

# Health Psychology in self-management for long-term conditions: The Heart Manual Department

## NHS Lothian

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### Background

The Heart Manual (HM) Department is responsible for the UK's leading home-based cardiac rehabilitation programme, and has further developed tailored self-management programmes for patients living with or recovering from stroke, cancer and heart failure. Based in NHS Lothian, these programmes have developed as a result of collaboration within multi-disciplinary teams - including health psychologists.

### What we do:

Health Psychologists have had a considerable impact in the HM department. Recent examples of their work include:

- Provision of training for allied health professionals to be able to effectively deliver interventions.
- Conducting systematic and literature reviews for training and development purposes<sup>1</sup>.
- Working in collaboration and providing consultancy to other individuals, organisations, health boards and universities to develop tailored evidence-based interventions<sup>2</sup>.
- Involvement in randomised controlled trials to highlight the significant outcomes of the HM programmes<sup>3, 4</sup>.
- Conducting service audits and evaluation for the continued development of the service.
- Advising at national level on the direction of cardiac rehabilitation.
- Contributing to and informing relevant guidelines for cardiac rehabilitation<sup>5</sup>.
- Promoting the use of highly evidenced, cost-effective, home-based self-management programmes.

**Impact:** Over 500,000 individuals have benefited from the HM myocardial infarction and revascularisation editions. A recent audit highlighted that patients found health behaviour change and psychological support to have the most profound impact on their daily lives since their cardiac event. Regular training feedback demonstrates that allied health professionals benefit from developing their knowledge and skills in relation to health psychology models and techniques.

**Conclusion:** The Heart Manual Department showcases the contribution that Health Psychologists can have within the NHS in improving patient's self-management of long-term conditions in a cost-effective and sustainable way, with proven outcomes for secondary prevention.

**Further Information:** [www.theheartmanual.com](http://www.theheartmanual.com)

### References

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