

Initiating and leading a Prevention, Rehabilitation & Sports Cardiology Service in the North of England

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Background

- Exercise promotion is a national strategic goal for the UK government. Exercise is one of the few permitted activities during national lockdown from COVID-19 pandemic.
- Current safe promotion of exercise and dedicated prevention/ sports cardiology clinic is limited to London.
- Requirement for greater access nationwide for patients with heart disease to a tailored prescription of safe exercise.
- Time to turn policy attention to address health inequalities between the north of England who have a 20% higher mortality rate and the south.¹

Objectives

- To initiate and lead an NHS prevention and sports cardiology service in the north of England, the first of its type in the UK.
- To promote the beneficial effects of safe exercise among general population with cardiovascular disease leading to longevity.
- To increase confidence of patients living with heart conditions.
- To seek research collaborations across the UK with academic, healthcare, industry and charitable organizations.

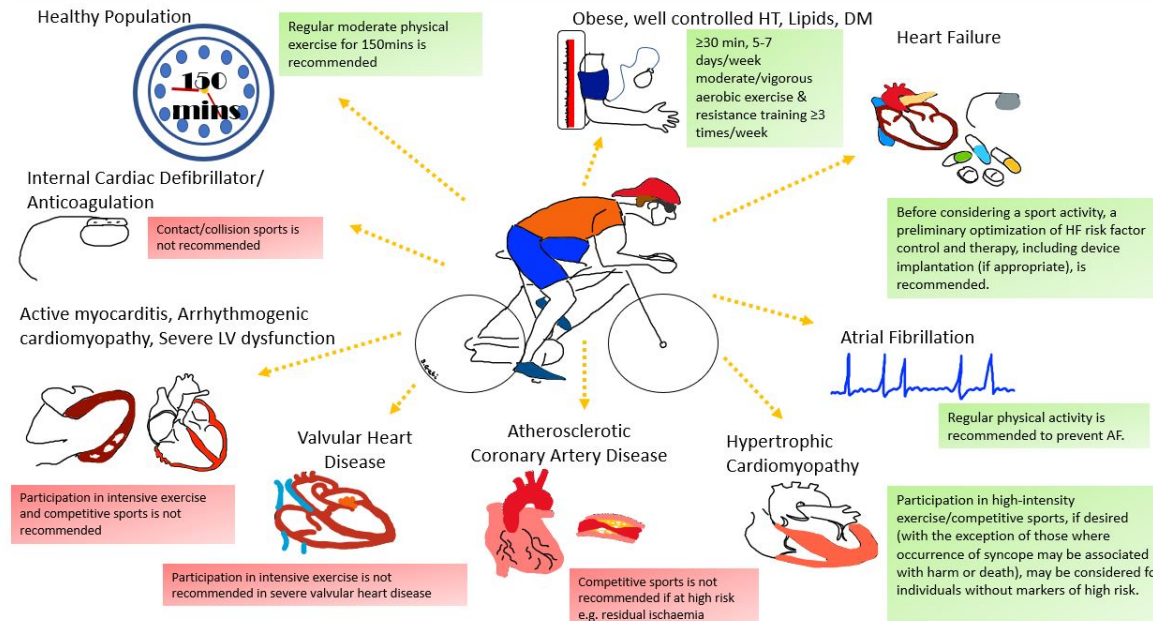
Methods

- Manchester, the 'northern powerhouse', is a suitably large conurbation, which can provide an easily accessible base for patients across the north of England.
- I independently sought opportunities to establish myself in Manchester as a senior lecturer (research post at the University) and NHS consultant in inherited cardiac conditions and sports cardiology.
- Multiple stakeholders were identified that can benefit from service e.g. Manchester Institute of Health and Performance (only institute of its type in the UK), Foundation Trust, charitable/ academic bodies (Nuffield/ BHF) and sports organizations.

Results

- I have acquired and utilized skills from the ELP to be appointed Working Lead for Inherited Cardiac Conditions & Sports Cardiology at Manchester NHS Foundation Trust (largest trust in UK).
- I have also been appointed Lead of prevention, rehabilitation and sports cardiology at the Manchester Institute of Health and Performance.
- I have established a dedicated weekly clinic in this subspecialty and am taking national NHS referrals for the exercise management of patients (athletes & non-athletes) living with heart conditions that may predispose them to sudden cardiac death, but wish to stay active.

Take Home Messages from the ESC Guidelines on Sports Cardiology and Individuals with Cardiovascular Disease



Conclusions

- This project has laid the foundations to promote safe exercise among patients with cardiovascular disease in the north of England, and beyond.
- Access of a unique service to those in need based the north of England.
- A healthy, productive workforce is a path to prosperity for the whole UK in a post-COVID era too.

References

1. The rising north-south divide in health in the UK, *Lancet* August 19, 2017
2. European Society of Sports Cardiology Recommendations ,2020