

Humber Coast and Vale Partnership

Support for patients to stay healthy and live well with a long-term condition

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This **toolkit** provides a directory of useful links and resources to support patients with long-term conditions 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.



Heart Conditions and Stroke Patient Education and Self-management resources

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



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



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



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



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

