

# Humber, Coast and Vale Health and Care Partnership

## Support for patients with heart conditions or stroke to stay healthy and live well

This toolkit provides a directory of useful links and resources to support patients with heart conditions or stroke to stay healthy and live well.

1. Some links provide general information to support staying healthy and living well and others provide more specific information to help you to look after yourself with a long-term condition;
2. Links have been collated from a range of sources, and this resource has been discussed with local clinicians.
3. Please report any broken links to: [hullccg.stpcontactus@nhs.net](mailto:hullccg.stpcontactus@nhs.net)



## Heart Conditions and Stroke

### Patient Education and Self-management resources

Condition / Subject	Title (Produced By)	Links
Atrial Fibrillation	Atrial fibrillation overview (NHS)	<a href="https://www.nhs.uk/conditions/atrial-fibrillation/">https://www.nhs.uk/conditions/atrial-fibrillation/</a>
	Atrial fibrillation patient decision aid (NICE)	<a href="https://www.nice.org.uk/guidance/cg180/resources/cg180-atrial-fibrillation-update-patient-decision-aid-243734797">https://www.nice.org.uk/guidance/cg180/resources/cg180-atrial-fibrillation-update-patient-decision-aid-243734797</a>
	Atrial fibrillation social network (Health unlocked)	<a href="https://healthunlocked.com/afassociation/posts/143441242/heart-failure-symptoms">https://healthunlocked.com/afassociation/posts/143441242/heart-failure-symptoms</a>
	Atrial fibrillation support information (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/conditions/atrial-fibrillation">https://www.bhf.org.uk/information-support/conditions/atrial-fibrillation</a>
	Humber, Coast and Vale Healthy Hearts website	<a href="https://www.humbercoastandvalehealthyhearts.co.uk/">https://www.humbercoastandvalehealthyhearts.co.uk/</a>
	Information and advice for arrhythmia patients (Arrhythmia Alliance)	<a href="https://www.hearhythmalliance.org/aa/uk/patient-resources">https://www.hearhythmalliance.org/aa/uk/patient-resources</a>
	What is atrial fibrillation? (Chest Heart and Stroke Scotland)	<a href="https://www.chss.org.uk/heart-information-and-support/about-your-heart-condition/common-heart-conditions/heart-arrhythmias-2/atrial-fibrillation/">https://www.chss.org.uk/heart-information-and-support/about-your-heart-condition/common-heart-conditions/heart-arrhythmias-2/atrial-fibrillation/</a>
Exercise and Cardiac Rehabilitation for Cardiovascular Disease (CVD)	Being Active with Heart Disease (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-term-4">https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-term-4</a>
	Cardiac rehab at home (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home/cardiac-rehabilitation-exercise-videos">https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home/cardiac-rehabilitation-exercise-videos</a>



	Cardiac resistance training (Cardiac College Health e-University)	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Active/Resistance_Training/Exercises/Pages/exercise-gallery.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Active/Resistance_Training/Exercises/Pages/exercise-gallery.aspx</a>
	How to get active indoors (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/get-active-indoors">https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/get-active-indoors</a>
	Staying active (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/support/healthy-living/staying-active">https://www.bhf.org.uk/information-support/support/healthy-living/staying-active</a>
	Understanding physical activity (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/publications/being-active/understanding-physical-activity">https://www.bhf.org.uk/information-support/publications/being-active/understanding-physical-activity</a>
<b>Healthy eating for CVD</b>	Healthy eating tips videos (Cardiac College Health e-University)	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/What-is-healthy-eating/Pages/healthy_eating_videos.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/What-is-healthy-eating/Pages/healthy_eating_videos.aspx</a>
	Healthy living healthy eating (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/healthy-eating-toolkit">https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/healthy-eating-toolkit</a>
	Making healthy food choices (Cardiac College Health e-University)	<a href="https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/Choosing/Pages/default.aspx">https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/Choosing/Pages/default.aspx</a>
	Understanding your weight (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/understanding-your-weight">https://www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/understanding-your-weight</a>
<b>Heart Failure</b>	About heart failure (Chest Heart and Stroke Scotland)	<a href="https://www.chss.org.uk/heart-information-and-support/about-your-heart-condition/common-heart-conditions/heart-failure/">https://www.chss.org.uk/heart-information-and-support/about-your-heart-condition/common-heart-conditions/heart-failure/</a>
	Heart failure matters	<a href="https://www.heartfailurematters.org/en_GB">https://www.heartfailurematters.org/en_GB</a>
	Heart failure overview (NHS)	<a href="https://www.nhs.uk/conditions/heart-failure/">https://www.nhs.uk/conditions/heart-failure/</a>
	Heart failure support information (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/conditions/heart-failure">https://www.bhf.org.uk/information-support/conditions/heart-failure</a>



