

# Resources for Cardiac Rehab Programmes during the COVID-19 outbreak

(Updated 7th May 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 up titration*

*Psychosocial support*

## Useful Websites

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

<https://www.britishcardiosociet.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/>

### **ICCPR**

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)

### **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 this highly evidenced home-based rehabilitation programme for patients post myocardial infarction or revascularisation is now offering:

**FREE** remote training and digital versions until 30th June 2020 to facilitate The Heart Manual (NHS) supporting UK CR teams and patients. May/June dates: May 12th /13<sup>th</sup>, 26<sup>th</sup>/27<sup>th</sup>, and June 9<sup>th</sup>/10<sup>th</sup>.

Also free short Digital Reboot sessions for those previously trained: May 6<sup>th</sup>, 7<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup>.

Please contact: [heart.manual@nhslothian.scot.nhs.uk](mailto:heart.manual@nhslothian.scot.nhs.uk)

### 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

In light of the recent COVID-19 outbreak we would like to offer **ACTIVATE YOUR HEART**<sup>®</sup> 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**<sup>®</sup> 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 (ICCPR)

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)

## **New 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/HIzbKMJQEh8>)

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)

## **Video Consultations**

*For Initial assessment consultations/reviews*

### **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)

## **Patient Information**

**BHF Helpline 0300 330 3322**

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

<https://www.bhf.org.uk/information-support/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)

**Disclaimer**

*It is the responsibility of the CR provider department to determine suitability of these resources for their service and BAPCR is not responsible for decisions/choice of resources. BACPR is not responsible for the contents or reliability of any of the website links included within this page and any listing should not be taken as an endorsement of any kind.*