May 2014 e-bulletin

CONTENTS

- BACPR Annual Conference 2014: New Frontiers in Cardiovascular Prevention and Rehabilitation
- BACPR Travel Awards – Apply Now for “A Once in a Lifetime Opportunity”
- Interesting Read
- New Online Resource: Canadian Journal of Cardiology Persistent Cardiac Pain Resource Centre
- BCS Affiliates Day, 4 June, Manchester: Still places left
- Invitation to attend the BHF HCP Conference, 3 June, Manchester
- Forthcoming BACPR courses

BACPR ANNUAL CONFERENCE 2014, 2-3 OCTOBER, LONDONDERRY / DERRY

New Frontiers in Cardiovascular Prevention and Rehabilitation

- Stand up for cardiovascular health
- JBS3
- Think yourself thin
- Women at Heart

And much much more!

Click here to register for another exciting conference. Do not delay!

Call for abstracts

Abstracts are invited for submission no later than 27th June 2014 for oral or poster presentation. Abstracts giving details of research or innovation in cardiovascular prevention and rehabilitation will be considered for oral presentation in the breakout sessions. Submissions should relate to the topic of Physical Activity and Exercise in Cardiovascular Disease – submissions which address ‘New Frontiers of Cardiovascular Prevention and Rehabilitation’ will be particularly welcome.

Abstracts should:
- Be submitted by email to education@bacpr.com. Please send as a .doc attachment
- Be no more than 250 words in length
- Be in word format using 12 point size Arial font
- Have a title in capital letters, and the organisation involved
- The name(s) of the author(s) must be preceded by initials only
- Omit titles and degrees and underline only the main presenter
• Add full postal address and email address of the main presenter at the end

Please indicate your preferred form of presentation; oral or poster.
Accepted posters should be produced in A1 portrait size (594mm x 841mm high or 23.4ins wide by 33.1 ins high)
If you have not received an email confirmation of receipt from BACPR within 10 working days of submission, please re-submit abstract or call 01252 854510
For further details about the conference please email education@bacpr.com or call 01252 854510

BACPR TRAVEL AWARDS APPLY NOW FOR ‘A ONCE IN A LIFETIME OPPORTUNITY’
Where could you go? Which international CR programmes inspire you? Is there a CR pioneer you’d like to meet? BACPR members have the opportunity to apply for travel awards (up to a max. of £1,500 per member), with a total of £3,000 available every year to broaden our horizons in cardiac rehabilitation.
The BACPR Travel Award can offer a ‘once in a lifetime opportunity’ and reap huge benefits for CR across the UK.’ Mark Campbell
‘By finding ways to help others develop services around the world, we are very likely to find new ways of helping improve our own services at home’. John Buckley
Apply by 31 August 2014 to be considered in this year’s round. For further information please email: bacpr@bcs.com

INTERESTING READ
This pilot study suggests that use of a smartphone app. may increase effectiveness of cardiac rehabilitation in Acute Coronary Syndrome patients who have had a stent. Those patients who chose to use the app showed a 40% reduction (P<0.05) in the rate of rehospitalisation or emergency department visits. Significant improvements were also seen in body weight, blood pressure and quality of life compared to those who underwent standardised rehab without the app. assistance.

NEW ONLINE RESOURCE: CANADIAN JOURNAL OF CARDIOLOGY PERSISTENT CARDIAC PAIN RESOURCE CENTRE
People living with persistent forms of cardiac pain now have a new multi-media resource of information to ease the discomfort. The online resource, called the Canadian Journal of Cardiology Persistent Cardiac Pain Resource Centre, is led by Michael McGillion, an assistant professor of McMaster University’s School of Nursing. The resource was created because there are increasingly prevalent chronic cardiac pain problems but a lack of collaboration between cardiovascular and pain science communities. To see the resource go to: http://cardiacpain.onlinecjc.ca/. See also BACPR CONNECT June 2014 for an exclusive article by Michael McGillion on this.

