

TITLE	AUDIENCE	AVAILABLE FROM
British Heart Foundation	Patients, Carers and Staff	https://www.bhf.org.uk/ Publications on heart failure but also covering other heart conditions. https://www.bhf.org.uk/heart-health/living-with-a-heart-condition/caring-for-a-heart-patient Support for carers of heart patients giving advice with links to Carers UK.
Cardiomyopathy UK	Patients, Carers and Staff	http://www.cardiomyopathy.org/ Online advice and support from an advice nurse. Details of local support groups too. Publications on types of Cardiomyopathy and management.
Chest, Heart, Stroke Scotland	Patients, Carers and Staff	http://www.chss.org.uk/ Online advice for general heart conditions. Access to an advice line nurse. Online publications including heart failure and links to carer support pages out with CHSS.
Pumping Marvellous	Patients and Carers Covering England and Wales	http://pumpingmarvellous.com/ Gives links and explanations on HF and self care. Online forums for support. Specifically for heart failure. Also has Twitter and Facebook apps for updates.
No Delays	NHS Grampian Patients and Carers	https://www.nodelays.co.uk/ Programme of video clips which can be prescribed to patients and carers via their email address. Covers explanations on heart failure due to LVSD, medications, device therapy and self care/traffic lights.

TITLE	AUDIENCE	AVAILABLE FROM
NHS Choices	Patients and Carers	http://www.nhs.uk/conditions/heart-failure/Pages/Introduction.aspx Gives information and advice on causes, symptoms, treatment and self care advice. Link to what Self Care is but not HF specific. Also links to Expert Patient Courses which again are not HF specific or available in Scotland.
SIGN	Patients	http://www.sign.ac.uk/pdf/pat95.pdf Self management information booklet.
Carers UK	Carers	http://www.carersuk.org/ Support for carers but not HF specific. Has access to an advice line, practical support and benefits information.

RECOMMENDATIONS

Following the investigations into what is available for patients and carers it would be recommended that face to face learning would be a benefit for these groups.

There is a vast amount of information available in written form and online however to put learning into practice education sessions would be recommended within local community areas.