

British Association for Cardiovascular Prevention and Rehabilitation

BACPR: A Three Year Strategy (2016-2019)

Our vision is:

Promoting Excellence in Cardiovascular Disease Prevention and Rehabilitation

Our Mission statement is:

To support health professionals in the development, delivery and assessment of evidence-based, individualised programmes of prevention and rehabilitation, which have been appropriately funded and which are accessed both by individuals with established Cardiovascular Disease (CVD) and those with significant CVD risk factors.

Our Foundations

BACPR is a membership organisation representing and serving the needs of all professionals involved in cardiovascular disease prevention and rehabilitation. As an affiliated group of the British Cardiovascular Society (BCS), the BACPR was first established as the British Association for Cardiac Rehabilitation (BACR) in 1993 as a multi-disciplinary body. To date it continues in this light with its membership consisting of an array of disciplines involved in cardiovascular health, including: nurses, physiotherapists, cardiologists, GPs, dieticians, psychologists, occupational therapists, exercise physiologists and exercise instructors.

BACPR Education coordinates both the well-respected BACPR Specialist Level 4 Exercise Instructor qualification and a range of Continuing Professional Development (CPD) courses for health and exercise professionals involved in cardiovascular prevention and rehabilitation all recognised by BCS and Skills Active/Chartered Institution for the Management of Sport and Physical Activity (CIMSPA). Delegates receive comprehensive peer reviewed course material and all courses are delivered by specialist professionals from the UK currently involved in the field of cardiovascular rehabilitation.

Where we are now

BACPR is continually expanding in reach, influence and in membership numbers. We are firmly recognised as the leading professional organisation for those working within cardiovascular prevention and rehabilitation. BACPR Standards and Core Components (SCC) are well recognised and regarded as the 'gold standard' for Cardiac Rehabilitation across the UK. We communicate regularly with members in increasingly varied ways and through these conversations, the BACPR Council is able to respond directly to our members' needs. BACPR Education has developed into leading the field in delivering CPD courses in Cardiovascular Health. Our annual conference and associated study days (e.g. BACPR Exercise Professional Group Study Day) are central to the core activities of our organisations. BACPR is regularly invited to contribute (as both author and editor) to national peer reviewed journals.

This Strategic Plan sets out the four core work streams of our organisation and sets specific goals for each, to be achieved over the next three years. The work of BACPR will always be varied and whilst setting some clear objectives, we intend to continue to respond innovatively to the needs of our members through our projects and the development of further resources and training as required.

How to be a member

Our website gives all details on how to join and the various membership options including BACPR-BCS joint membership and BACPR – BCS – British Association for Nursing Cardiovascular Care (BANCC) tripartite membership:
www.bacpr.com

The four core work streams for 2016 – 2019:

- 1. Increasing the profile of Cardiovascular Prevention and Rehabilitation**
- 2. Enabling Best Practice in Service Delivery**
- 3. Improving access to BACPR Education and Training**
- 4. Increasing BACPR Membership (influence, reach, benefit)**

1. Increasing the profile of Cardiovascular Prevention and Rehabilitation

Specific objectives

1. To ensure BACPR have an individual identified to liaise with the following key and relevant national/international organisations, including (but not exclusively):
 - ♥ All Wales Cardiac Rehabilitation and Heart Failure Group
 - ♥ Association of Chartered Physiotherapists In Cardiac Rehabilitation (ACPICR)
 - ♥ British Association of Sport and Exercise Sciences (BASES)
 - ♥ British Association of Nursing in Cardiovascular Care (BANCC)
 - ♥ British Cardiovascular Society (BCS)
 - ♥ British Dietetic Association (BDA)
 - ♥ British Heart Foundation (BHF)
 - ♥ British Junior Cardiologists Association (BJCA)
 - ♥ British Psychology Society (BPS)
 - ♥ British Society for Heart Failure (BSH)
 - ♥ British Society of Rehabilitation Medicine (BSRM)
 - ♥ Cardiovascular Care Partnership UK (CCPUK)- patient organisation
 - ♥ Cardiac Rehabilitation Interest Group Scotland (CRIGS)
 - ♥ College of Occupational Therapists (COT)
 - ♥ European Association for Cardiovascular Prevention and Rehabilitation (EACPR)
 - ♥ International Council of Cardiovascular Prevention and Rehabilitation (ICCPR)
 - ♥ Irish Association of Cardiac Rehabilitation (IACR)
 - ♥ National Audit of Cardiac Rehabilitation (NACR)
 - ♥ NHS England (via National Clinical Directors cardiac / CVD prevention)
 - ♥ NHS Health Scotland
 - ♥ Northern Ireland Network
 - ♥ Primary Care Clinicians supporting management of cardiovascular disease (CVGP)
 - ♥ Public Health England
 - ♥ Public Health Wales
 - ♥ Royal College of General Practitioners (RCGP)