INVITATION TO ATTEND THE BHF HCP CONFERENCE, 3 JUNE
Please do not miss out on this fantastic opportunity, the BHF programme is usually only open to Healthcare Professionals’ who are members of the BHF Healthcare Professional programme. The fee for attending the HCP Programme would be met by the BHF. As well as this excellent opportunity, all BHF attendees will have access to the full BCS conference programme including Affiliates Programme on the 4th June.
Topics include: Harnessing Leadership and Research – Developing Nurse & AHP Investigators
Caring together: Collaborative working and for persons living with and dying from advanced heart failure

In addition to free admission to the BHF Healthcare Professional programme, if you join the BHF Healthcare Professional membership programme and your application is successful, you will be eligible for the following:

- Attend the BCS/BHF annual dinner and award on **Tuesday 3 June 2014**, taking place at the BCS conference funded by the BHF
- Have accommodation paid for by the BHF on **Tuesday 3 June 2014** at a hotel near the conference venue (arranged through the BCS booking site)
- Have reasonable travel expenses reimbursed to you for your conference attendance

The link to the application to become a BHF Healthcare Professional can be found below:-


To be eligible to attend the evening dinner and award ceremony, and for your travel and accommodation costs to be paid for by the BHF, you must complete the application form and it must be signed off and agreed by the BHF before we can agree to the above. Completing the application form does not affect your eligibility to attend the BHF conference programme.

To register please email: Allison Jackaman at jackamana@bhf.org.uk. Please also inform Allison if you will be applying to become a BHF Healthcare Professional to take advantage of further benefits.

---

**BCS AFFILIATES DAY, 4 JUNE, MANCHESTER: STILL PLACES LEFT**

**Delivering the best in cardiovascular care**

*Maintaining a first class service. Views from the front line.*

*Debate: This house believes that lifestyle advice is futile for people with heart disease - just give them the drugs!*

*Key speakers include:* Prof Andrew Clark, Prof Huon Gray, Prof Sally Singh, Prof David Wood & Prof Jane Hutton. *For more great topics and speakers, please book soon! Joint BACPR-BCS members go free if they register by 18 May 2014 at the latest.*

[Click here for registration details](#)

[See here for the programme](#)

---

**BACPR Education and Training**

*Dedicated to providing excellence in education and training in cardiovascular disease prevention and rehabilitation*

---

*All the following BACPR courses are endorsed by the BCS*

**Forthcoming BACPR Courses**

**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.*

- **7th / 8th June 2014**, Manchester
- **28th / 29th June 2014**, Dundee
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.

- 20th / 21st June 2014, London
- 26th / 27th September 2014, Exeter
- 25th / 26th October 2014, Manchester
- 1st / 2nd November 2014, Dundee

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.

- 11th July 2014, Sheffield Hallam University
- 8th November 2014, Edinburgh

Cost £170 (£150 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?

- 18th October 2014, Wythenshawe, Manchester

Cost £175 (£155 to BACPR members)

Health Behaviour Change and Psychological Support in Cardiovascular Disease

Explore ways of incorporating psychological principles within your service

- 14th / 15th November 2014, Exeter

Cost £320 (£280 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

- 28th November 2014, Central London

Cost £160 (£140 to BACPR members)

The BACPR has an extensive educational programme which also includes:
\begin{itemize}
  \item Assessing Functional Capacity: How to administer and interpret sub maximal tests in clinical populations
  \item Adapting Exercise: Enhancing skills to accommodate all abilities from seated to high level activity within a group setting
  \item BACPR Level 4 Exercise Instructor Training Qualification
\end{itemize}

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

If you would interested in hosting one of the courses in your area or would like us to develop course for your local needs please contact one of the education team.

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. To contact BACPR:
Tel: +44 (0)20 7380 1919 Email: bacpr@bcs.com Website: www.bacpr.com

Promoting Excellence in Cardiovascular Disease Prevention and Rehabilitation