

# APEX Seminar Series

## Dr Jo Butterworth

### NIHR Doctoral Research Fellow, UEMS

Interventions for involving older patients with Multimorbidity in decision-making during primary care consultations: A Cochrane systematic review

The number of older people with more than one long-term health problem is steadily increasing worldwide. Such individuals can have complicated health care needs. Although they often want to be involved in making decisions about their health care, they are less often involved than younger, healthier people. As a result, they may not be offered the same treatment options. The evidence was reviewed about the effects of interventions for involving older people in decision-making during primary care consultations.

### Grace Dibben, PhD student, UEMS

Cardiac rehabilitation and physical activity levels in heart failure

Grace's PhD aims to contribute to the further knowledge and understanding of physical activity (PA) in people with heart failure (HF), and how exercise-based cardiac rehabilitation (CR) can impact this. PA is recommended as a key target in CR and lifestyle recommendations for people with HF, with evidence supporting PA having associations with exercise capacity and prognosis.

**Wednesday 27 November 2019**

**Time: 13.00-14.00**

Venue: Room JS07, Smeall Building, St Luke's Campus

Join us afterwards for our informal monthly APEX meeting: updates on progress in APEX and networking

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For further information visit: [www.exeter.ac.uk/medicine/apex/seminars](http://www.exeter.ac.uk/medicine/apex/seminars)