	Humber, Coast and Vale Healthy Hearts Website	<a href="https://www.humbercoastandvalehealthyhearts.co.uk/">https://www.humbercoastandvalehealthyhearts.co.uk/</a>
<b>Hypertension (high blood pressure)</b>	Blood pressure patient decision aid – how to control blood pressure (NICE)	<a href="https://www.nice.org.uk/guidance/ng136/resources/how-do-i-control-my-blood-pressure-lifestyle-options-and-choice-of-medicines-patient-decision-aid-pdf-6899918221">https://www.nice.org.uk/guidance/ng136/resources/how-do-i-control-my-blood-pressure-lifestyle-options-and-choice-of-medicines-patient-decision-aid-pdf-6899918221</a>
	Healthy eating diet sheet (British and Irish Hypertension Society)	<a href="https://bihsoc.org/wp-content/uploads/2018/02/Healthy-Eating-Diet-Sheet-Updated-Oct-2017-JH-Final-Feb-2018.pdf">https://bihsoc.org/wp-content/uploads/2018/02/Healthy-Eating-Diet-Sheet-Updated-Oct-2017-JH-Final-Feb-2018.pdf</a>
	High blood pressure (Chest Heart and Stroke Scotland)	<a href="https://www.chss.org.uk/heart-information-and-support/about-your-heart-condition/common-heart-conditions/high-blood-pressure/">https://www.chss.org.uk/heart-information-and-support/about-your-heart-condition/common-heart-conditions/high-blood-pressure/</a>
	High blood pressure overview (NHS Choices)	<a href="https://www.nhs.uk/conditions/high-blood-pressure-hypertension/">https://www.nhs.uk/conditions/high-blood-pressure-hypertension/</a>
	High blood pressure support information (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure">https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure</a>
	Humber, Coast and Vale Healthy Hearts Website	<a href="https://www.humbercoastandvalehealthyhearts.co.uk/">https://www.humbercoastandvalehealthyhearts.co.uk/</a>
	Know your numbers (Blood Pressure UK)	<a href="http://www.bloodpressureuk.org/microsites/kyn/Home">http://www.bloodpressureuk.org/microsites/kyn/Home</a>
	Understanding blood pressure (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/publications/heart-conditions/understanding-blood-pressure">https://www.bhf.org.uk/information-support/publications/heart-conditions/understanding-blood-pressure</a>
<b>Living Well</b>	12 week goal setting and education program - THRiVE	<a href="https://www.healthuniversity.ca/EN/CardiacCollege/THRIVE/">https://www.healthuniversity.ca/EN/CardiacCollege/THRIVE/</a>
	Be more active (We Are Undefeatable)	<a href="https://www.weareundefeatable.co.uk/">https://www.weareundefeatable.co.uk/</a>



	British Heart Foundation social network (Health unlocked)	<a href="https://healthunlocked.com/bhf">https://healthunlocked.com/bhf</a>
	Eating for lower cholesterol (Heart UK)	<a href="https://www.heartuk.org.uk/low-cholesterol-foods/choose-low-cholesterol-foods">https://www.heartuk.org.uk/low-cholesterol-foods/choose-low-cholesterol-foods</a>
	Health leaflets and videos for Heart Disease	<a href="https://www.easyhealth.org.uk/index.php/health-leaflets-and-videos/heart-disease/">https://www.easyhealth.org.uk/index.php/health-leaflets-and-videos/heart-disease/</a>
	Heart matters (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/heart-matters-magazine">https://www.bhf.org.uk/information-support/heart-matters-magazine</a>
	High cholesterol (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/risk-factors/high-cholesterol">https://www.bhf.org.uk/information-support/risk-factors/high-cholesterol</a>
	Humber, Coast and Vale Healthy Hearts Website	<a href="https://www.humbercoastandvalehealthyhearts.co.uk/">https://www.humbercoastandvalehealthyhearts.co.uk/</a>
	Keep your heart healthy (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/publications/heart-conditions/keep-your-heart-healthy">https://www.bhf.org.uk/information-support/publications/heart-conditions/keep-your-heart-healthy</a>
	Lower your cholesterol (NHS)	<a href="https://www.nhs.uk/live-well/healthy-body/lower-your-cholesterol/">https://www.nhs.uk/live-well/healthy-body/lower-your-cholesterol/</a>
	Smoking and heart health (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/risk-factors/smoking">https://www.bhf.org.uk/information-support/risk-factors/smoking</a>
	Start the NHS weight loss plan (NHS)	<a href="https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/">https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/</a>
	Understanding cholesterol (British Heart Foundation)	<a href="https://www.bhf.org.uk/information-support/publications/heart-conditions/understanding-cholesterol">https://www.bhf.org.uk/information-support/publications/heart-conditions/understanding-cholesterol</a>
<b>Stroke</b>	Being active after a stroke (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-term-6">https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-term-6</a>
	Finding local support (Stroke Association)	<a href="https://www.stroke.org.uk/finding-support">https://www.stroke.org.uk/finding-support</a>



	Life after stroke (Stroke Association)	<a href="https://www.stroke.org.uk/life-after-stroke">https://www.stroke.org.uk/life-after-stroke</a>
	My stroke guide (Stroke Association)	<a href="https://mystrokeguide.com/?utm_source=SA_website&amp;utm_medium=referral&amp;utm_campaign=MSG&amp;utm_content=helpline">https://mystrokeguide.com/?utm_source=SA_website&amp;utm_medium=referral&amp;utm_campaign=MSG&amp;utm_content=helpline</a>
	Stroke overview (NHS)	<a href="https://www.nhs.uk/conditions/stroke/">https://www.nhs.uk/conditions/stroke/</a>
	Taking a statin to reduce the risk of coronary heart disease and stroke (NICE)	<a href="https://www.nice.org.uk/guidance/cg181/resources/patient-decision-aid-pdf-243780159">https://www.nice.org.uk/guidance/cg181/resources/patient-decision-aid-pdf-243780159</a>
	TIA overview (NHS)	<a href="https://www.nhs.uk/conditions/transient-ischaemic-attack-tia/">https://www.nhs.uk/conditions/transient-ischaemic-attack-tia/</a>

