

A need for a Heart Failure Charity was identified by heart failure patient Nick Hartshorne-Evans in February 2010 to quickly address support and care of a non clinical nature after initial diagnosis for heart failure patients in the Lancashire area. Although we are based in Lancashire we now serve patients and their carers around the world where questions come through our easy to navigate websites, facebook pages and twitter feeds.

As of yet we have not found any support function like Pumping Marvellous outside the clinical element of treatment for Heart Failure. There are support functions for cardio care and education in general and for heart attacks but not for the broad range of clinical conditions that sit under the umbrella of heart failure.

As you may be aware there are various levels of “heart failure” but what every patient needs who has a lifelong chronic condition is support and a friendly arm. However its effectiveness goes deeper than that. Pumping Marvellous is designed to create expert patients and if the patient is either too unwell or in denial then it will create expert carers. It will achieve this through education via its website [www.pumpingmarvellous.org](http://www.pumpingmarvellous.org), Patient blog [www.pumpignmarvellous.com](http://www.pumpignmarvellous.com) forums, webinars and most importantly patient participation.

Already Pumping Marvellous since its birth in July 2010 has over 300 articles on the blog that are designed to inform and help both patients and carers. This number is being added to every week therefore it is up to date, relevant and pertinent to the patient’s condition. It is a wealth of resource for heart failure patients to challenge their current situation creating positive situational outcomes and wellbeing.

It has allowed the founder of Pumping Marvellous to manage his condition.

Patients of the East Lancashire Primary Care Trust also regularly input into Pumping Marvellous so it should give you a relaxed and informative read.

We have 4 Goals

#### **Goal 1**

To have sufficient information to allow Heart Failure patients and their carers to make educated decisions around self-management of their condition

#### **Goal 2**

To improve the timescales that lead to a successful diagnosis of a Heart Failure patient

#### **Goal 3**

Improve the number of patients who receive specialist cardiac care through direct referrals from General Practitioners, Accident and Emergency Facilities and Assessment Wards.

#### **Goal 4**

In the short term Pumping Marvellous will support the local facilities in the North West especially the specialist cardiac units. In the Long Term our reach would be to remain true to our roots but have the ability to influence policy and effectively support Heart Failure patients wherever they are.

Which leads us into our Patient Grails, in other words the five areas that we believe are crucial to self managing Heart Failure.

### **The Five Grails**

Exercise

Nutrition

Take you Pills

Manage your Fluid

Attitude

These five Grails are communicated to Heart Failure Patients and their Carers by our very own Heart Super Heroes - The Fantastic Five, you can find them here -

<http://pumpingmarvellous.org/heart-heroes-fantastic-five/>

Website - [www.pumpingmarvellous.org](http://www.pumpingmarvellous.org)

Patient Blog - [www.pumpingmarvellous.com](http://www.pumpingmarvellous.com)

Twitter -@pumpinghearts

Facebook Page - Pumping Marvellous