



# **British Association for Cardiovascular Prevention and Rehabilitation**

## **BACPR: A Three Year Strategy (2022-2025)**

*Reviewed and updated March 2024*

## **Vision**

To shape the future of cardiovascular disease prevention and rehabilitation.

## **Mission statement**

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.

## **About BACPR**

BACPR is a membership organisation representing and serving the needs of all professionals involved in cardiovascular disease prevention and rehabilitation (CVPR). 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, dietitians, psychologists, occupational therapists, exercise physiologists, exercise instructors and pharmacists as well as those in higher education settings. Our main aim is to enable professionals to deliver quality effective programmes to patients and/or clients.

BACPR is continually expanding in reach, influence and membership numbers, and is firmly recognised as the leading professional organisation in the UK for those working within cardiovascular disease prevention and rehabilitation. 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 leads the field in delivering CPD courses both online and in-person for health and exercise professionals working in Cardiovascular Health. BACPR delivers the well-respected BACPR Specialist Exercise Instructor qualification which is recognised by the Chartered Institution for the Management of Sport and Physical Activity (CIMSPA).

All courses are delivered by specialist professionals from the UK currently involved in the field of cardiovascular rehabilitation and delegates receive comprehensive peer reviewed course material.

Our annual conference and associated study days (e.g. BACPR Exercise Professional Group Study Day) are central to the core activities of our organisation along with our involvement in research activities including contributing (as both author and editor) to national peer reviewed journals.

This Strategic Plan for 2022- 2025 sets out the four workstreams depicted in the model below. The strategic aims for our organisation are then outlined with the specific goals for each, to be achieved over the next three years. The work of the 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.

The foundations of this Strategy are summarised by the model below:



Strategic aims:

1. **Promotion and Policy:** To promote the BACPR agenda and influence national and international policy
2. **Research:** To drive forward the research agenda within cardiovascular disease prevention and rehabilitation
3. **Education:** To provide contemporary high-quality education for health and exercise professionals which aligns to BACPR Standards and Core Components
4. **Member Support:** To support the professional development of the BACPR members

# 1. Promotion and Policy

## *To promote the BACPR agenda and influence national and international policy*

- a. Ensure representation and involvement in the key expert working groups for each of the four nations.
- b. Supporting the dissemination of the 4th Edition BACPR Standards and Core Components into service delivery.
- c. To establish and raise the profile of cardiovascular disease prevention and rehabilitation (CVPR) as an integral component of cardiovascular healthcare services.
- d. Work in partnership with national data systems to establish a robust audit system, which measures uptake and evaluates current practice against BACPR Standards and Core Components.
- e. Maintain a digital presence via online and social media channels to promote the BACPR agenda.

### **Measure of success**

Increased links and representation at relevant working groups across the four nations, including those responsible for cardiovascular disease prevention and rehabilitation data collection and audit.

## 2. Research

### *To drive forward the research agenda within cardiovascular disease prevention and rehabilitation*

- a. Continue to integrate the work of the BACPR Clinical Study Group (CSG) within the BHF-CRC.
- b. Complete the BHF-CRC funded project identifying CVPR research priorities.
- c. Support development of high-quality proposals aligned with BACPR research priorities and BACPR standards, and work with other societies on related priorities.
- d. Support members to access opportunities, including mentorship and collaboration opportunities, to increase research capacity and capability.
- e. Within the cardiovascular community, support the CVPR research profile through enhancing abstract submissions for annual conference and BACPR Exercise Professionals Group Study Day.

### *Measure of success*

Improved engagement of member research needs for enhancing on the ground service delivery. Increased support and engagement of members to undertake relevant research and audit which result in publications.

## 3. Education

***To provide contemporary high-quality education for health and exercise professionals which aligns to BACPR Standards and Core Components***

- a. Review education programme and identify gaps.
- b. Evaluate different modes of delivery of the current education programme and new developments to determine both economical sustainability and tutor succession planning.
- c. Undertake a learning needs analysis of members.
- d. Grow the educational content around risk factor management across the spectrum of CVD.

### ***Measure of success***

Increase portfolio of educational opportunities offered by BACPR in conjunction with enhancing external validation.

## 4. Member Support

### *To support the professional development of the BACPR members*

- a. To work with British Cardiovascular Society (BCS) to implement online rolling membership.
- b. To establish and grow special interest groups to underpin and strengthen delivery of the core components and review of core competency documents.
  - Diet working group
  - Psychology working group
- c. Expand peer support opportunities across UK cardiovascular prevention and rehabilitation programmes (CPRP) to encourage networking.
  - Continue and develop options for the members online networking sessions
  - Expand use of MedShr
- d. Increase membership diversity of underrepresented professional groups and geographical areas.

### *Measure of success*

Increased membership in terms of numbers and across all professional groups.

### **How to become a member**

Our website gives full details on how to join and the different membership categories including the BACPR Exercise Instructor category, student and BACPR-BCS joint membership options: **[www.bacpr.org](http://www.bacpr.org)**





*Promoting excellence in cardiovascular disease prevention and rehabilitation*

**The British Association for Cardiovascular Prevention and Rehabilitation**

9 Fitzroy Square London W1T 5HW

BACPR Membership and General Enquiries [bacpr@bcs.com](mailto:bacpr@bcs.com)

BACPR Education and Training [education@bacpr.com](mailto:education@bacpr.com)

[www.bacpr.org](http://www.bacpr.org)



British Association  
for Cardiovascular  
Prevention and  
Rehabilitation

Affiliated group of the British Cardiovascular Society Company limited by guarantee.

Registered in England 5086964

Registered Charity No. 1135639

Registered office 9 Fitzroy Square London W1T 5HW