

REACH-HFpEF Trial: 14 centres across England, Scotland, and Wales now open!

Welcome to this 2nd issue of the REACH-HFpEF news!

We are delighted to welcome another seven site trial/intervention teams since our issue 1 in July, who have now received 'Green for Go' status and have begun screening and recruitment

King's College Hospital NHS Foundation Trust
PI: Dr Rosita Zakeri

County Durham and Darlington NHS Foundation Trust PI: Prof Jerry Murphy

West Suffolk NHS Foundation Trust - PI: Dr Justin Zaman

Buckinghamshire Healthcare NHS Trust PI: Dr Piers Clifford

Nottingham University Hospitals NHS Trust
PI: Dr John Walsh

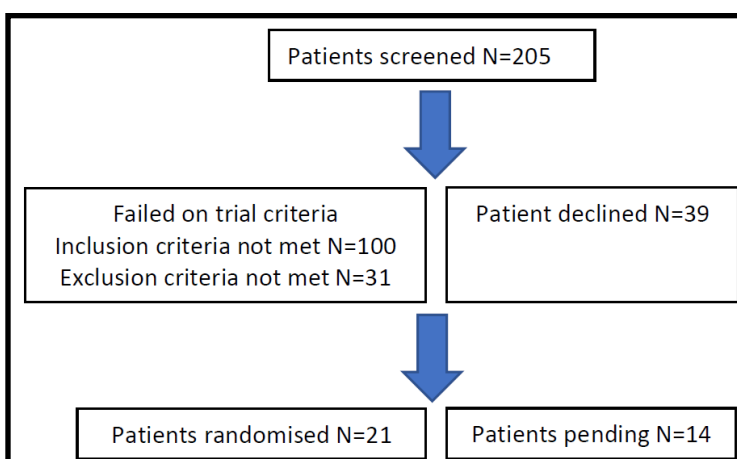
Oxford University Hospitals NHS Foundation Trust PI: Dr James Gamble

York and Scarborough Teaching Hospitals NHS Foundation Trust PI: Dr Chris Hayes

We're well on our way to hitting our target of 20 sites open by the end of the year.....

How are we doing so far?

As of 7th October, you have screened 205 individuals and randomised 21 with 14 pending (initiated & baseline in progress).



Lessons learned so far?

Our screen to randomise ratio is 5.9 to 1. This is very consistent with our previous REACH-HF multicentre trial in HFpEF patients (5.4 screened to 1 randomised)/REACH-HF pilot trial in HFpEF patients (4.5 to 1).

Primary reason for trial non-entry is not meeting the i/e criteria – looking at the screening data in more detail, this is due to a mix of specific clinical factors i.e., not having LVEF $\geq 45\%$, not meeting NT-ProBNP cutoff, no HF admission in last 12 months, contraindications to exercise training, possible alternative diagnosis (e.g., COPD), and prior LVEF $< 45\%$. Second largest reason for exclusion are patients who meet the i/e criteria and decline participation.

REACH-HFpEF TOP TIPS #2

When screening patients, make sure to emphasise REACH-HF is a **COMPREHENSIVE** rehabilitation programme (and not exercise only) that includes education and psychological support with the aims of improving their patient overall quality of life and their HF self-management

Have a copy of the manual(s) to show patients (and caregivers) when you meet to screen/discuss trial entry

PI & research team web meeting

Remember to attend the PI/research team zoom meetings either on Friday 28th Oct 1000-1100 or Friday 4th Nov 12.30-13.30

If you have questions/comments please don't hesitate to contact the REACH-HFpEF trial team

REACH-HFpEFproject@glasgowctu.org

WE'RE HERE TO HELP!