Current BACPR Highlights – July 2012

We’re delighted to share with all our key partnerships and important allies in cardiovascular health news of our key activities, forthcoming events and courses which we hope you find both informative and useful. If you are not already a member of BACPR, there are a growing number of benefits and we’d really value and welcome you joining us in promoting excellence in cardiovascular disease prevention and rehabilitation.

Highlight 1: BACPR Standards and Core Components (our next steps)

The second edition of the BACPR Standards and Core Components for Cardiovascular Disease Prevention and Rehabilitation was published in March 2012 and aims to ensure programmes are clinically-effective, cost-effective and achieve sustainable health outcomes for patients.

7 core standards and 7 core components are set out which aim to improve uptake and quality of cardiac rehabilitation programmes nationwide. These can be downloaded from: www.bacpr.com/resources/15E_BACPR_Standards_FINAL.pdf

Meet your local commissioners and funding bodies as we collectively strive for the provision of high quality cardiovascular prevention and rehabilitation services that saves lives and saves money!

BACPR have prepared a downloadable PowerPoint presentation to support these crucial communications. Access this presentation slide set here »
Highlight 2: Countdown to BACPR Conference
(NB: reduced registration fees to BACPR members)

**BACPR Annual Conference**

*In association with CRIGS (Cardiac Rehabilitation Interest Group Scotland)*

**“Setting the Standards: Challenges and Achievements”**

Thursday 4 & Friday 5th October, 2012
Edinburgh University John McIntyre Conference Centre

The countdown has begun – only 2 months to go!

**We have had a bumper number of abstracts submitted.** If you have submitted one you will be hearing shortly whether you have been accepted, and whether that is for oral or poster presentation.

**Two more of our sponsors** have come forward to hold lunchtime seminars or workshops, so there is even more chance to learn about cutting edge aspects of cardiovascular prevention and rehabilitation.

**So join us in Edinburgh!** Registration and accommodation links are available from [www.bacpr.com](http://www.bacpr.com)

Our great programme also includes:

**Opening address from Nicola Sturgeon MSP, Deputy First Minister and Cabinet Secretary for Health, Wellbeing and Cities Strategy.**

**Keynote lectures from internationally renowned experts**

- Professor Bonnie Sanderson (Past-President AACVPR): Masterclass in lifestyle
- Professor Keith Fox: Masterclass on optimised treatment in acute CHD
- Professor John Deanfield: Joint British Societies Guidelines V3
- Professor Rod Taylor: The latest evidence in setting the standards
- Dr Jeff Breckon: Motivational Interviewing – how to
- Dr John Payne: Heart Failure, LVADs and cardiac rehabilitation

**Parallel sessions**

- Erectile dysfunction: Dr Mike Fraser
- Medication adherence: Dr Gerry Molloy
- Weight reduction in cardiac rehabilitation – a debate: Prof Gary Frost and Dr Lucy Aphramor
- Exercise in diabetes and obesity: Dr Jason Gill

**And there’s more...**

- Pre-conference symposium: Medical Risk Factor Management - Secondary Prevention of Post-MI (sponsored by our conference senior partner Abbott)
- Championing cardiac rehabilitation: Dr Mike Knapton, Associate Medical Director, BHF
- Building the business case for cardiac rehabilitation: Mel Varvel, NHS Improvement
- Updates from BACPR, NACR and the DH
- Oral and poster presentations
- Gala dinner with ceilidh and disco

To view the full programme [click here](http://www.bacpr.com)
Book online at [www.bacpr.com](http://www.bacpr.com)
**Highlight 3: More and more benefits with BACPR membership**

NEW resources in the ‘MEMERS’ ONLY’ area of the BACPR website

![BACPR website image]

BACPR members can download all the presentation slides from the fantastic BACPR-Exercise Professionals Study Day on ‘Diabetes and Obesity’

BACPR members can download all the presentation slides from our great affiliate day programme at this year’s BCS Conference ‘Giving patients a sporting chance’

We now host, exclusive to members, a wide range of informative and interactive resources on-line. This includes presentation slides from all our events, educational resources, past and present newsletters and most recently a discussion forum which offers the opportunity to network with over 700 health professionals in cardiovascular disease prevention and rehabilitation.

**Highlight 4: BACPR plays leading role in developing an International Collaboration and Charter on Cardiovascular Prevention and Rehabilitation**

An international collaborative charter on cardiovascular prevention and rehabilitation, to which BACPR has led in the development, was presented at the World Congress of Cardiology (WCC), Dubai in April, 2012.

The Charter has now been endorsed by: The American Association of Cardiopulmonary Rehabilitation; The American Society of Preventive Cardiology; The Association of Cardiovascular Health and Rehabilitation of Australia; The BACPR; The Canadian Association of Cardiac Rehabilitation; The Canadian Cardiovascular Society; The National Society of Cardiac Disease Prevention and Rehabilitation, India; The Irish Association of Cardiac Rehabilitation; The Cardiac Rehabilitation Association of New Zealand; The Saudi Heart Association.

You can see the charter and the work of this network at [www.globalcardiacrehab.com](http://www.globalcardiacrehab.com)

**Highlight 5: BACPR Education**

We now have a wide range of short courses together with the BACPR Exercise Instructor Qualification. We are about to develop our first online course – centred on the BACPR Standards and Core Components. We plan to encourage this course to be part of the BCS revalidation for cardiologists with sessions in cardiac rehabilitation.

