac rehabilitation (as well as to reduce inequalities).
- Programme model can be selected to suit local needs – the programme may be delivered in the format e.g. face-to-face, telephone consultations or a mixture of both - whatever suits your patients needs/resources.

Programme has been shown to improve patients’ clinical, psychological and service use outcomes.

What is the Heart Manual?

The Heart Manual is an evidence-based approach to cardiac rehabilitation. First developed in 1992 and supported by healthcare professionals, the home based self-management programme today assists in the recovery of 18,000 heart attack patients annually.

Available in two editions:- (a) myocardial infarction (MI) and (b) revascularisation; the programmes help bridge the gap between discharge from hospital and Phase 2 cardiac rehabilitation. By addressing patient misconceptions in its guidance, participation in Phase 3 is sometimes unnecessary, or/and if needed is usually easier and more successful.

The six-week programme is contained in an attractive book, which patients keep. Information on secondary prevention; activity; exercise; goal setting, and stress management is included. Patients record their progress daily. Regular contact is maintained between healthcare professional and patient along the way.

Training for healthcare professionals

For healthcare professionals wishing to become Heart Manual facilitators, a comprehensive two-week training course is available. Embracing both editions of the manual, the course can be delivered at choice of venues nationwide.

The course covers the psychological and clinical background to rehabilitation; the practicalities of delivering the programme; behavioural interventions to help reduce symptoms, such as goal setting; risk factor management; medicines and interventions.

Delivering training in your NHS area

The Heart Manual service also encourages individual NHS teams to conduct their own training. This gives them the opportunity to address local issues, guidelines and benchmarks during the delivery of the programme’s core components.

Evidence shows that the facilitated Heart Manual programme:

- reduces anxiety and depression
- reduces GP visits and hospital admissions
- is as effective in promoting a range of clinical, psychological and service use outcomes as the hospital based cardiac rehabilitation programmes specified in NICE and SIGN guidelines.

Our flexible, innovative approach to cardiac rehabilitation allows commissioners to co-ordinate successful health care provision. The service has more than 15 years’ experience of providing NHS clients with services and ongoing support. We offer attractive packages to enable each area to satisfy local demand.