2. To ensure a BACPR presence and promotion of our Standards and Core Components (SCC) on key guideline development groups across the four nations e.g. Scottish Intercollegiate Guidelines Network (SIGN), National Institute for Health and Care Excellence (NICE).

3. To ensure BACPR Council is accessible to members and the wider cardiovascular community:
 - Feature profiles of each Council Member on www.bacpr.com with email addresses and details of their roles on Council
 - Introduce new Council Members in membership magazine CONNECT

4. To ensure www.bacpr.com has clear links for public or patients to follow when accessing the website for information and to improve links with existing patient organisations in the field.

5. To improve the external profile of BACPR, within the media, government (four nations) and parliamentary groups (e.g. aligning with Scotland's 2020 Cardiac Rehabilitation Vision). With the aim of promoting sustainable cardiovascular prevention and rehabilitation there will be particular emphasis on our SCCs.

2. Enabling Best Practice in Service Delivery

Specific objectives

1. To drive improvement in cardiovascular rehabilitation by certifying a minimum of 10 programmes each year through the BACPR/NACR National Certification Programme for Cardiovascular Rehabilitation (NCP-CR).
2. To promote the NCP-CR programme at commissioning/national level as a mark of quality assurance.
3. To feature Best Practice examples within CONNECT and on www.bacpr.com which will showcase innovative practice from individual services to enhance a culture of networking between programmes.
4. To launch the BACPR Research Network allowing members to access details of projects being undertaken by clinicians and researchers across the field. This will be featured on www.bacpr.com and as a regular feature in CONNECT and e-Bulletins.
5. To widen our research interests by engaging with the British Cardiovascular Society Clinical Study Group for CVD prevention.
6. To support the implementation of the updated SCC through an interactive version that highlights BACPR web-based resources on www.bacpr.com e.g. Competency Documents
7. To encourage networking between members by increasing use of the Members' Discussion Forum e.g. setting subject fields linked to the Core Components to promote themed discussions.

3. Improving access to BACPR Education and Training

Specific objectives

1. To increase the number of professionals who work in Primary Care accessing our education and training through RCGP accreditation of the on line Standards & Core Components module.
2. To improve access to education opportunities on prevention topics by linking with existing high quality external modules e.g. www.heartlearning.org and those provided by academic institutions.
3. To publish a textbook on Cardiovascular Prevention and Rehabilitation to promote knowledge and awareness to a wider audience.
4. To begin development of tailored short on-line modules to benefit professionals working in the field to extend the reach to a new audience from the wider group of health and exercise professionals e.g. Medical Risk Factors

4. Increasing BACPR membership (influence, reach, benefit)

Specific objectives

1. Increase BACPR individual members year on year, aiming for over 1,000 by 2018.
2. To improve the functionality of the membership database in order for us to have a targeted approach to:
 - widening our geographic reach reflecting the spread of cardiovascular programmes across the four nations
 - ensure that all programmes across the UK have at least one BACPR member
 - ensure our membership represents all key professional groups identified within the SCC.
3. To improve retention of Exercise Instructors who have undertaken the BACPR Qualification as members of the organisation by introducing tailored communication to better demonstrate how BACPR could meet their needs.
4. To explore the potential of introducing an 'Organisational' BACPR Membership and identify what would be included in this membership package. This would be aimed at academic institutions that are involved in CVD research, patient support groups and charities.



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The British Association for Cardiovascular Prevention and Rehabilitation

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