Visit [HERE](http://www.bacpr.com) for more information

**NB: BACPR members receive discounted rates to BACPR courses, conferences and study days**
Highlight 6: Improved ‘Special Edition Newsletters’ for BACPR members

BACPR members receive a monthly e-news bulletin as well as the quarterly ‘Special Edition Newsletter’ (April, August and December of each year)

Featuring:
- Top BACPR news
- Tools and resources to support excellence in cardiovascular prevention and rehabilitation service delivery
- Regional news
- Education and training updates
- BHF update
- NACR update
- NHS Improvement update
- The latest publications
- New policy document alerts
- and more……

Moreover the discussion forum in the members’ only area also offers the opportunity to network with over 800 health professionals interested in cardiovascular disease prevention and rehabilitation.

PLUS - on-line education is coming soon in the members’ only area!

Highlight 7: BACPR summary of editorial and letters from the RAMIT trial

Further to the West et al. (2012) RAMIT study, which suggested ‘the value of cardiac rehabilitation as practised in the UK is open to question’, there have been a two editorials accompanied by a number of published responses. We believe that these add to the debate about the efficacy of modern cardiac rehabilitation. Consequently for the benefit of our members and the cardiac rehabilitation community more widely BACPR have posted a summary of all of the responses. We’ve also replied to the points raised by West and colleagues in their ‘Letter from the Author’. We hope that these will help you to be able to fairly critique the study and respond to challenges made by colleagues and managers.

Access the BACPR summary of the responses to RAMIT here »

Please join us and strengthen the voice of health professionals working in cardiovascular disease prevention and rehabilitation nationwide.

BACPR is an affiliate group of the British Cardiovascular Society.
For further details about BACPR or joining BACPR:
Tel: +44 (0)20 7380 1919  Email: bacpr@bcs.com
Website: www.bacpr.com

OR JOIN HERE!!!
Forthcoming BACPR Courses
(NB: reduced registration fees to BACPR members)

Physical Activity and Exercise in the Management of Cardiovascular Disease
Part 1: Principles and Practicalities
This course provides a 2-day foundation programme in the principles of physical activity and exercise in the prevention and management of cardiovascular disease. This course includes both a theoretical and practical component aiming to equip health professionals with sound knowledge and understanding as well as key practical delivery skills required to meet the core standards and national guidelines for delivery of group, one-to-one and home activity programmes. This course is for any health professional advising on or delivering physical activity and exercise to cardiac patients in either a primary or secondary health care setting.

- 28th / 29th September 2012, London
- 26th / 27th January 2013, Paisley
- 9th / 10th February 2013, Manchester

Cost £300 – 350 depending on BACPR/ACPICR membership

Physical Activity and Exercise in the Management of Cardiovascular Disease
Part 2: Advanced Applications
This course extends the core knowledge, understanding and skills gained in Part 1 to clinical reasoning for the inclusion of the higher risk and complex cardiac patient, such as heart failure, arrhythmias, ICD’s, unstable blood pressure and diabetes. In addition additional subjects explored include the safety of high intensity sports and activities, resistance training, water-based activity and difficult clinical scenarios. This course is for experienced cardiac rehabilitation practitioners who are challenged with the higher risk complex patient. It is strongly advised that participants should have completed Part 1 or the BACPR Exercise Instructors Qualification prior to Part 2, as the subject matter is directly linked.

- 10th / 11th November 2012, Cardiff
- 16th / 17th November 2012, Kidderminster
- 24th / 25th November 2012, Manchester
- 1st / 2nd December 2012, Coventry
- 18th / 19th January 2013, London
- 27th / 28th April 2013, Paisley, Scotland

Cost £300 – 350 depending on BACPR/ACPICR membership

Monitoring Exercise Intensity (HR, RPE and METS)
This practically based study day is aimed at all health and exercise professionals to ensure effective monitoring of exercise intensity. An evidence based approach is used in a day that mainly involves practical workshops of exercise assessment and prescription.

- 12th October 2012, Chichester

Cost £170 (£150 to BACPR members)

Dietary Approach to Managing Cardiovascular Disease and Weight
Explores the assessment and prescription of dietary and weight management advice for the CVD group

- 9th November 2012, London

Cost £170 (£150 to BACPR members)
Assessing Functional Capacity: How to administer and interpret sub maximal tests in clinical populations

Practical course looking at the most commonly used functional capacity tests e.g. Incremental Shuttle Walk Test, 6-Minute Walk Test, Chester Step Test and Cycle Ergometry

- 19th October 2012, Central London
Cost £170 (£150 to BACPR members)

Health Behaviour Change and Psychological Support in Cardiovascular Disease

Explore ways of incorporating psychological principles within your service

- 23rd/24th November 2012, Central London
Cost £320 (£280 to BACPR members)

Physical Activity and Exercise in Heart Failure: Assessment, Prescription and Delivery

Following NICE guidance are you including heart failure patients in your programme? Do you want to find out more about how to prescribe safe and effective exercise to patients with heart failure?

- 7th September 2012, Cardiff
- 21st September 2012, Alton, Hampshire
- 20th October 2012, Manchester
- 11th January 2013, London
Cost £175 (£155 to BACPR members)

The BACPR has an extensive educational programme which also includes:

- Adapting Exercise: Enhancing skills to accommodate all abilities from seated to high level activity within a group setting
- BACPR Level 4 Exercise Instructor Training Qualification

Please contact education@bacpr.com or visit www.bacpr.com for more details and application forms on all the above courses.

BACPR Education, Suite 8, The Granary, 1 Waverley Lane, Farnham, Surrey GU9 8BB,
Tel: 01252 854510, Fax: 01252 854511

BACPR is an affiliate group of the British Cardiovascular Society.
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