

# Covid-19 Resources Hub for Cardiac Rehab Programmes

(Updated 30<sup>th</sup> July 2020)

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## Health and Exercise Professionals Information

*Delivering a remote service please continue as possible the following :*

*Initial triage assessment via telephone/video call*

*Home programme to consider the main core components of cardiovascular rehabilitation:*

*Ongoing lifestyle advice:*

- *Physical Activity and Exercise - Use home exercise programmes that can be emailed or pre recorded video clips / live streaming classes*
- *Smoking cessation*
- *Healthy Eating*
- *Self – management skills for patients with angina*

*Medical risk management / medicines uptitration*

*Psychosocial support*

## Useful Websites

### **BCS Covid-19 Clinicians Resource Hub**

<https://www.britishcardiosocietysociety.org/resources/covid-19-clinicians-hub>

### **ESC COVID-19 and Cardiology**

<https://www.escardio.org/Education/COVID-19-and-Cardiology>

### **ESC Recommendations on how to provide cardiac rehabilitation activities during the COVID-19 pandemic**

[https://www.escardio.org/Education/Practice-Tools/CVD-prevention-toolbox/recommendations-on-how-to-provide-cardiac-rehabilitation-activities-during-the-c?utm\\_medium](https://www.escardio.org/Education/Practice-Tools/CVD-prevention-toolbox/recommendations-on-how-to-provide-cardiac-rehabilitation-activities-during-the-c?utm_medium)

### **PCCS COVID-19 online learning bites**

<https://pccsuk.org/2020/en/page/covid-19-online-learning-bites>

### **BHF COVID-19 hub for healthcare professionals**

<https://www.bhf.org.uk/for-professionals/healthcare-professionals/coronavirus-covid-19>

### **Arrhythmia Alliance and COVID-19**

<https://heartrhythmalliance.org/aa/uk/arrhythmia-alliance-covid-19-update>

### **Resus UK - COVID-19 Resources: Healthcare Settings**

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-healthcare-resources/>

### **ICCP**

On our ICCPR website we have created a page dedicated to COVID-19 resources and projects: <http://globalcardiacrehab.com/major-initiatives/covid-19-2/>

Webinar on CR and COVID-19 24th April 2020

<https://www.youtube.com/watch?v=LsZU7y1O-nY&feature=youtu.be>

### **British Society of Heart Failure**

<https://www.bsh.org.uk/2020/04/10/retention-of-essential-heart-failure-services-during-covid-19-pandemic/>

### **Moving Medicine**

Guidance on Physical activity advice

[https://movingmedicine.ac.uk/disease/ihd/?current\\_page=disease-title#start](https://movingmedicine.ac.uk/disease/ihd/?current_page=disease-title#start)

<https://www.nhs.uk/covid-19-response/data-and-information-governance/information-governance/covid-19-information-governance-advice-health-and-care-professionals/>

### **General Websites**

**Government Advice** <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

**Scottish Government Advice** <https://www.gov.scot/coronavirus-covid-19/>

**Welsh Government Advice** <https://gov.wales/coronavirus>

**Northern Ireland Department of Health Advice** <https://www.health-ni.gov.uk/coronavirus>

**NHS** <https://www.nhs.uk/conditions/coronavirus-covid-19/>

### **Public Health websites:**

Wales <https://phw.nhs.wales/>

Northern Ireland <https://www.publichealth.hscni.net/>

England <https://www.gov.uk/government/organisations/public-health-england>

Scotland <https://www.hps.scot.nhs.uk/>

## Web based resources

### The Heart Manual Programme

The Heart Manual department (NHS Lothian) for this highly evidenced comprehensive cardiac rehabilitation programme (available in digital and paper format) is now offering the following:

- Free Digital Reboot sessions for previously trained Heart Manual Facilitators. These are short remote practical update sessions (one hour max) on the Digital Heart Manual.
- Reduced cost of online training packages for health professionals to facilitate the Heart Manual programmes (digital and paper formats) Myocardial Infarction and Revascularisation versions.

