Promoting Excellence in Cardiovascular Disease Prevention and Rehabilitation

BACPR Top 10 Highlights (Feb 2013)

Do you receive monthly BACPR e-bulletins? Do you receive the BACPR CONNECT magazine? Have you a unique login to access the online discussion forum, conference and study day presentations and a wide range of members’ only resources?

If the answer to any of these questions is no......you are not a current BACPR member.
You can join BACPR or take up BACPR-BCS joint membership, with even more benefits, by visiting here.

Below you’ll find further information together with news of our 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, including reduced registration fees to our exciting line up of events. We’d really value and welcome you joining us in promoting excellence in cardiovascular disease prevention and rehabilitation.

Highlight 1: BACPR Annual Conference Celebrating 20 Years!

BACPR Annual Conference 2013
BACK TO THE FUTURE
Advances in Cardiovascular Prevention and Rehabilitation
Thursday 3 & Friday 4th October, 2013, Solihull, Birmingham

BACPR members can view the 2012 conference presentations here

Our great programme includes;
▪ Dr Hugh Bethell: Celebrating cardiac rehabilitation – the past, present and future
▪ Professor Huon Gray (Interim National Clinical Director for Cardiovascular Disease) speaking on the new “CVD Outcomes Strategy”
▪ Professor Joep Perk: Moving with the evidence - advancing practice through the latest clinical guidelines
▪ Dr Damien Edwards: Behavioural theory of communication ‘Mars Vs Venus’
▪ Dr Chris Pepper: Advances in atrial fibrillation and devices
▪ Dr Mike Fisher: Managing stable angina
▪ Special highlight session on technology in cardiac rehabilitation
▪ Special CRIGS (Cardiac Rehabilitation Interest Group Scotland) session
▪ New NICE guidelines in secondary prevention post MI (TBC)
▪ Parallel sessions
▪ Celebrating 20 years gala dinner

..........And much much more........

To see more visit here

BACPR MEMBERS SAVE £ WITH EARLY BIRD REGISTRATION
This special rate is only available to BACPR members and closes on the 31st March 2013.
Another good reason to join BACPR!
CALL FOR ABSTRACTS FOR BACPR ANNUAL CONFERENCE 2013

Abstracts are invited for submission no later than 1st July 2013 for oral or poster presentation. Abstracts giving details of research or innovation in cardiac prevention and rehabilitation will be considered for oral presentation in the breakout sessions. Submissions on the topic of ‘Advances in Cardiovascular Prevention and Rehabilitation’ will be particularly welcome. You can find more information regarding abstract submission here.

Highlight 2:
BACPR-EXERCISE PROFESSIONALS GROUP SPRING STUDY DAY

BACPR members can visit here to access the BACPR-EPG spring conference 2012 presentations

BACPR-EPG Spring Study Day 2013
Heart Failure: Meeting the Challenges in Physical Activity and Exercise
Friday 10th May 2013

To view more information on the programme visit here.

Abstract Submissions for the BACPR-EPG Spring Study Day are open! Abstracts must be submitted before 23:59 on 28th February 2013. The topic of “Accommodating Heart Failure Patients in Cardiac Rehabilitation” will be particularly welcome - For instructions visit here.

Highlight 3: SPECIAL AFFILIATE DAY PROGRAMME AT BCS CONFERENCE

Following last year’s highly successful inaugural BACPR-BANCC affiliate day programme at the annual conference of the British Cardiovascular Society, we’re delighted to announce that BACPR in collaboration with the British Association for Nurses in Cardiovascular Care (BANCC) and the British Society for Heart Failure (BSH) are shaping an exciting full day’s programme and a number of educational workshops in cardiovascular disease prevention and rehabilitation.

BACPR members can visit here to access the BCS affiliate day 2012 presentations

BCS Annual Conference 2013, 3 - 5 June 2013, ExCel London

BACPR-BANCC-BSH Affiliate Day Programme
Cardiovascular Prevention and Rehabilitation
Wednesday 5th June 2013

Sessions include:
- Heart rate: marker of heart failure or target of intervention?
- Why do patients with chronic heart failure repeatedly present to hospital and become acute heart failure admissions?
- Time to put prevention first!
- Future advances in cardiovascular prevention and rehabilitation

To find out more about the programme: visit here

BACPR-BCS JOINT MEMBERS CAN REGISTER FOR THE BCS CONFERENCE FOR FREE*!!
(*Free registration closes end of April)

Travel Bursaries!! Worthy of special note too....If you are a joint BACPR-BCS member, you are eligible to apply for one of the BCS Travel Bursaries to help fund your attendance at the BCS Annual Conference. For further details and an application form please visit here. The closing date for applications for the travel bursaries for the BCS Annual Conference is 23:59 April 15 2013.
Highlight 4: BACPR PUBLISHES SCIENTIFIC STATEMENT IN HEART: “British standards and core components for cardiovascular disease prevention and rehabilitation”

We’re delighted to announce that our submission to HEART was accepted for publication and can be found in the Heart Online First for 12 Feb 2013.

