2016-12

Optimising self-care support for people with heart failure and their caregivers: development of the Rehabilitation Enablement in Chronic Heart Failure (REACH-HF) intervention using intervention mapping

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http://hdl.handle.net/10026.1/18801

10.1186/s40814-016-0075-x
Pilot and Feasibility Studies
Springer Science and Business Media LLC

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