For availability and booking please contact:

[heart.manual@nhslothian.scot.nhs.uk](mailto:heart.manual@nhslothian.scot.nhs.uk) 0131 537 9137/9127 [www.theheartmanual.com](http://www.theheartmanual.com)

### REACH-HF

To enable heart failure patients to continue with rehabilitation at home during the COVID-19 outbreak, REACH-HF are offering training free of charge for healthcare professionals. The remote, web-based, course is jointly sponsored by NHS Lothian, Health & Care Innovations and the REACH-HF Study Group. For more information please contact the Heart Manual Department: [Heart.manual@nhslothian.scot.nhs.uk](mailto:Heart.manual@nhslothian.scot.nhs.uk)

REACH HF website <http://sites.exeter.ac.uk/reach-hf/>

### Activate your Heart (AYH)

In light of the recent COVID-19 outbreak we would like to offer **ACTIVATE YOUR HEART**® an effective and acceptable alternative to traditional CR programmes for a 3 month period free of charge to all NHS CR teams.

**ACTIVATE YOUR HEART**® is an online, interactive cardiac rehabilitation programme designed to support individuals who have had a recent cardiac event, or have a pre-existing heart disease.

Please contact Nikki Gardiner – [nikki.y.gardiner@uhl-tr.nhs.uk](mailto:nikki.y.gardiner@uhl-tr.nhs.uk) or Amye Watt – [amy.e.watt@uhl-tr.nhs.uk](mailto:amy.e.watt@uhl-tr.nhs.uk) for further details

### Astra Zeneca

- My Heart Attack website: <https://www.myheartattack.co.uk/>

- A non-promotional patient website which aims to support patients after their ACS event. This has tailored and downloadable resources in a timeframe from event manner. Resources include disease information, medicine information, lifestyle advice etc.
- InterACT Medical Education website: <https://interactmedicaleducation.com/>
  - a non-promotional website which aims to educate HCPs.

## **Healthmachine**

Digital CR platform - 90 day free trial currently available

<https://www.healthmachine.io/>

## **Cardiac College**

From International Collaboration for Cardiovascular Care and Prevention and Rehabilitation (ICCP)

<https://globalcardiacrehab.com>

As with many programs, our team in Toronto (TRI-UHN) is temporarily moving to a virtual care model. As many of you know our group has developed an evidence- and theoretically-based comprehensive education intervention called Cardiac College, which is available online for free in 6 languages (English, French, Portuguese, Spanish, Hindi and Punjabi). If your program is in need of online resources for your patients, please feel free to connect them to Cardiac College ([www.cardiaccollege.ca](http://www.cardiaccollege.ca)). The website includes a free patient [guide](#) (available in all 6 languages), resistance training [videos](#), nutrition [videos](#) (and [here](#)), and other patient-centred materials that may help support this change in our models of care.

[THRiVE](#) is a 12-week structured goal setting and education program that is part of Cardiac College and is also free to use and available on the website in English and French.

Contact information: Gabriela Melo Ghisi ([Gabriela.MeloGhisi@uhn.ca](mailto:Gabriela.MeloGhisi@uhn.ca))

Crystal Aultman ([crystal.aultman@uhn.ca](mailto:crystal.aultman@uhn.ca))

## Mobile Apps

### myheart

COVID-19 has had a profound impact on the health service. With the current focus on reducing transmission through social distancing, many appointments, operations, pulmonary and cardiac rehabilitation classes have been cancelled. It is now more important than ever for us to think 'outside the box' about how we continue to deliver care for people with long-term conditions who are at even greater risk during this incredibly challenging time.

The myHeart App, is suitable for people following their cardiac events, cardiac surgery and for people with heart failure. It can benefit cardiac rehabilitation (CR) services by:

- Providing a clinician dashboard allowing remote monitoring of patients.
- Supporting home-based rehab which delivers the similar outcomes as conventional CR for BP, cholesterol targets and physical activity levels
- Providing patients with 24/7, lifelong, access for maintenance and sustained behaviour change.

The clinically led my mhealth team will work with you to rapidly start using the App allowing your service to provide care remotely during these difficult times. To help services get started quickly we can offer the first 3-months at zero cost, when commissioned as part of a year-long contract, with flexible payment schedules starting in month four. We hope this will allow for badly needed contingency service provision to meet the immediate and longer term impact of Covid-19.

