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<tr>
<th>Time</th>
<th>Event</th>
<th>Chair/Presenter/Localisation</th>
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| 11.00 – 12.00 | Pre conference Symposium: Innovations in Cardiac Rehabilitation: Liverpool experience  
Dr Joe Mills, Elaine Gossage, Sharon Faulkner |                                                                      |
| 12.00 – 12.45 | Lunch                                                               | NACR Workshop  
Mediterranean Diet Score Workshop                              |
| 12.45 – 12.50 | Welcome to Conference                                               | Gail Sheppard  
BACPR Scientific Officer                                          |
| 12.50 – 13.05 | Conference Opening Address                                          | Dr Aaron Peace  
Consultant Cardiologist, Altnagelvin Hospital                     |
| 13.05 – 13.30 | BACPR and IACR Welcome                                               | Prof Gill Furze  
BACPR President  
Marian Claffey  
IACR President-Elect                                                  |
| 13.30 – 13.50 | National Updates                                                    | Brian Begg  
(Wales),  
Alana Laverty  
(N. Ireland)  
Alison Hornby  
(England),  
Jemima Traill  
(Scotland)                                                        |
| 13.50 – 14.30 | Keynote Session: Factors Influencing Uptake and Adherence in Female Patients  
Priscilla Chandro  
BACPR Expert Patient                                                  |
| 14.30 – 15.00 | Emotional Support in CR: a Patient's Perspective                   | Prof Sherry Grace  
York University, Toronto, Ontario                                   |
| 15.00 – 15.40 | Healthy Break                                                       | Veronica O’Doherty  
Principal Psychologist, University College Dublin and Tallaght Hospital |
| 15.10 – 15.40 | Moderated Posters (for poster prize)                               | Dr Dr Gerry Molloy  
Health Psychologist, NUI Galway                                     |
| 15.40 –16.10 | Mindfulness and the Cardiac Patient                               | Veronica O’Doherty  
Principal Psychologist, University College Dublin and Tallaght Hospital |
| 16.10 –16.50 | Medication Adherence                                               | Dr Mary Codd  
School of Public Health, Physiotherapy & Population Science, University College Dublin |
| 16.50 –17.20 | CVD Trends: The Secrets of our Success                             | Dr Mary Codd  
School of Public Health, Physiotherapy & Population Science, University College Dublin |
| 17.30 – 18.00 | BACPR AGM (members only)                                           |                                                                  |

**Registration opens from 11.00am**
### THURSDAY 2nd OCTOBER 2014 EVENING EVENTS

<table>
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<tbody>
<tr>
<td>19.30</td>
<td>Drinks Reception</td>
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<tr>
<td>20.00</td>
<td>Gala Dinner and Prizes</td>
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<td>22.00</td>
<td>Disco</td>
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### FRIDAY 3rd OCTOBER 2014 MORNING SESSION

7am  
**Early Morning Walk/Run**

From 8.30am  
**Registration opens (day delegates only)**

**Session 4: Special Highlight Session**  
*Chair: Sally Hinton*

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<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker/Details</th>
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<tbody>
<tr>
<td>8.55 – 9.00</td>
<td>Welcome to Friday and Housekeeping</td>
<td>Gail Sheppard</td>
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<tr>
<td>9.00 – 9.30</td>
<td>Stand Up for CV Health: More Leg and Less Bum!</td>
<td>Dr John Buckley, Exercise Physiologist, University of Chester</td>
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**PARALLEL SESSIONS**

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<thead>
<tr>
<th>Session</th>
<th>BACPR NURSES FORUM / PSYCHOLOGY SESSIONS</th>
<th>BACPR EPG / DIETETICS SESSIONS</th>
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<tr>
<td>Session 5: Oral abstract presentations</td>
<td><strong>Chair: Louise Jopling</strong></td>
<td><strong>Chair: Gordon McGregor</strong></td>
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| 9.35 – 9.45 | Alistair MacFarlane  
Mobile-app based tertiary remediation after an acute coronary event | Irene Gibson  
Assessing the impact of a structured lifestyle modification programme on the cardiovascular risk profile of severely obese adults |
| 9.45 – 9.55 | Maria Mooney  
A pilot study evaluating patients’ outcomes and illness perceptions following myocardial infarction (MI): pops MI | Linzy Houchen-Wolloff  
How active are our patients during rehabilitation classes? A comparison of cardiac, heart failure and pulmonary rehabilitation |
| 9.55 – 10.05 | Anne Marie Walsh  
Assessing the impact of a 12-16 week intensive cardiovascular disease prevention programme on medical and lifestyle risk factors at one year follow up | Carolyn Deighan  
Can we increase adherence to self care behaviours in heart failure via an automated but tailored education and coaching programme? |
### Session 7:

- **10.05 – 10.15**
  - Questions to all presenters

- **10.15 – 10.45**
  - *Is there a role for Non-Medical Prescribing in a CP&R Programme?*
    - Judith Edwards and Bernie Downey
  - **Session 8:**
    - *Should we be considering High Intensity Interval Training in Cardiac Rehab?*
    - Costas Tsakirides

- **10.45 – 11.10**
  - Tea, Coffee, Posters

### Session 9: New Frontiers in CP&R

- **Chair:** Alison Hornby

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<tr>
<th>Time</th>
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| 11.10- 11.30 | JBS3 – Clinical Implications for Cardiac Rehabilitation Services | Dr Joe Mills  
President-Elect BACPR |
| 11.30 – 12.00 | Dietary advice: latest myths and controversies             | Dr Alison Atrey  
Specialist Dietitian, Imperial College London |
| 12.00 – 12.30 | Canadian Quality Indicators for Cardiovascular Rehabilitation and Prevention | Prof Sherry Grace |
| 12.30 – 13.00 | Lunch                                                            | NACR Workshop  
Mediterranean Diet Score Workshop |

### Session 10: Reflect for the Future

- **Chair:** Prof Gill Furze

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<tr>
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<tbody>
<tr>
<td>13.30- 13.55</td>
<td>In pursuit of effective routine practice: the new reporting approach through NACR</td>
<td>Prof Patrick Doherty</td>
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<tr>
<td>13.55- 14.10</td>
<td>Update from BHF</td>
<td>Diane Card</td>
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| 14.10-14.40 | Women at Heart                                                          | Dr Blaithnead Murtagh  
Consultant Cardiologist , Galway Clinic |
| 14.40-15.25 | Keynote Session: Think Yourself Thin                                    | Damian Edwards  
Senior Behavioural Advisor National Obesity Forum |
| 15.25-15.30 | Closing remarks and Evaluation  
Followed by Tea and networking opportunity | |