
Cardiovascular Health

Improving cardiovascular health by replacing salt with low-sodium substitutes: a synthesis of existing evidence

Areej Mohamed, Zundus Ali-heybe, Oliver Hamer, James Hill. (2023). *British Journal of Cardiac Nursing*. Vol. 18, No. 7

[Read the paper](#)

Intermittent fasting for the prevention of cardiovascular disease: implications for clinical practice

Oliver Hamer, Abdulrahman Abouzaid, James Hill. (2023). *British Journal of Cardiac Nursing*. Vol. 18, No. 9

[Read the paper](#)

Weight Loss

Weight loss interventions as an option for a lifestyle treatment in urinary incontinence

James Edward Hill, Danielle Christian, Kelly Shaw, Andrew Clegg. (2020). *British Journal of Community Nursing*. Vol. 25, No. 12

[Read the paper](#)

Physical Activity

Use of pedometers in the workplace as a strategy to increase physical activity

Joanna Harrison, Annette O'Donoghue, James Hill. (2021). *British Journal of Cardiac Nursing*. Vol. 16, No. 8

[Read the paper](#)