For further information about how the myHeart App please contact the senior medical advisor to my mhealth Dr Harry Thirkettle at [harry.thirkettle@mymhealth.com](mailto:harry.thirkettle@mymhealth.com)

### Activ8rlives

Aseptika Ltd ([www.activ8rlives.com](http://www.activ8rlives.com)) has created an integrated platform for self-management and remote monitoring called Activ8rlives, CE marked as a Class I medical device. This combines key pillars of self-care and self-management, integrating medical monitors, condition-specific medically certified Apps, UK-based Cloud, education programmes, exercise programmes, remote monitor portal, monitoring services or can be used in a franchise model. We have gained extensive experience in rapid deployment in real-world settings.

One of the condition-specific "verticals" for remote monitoring/support and self-management programmes that we want to extend is in the field of cardiac/pulmonary rehabilitation, specifically adults returning to home from hospital after a cardiac or respiratory event. This product is called Active+me (see Maggie's story

here: <https://youtu.be/H1zbKMJQEh8>

Aseptika develops and manufactures medical devices to ISO13485:2016. The company complies with NHS Data Security and Protection Toolkit and is certified to Cyber Essentials Plus. [Support@asepitika.com](mailto:Support@asepitika.com)

## **EXi (previously called iPrescribe Exercise)**

Developed by physiotherapists, EXi is an automated and evidence-based app which analyses the user's health, resting heart rate and current fitness level, and it prescribes a personalised physical activity programme which is set at the right level for each person. Over 12 weeks, the programme gradually increases in exercise time, intensity and frequency until the user is meeting the recommended levels of activity set by the Chief Medical Officer. The programme can also specifically target any number of 20 long term conditions including heart disease, diabetes, hypertension, peripheral arterial disease, stroke, hyperlipidemia (or multi-morbidity), with an appropriate exercise programme based on the latest medical guidelines for exercise prescription. The app contains a range of bespoke fitness content including home exercise videos and GPS tracked outdoor walking, and the user will be presented with the specific range of content which is appropriate for their exercise intensity level: Low, moderate or high. All of our fitness content is timed (so the user can do as little/as much as they'd like) and is tracked throughout the day. The app also asks checks the user's exercise heart rate (either during the workout via an Apple Watch, or using the mobile phone camera flash straight after the session) and RPE score – giving immediate feedback if the user is working at the correct level.

Patient safety is a priority: The app includes pre-participation medical screening to assess for contraindications/cardiac instability, it contains disease specific precautions and contraindications to exercise, and the app will generate specific objective measures (which are linked to their current health status and disease profile) to track the user's response to exercise. The app also analyses health data (resting heart rate, abdominal circumference, blood pressure and weight/BMI) and assesses the risk of developing chronic disease, providing a colour-coded risk profile: This tells you what your score represents and what the ideal range should be. The app will modify the user's predicted maximal heart rate response if the user is on any medication which may affect heart rate or rhythm. The user also has the option of completing a 6-minute walk test (measured by GPS with audio instructions) which provides information about their current fitness level, and provides a benchmark figure that we can compare against at 6 weeks and 12 weeks to measure their progress.

The user can generate a progress report directly from the app to share with their health professional. We can also provide health and fitness professionals with a data portal to track your patient's health and fitness data in real time (we are currently providing this at zero cost during the coronavirus outbreak), allowing you to remotely monitor your patients.

With the support of Apple, we have now developed the programme for the Apple Watch, providing seamless data capture and an enhanced user experience, whilst utilising the Apple Watch to its full capabilities as a health tool. We have also developed an Earn Your Apple Watch programme (this rewards function can be switched on via an invite code). This programme allows organisations to subsidise the cost of an Apple Watch for their members if they meet personalised health targets.

Exi (iPrescribe Exercise) is on the NHS Apps Library and is being used across the NHS in multiple sites to provide clinical rehab (e.g. cardiac rehab, diabetes management, weight management). It won GSK's global self-care challenge in 2019 and has been funded by and received support from Sport England.