Members with BACPR-BCS joint membership are able to login to their members’ only area of the BCS website and access the article. For those of you who have access to Heart through your institutions will be able to use the links provided within the Heart website.

http://heart.bmj.com/content/early/2013/02/11/heartjnl-2012-303460.extract?papetoc

This publication is an abridged version of the BACPR Standards and Core Components in Cardiovascular Disease Prevention and Rehabilitation (2nd Edition) and takes the form of an editorial communicating the need to invest in evidence-based cardiac rehabilitation. This is a real landmark for BACPR and puts our standards and core components to wide a readership and potential citations.

Highlight 5: BACPR publishes first of many competency tools to support delivering high quality care in cardiovascular disease prevention and rehabilitation

Following the launch of the revised BACPR Standards and Core Components for Cardiovascular Disease Prevention and Rehabilitation (March 2012) we are proud to announce the publication of the first set of Competences for the Physical Activity and Exercise Component.

‘The Core Competences for the Physical Activity and Exercise Component’ forms a supporting document which provides a framework that encompasses the knowledge, skills and competences of all professional groups involved in delivery of the exercise and physical activity component within cardiac rehabilitation.

The BACPR will continue to develop competences frameworks for all core components over the next 12 months

Visit www.bacpr.com to find out more
**Highlight 6: New membership magazine – BACPR CONNECT and more members’ only benefits**

CONNECT is a special magazine, just for BACPR members, that is produced twice a year. It’s packed with the latest news from all over the country and internationally. Also included are alerts to key publications and research findings as well as their application to every day clinical practice.

**Highlight 7:**
**BACPR launches a new nurses forum**

In meeting the needs of nurse specialists who form one of the largest bodies of our membership we have developed a specific sub-group called the “BACPR nurse forum”. This is led by a committee of nurses in cardiovascular prevention and rehabilitation who act in an advisory capacity to BACPR Council and ensure the needs of our nursing membership are being met.

**Highlight 8:**
**BACPR launches new membership category for BACPR qualified exercise instructors**

We have over 2,000 exercise instructors nationwide who have qualified with the BACPR Exercise Instructor Award. In supporting our qualified instructors in their practice, we have developed a special membership category and now have the BACPR Exercise Instructor Network residing as an official BACPR sub-group reporting to BACPR Council.

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.

View a wide range of resources in the ‘MEMERS’ ONLY’ area of the BACPR website.
Highlight 9:
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 11 countries including; 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)

It has also just been published by the Journal of Cardiopulmonary Rehabilitation & Prevention: See [here](http://www.globalcardiacrehab.com) to read the abstract.

Highlight 10: BACPR Courses

BACPR delivers a growing and wide range of courses – all of which BACPR members save ££££ by receiving reduced registration rates. We’re currently also working to develop and launch two online courses as well!

FORTHCOMING BACPR COURSES

Health Behaviour Change and Psychological Support in Cardiovascular Disease
Explore ways of incorporating psychological principles within your service
- **26th / 27th** April 2013, Cardiff
  Cost £320 (£280 to BACPR members)

Adapting Exercise: Enhancing skills to accommodate all abilities from seated to high level activity within a group setting
Focuses on developing leadership, teaching and delivery skills to facilitate a safe, effective and well-managed programme to a functionally diverse client group
- **2nd** March 2013, Manchester
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.

- 15th / 16th March 2013, London
  Cost £300 – 350 depending on BACPR/ACPICR membership

NB: Package price available if booking Part 1 and Part 2 at same time along with a special 10% discount voucher to be used on a future course.

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.

- 27th / 28th April 2013, Paisley, Scotland
- 18th / 19th May 2013, Manchester
- 20th / 21st September 2013, London
  Cost £300 – 350 depending on BACPR/ACPICR membership

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?

- 16th March 2013, Tameside (Manchester)
- 7th June 2013, London
- 19th October 2013, Manchester
  Cost £175 (£155 to BACPR members)
All the following BACPR courses are endorsed by the BCS

The BACPR has an extensive educational programme which also includes:

- Dietary Approach to Managing Cardiovascular Disease and Weight
- Monitoring Exercise Intensity (HR, RPE and METS)
- Assessing Functional Capacity: How to administer and interpret sub maximal tests in clinical populations
- 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.