Contact : Lewis Manning [info@exi.life](mailto:info@exi.life) [www.exi.life](http://www.exi.life)

## Video Consultations

*For Initial and final assessment consultations/ongoing reviews*

### NHSx

<https://www.nhsx.nhs.uk/covid-19-response/technology-nhs/web-based-platform-which-offers-video-calls-services/>

<https://www.nhsx.nhs.uk/covid-19-response/data-and-information-governance/information-governance/covid-19-information-governance-advice-health-and-care-professionals/>

### Remote working

<https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0044-Specialty-Guide-Virtual-Working-and-Coronavirus-27-March-20.pdf>

### Attend Anywhere platform

<https://england.nhs.attendanywhere.com/resourcecentre/Content/Home.htm>

### Chartered Society of Physiotherapy Guidance on remote consultations

<https://www.csp.org.uk/publications/covid-19-guide-rapid-implementation-remote-consultations>

Useful Youtube clip on key considerations for clinicians new to video consultations

<https://www.youtube.com/watch?v=1UivLSPDeZo>

### Health and Care Consultations

We are making our video library free to use for four months so how about something like this to share:

HCI have created an abridged version of their health and care video library that you can use **free of charge** for the next four months. Set up a link from your website to this library <http://healthvideos.hci.digital> and share with your patients.

The cardiac rehabilitation videos explain what CR is and how to exercise safely. One video is an explanation of what cardiac rehabilitation is including the 4 phases. The second is a top tips video around how to exercise safely in different scenarios. It may change depending on what medications you are on and includes things to avoid such as heavy lifting and when stop.

There's over 500 videos that are there to help support your patients in other key areas.

Contact HCI at [info@hci.digital](mailto:info@hci.digital) if you need help or advice.

### Visionable

Video collaboration platform designed especially for healthcare teams

[www.visionable.com](http://www.visionable.com) Contact : [support@visionable.com](mailto:support@visionable.com)

### Inhealthcare

Digital health and remote patient monitoring. With more than 50,000 patients using its digital health services and a growing customer base, Inhealthcare is the number one choice for digital health and remote patient monitoring services in the UK. Inhealthcare enables health and social care organisations to deliver more care outside of the traditional setting to reduce pressures on overstretched services. Inhealthcare has a Digital Health Marketplace of more than 50 clinically

designed services, including hypertension, smoking cessation, COPD, falls, undernutrition and diabetes. Alternatively, new services can be built and rolled out at speed using the Inhealthcare Toolkit. Find out more at [www.inhealthcare.co.uk](http://www.inhealthcare.co.uk)

## Other

### **BACPR EPG Guidance document - Delivery of the Physical Activity and Exercise Component of Core Cardiovascular Rehabilitation During the COVID-19 Pandemic**

[http://www.bacpr.com/resources/BACPR\\_EPG\\_Guidance\\_Doc\\_CV19\\_FINAL\\_FINAL.pdf](http://www.bacpr.com/resources/BACPR_EPG_Guidance_Doc_CV19_FINAL_FINAL.pdf)

## Remote monitoring

### **Home blood pressure monitoring**

The British and Irish Hypertension Society have a range of resources for HBPM including protocols, instructions for patients, and results sheets.

<https://bihsoc.org/resources/bp-measurement/hbpm/>

### **Wearable Technology**

Fitbit <https://www.fitbit.com/us/home>

## Patient Information

### **BHF Helpline 0300 330 3322**

### **BHF Cardiac Rehab @ Home hub page for patients**

<https://www.bhf.org.uk/informationsupport/support/cardiac-rehabilitation-at-home>

### **ESC - COVID-19 and Heart Patients (Q&A)**

<https://www.escardio.org/Education/COVID-19-and-Cardiology/what-heart-patients-should-know-about-the-coronavirus-covid-19>

### **ACPICR (Association of Chartered Physiotherapists in Cardiovascular Rehabilitation) patient leaflets**

These leaflets are designed to assist with guidance on different activities following a cardiac event. The leaflets are available to download from ACPICR website.

<https://www.acpicr.com/publications/patient-leaflets/>

If you have content that you would like posted on this page please email [shinton@bacpr.com](mailto:shinton@bacpr.com)

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