



British Association for Cardiovascular Prevention and Rehabilitation

Annual Report 2021-22

President's Report

This year has remained unsettling for health care provision in the United Kingdom and this has been felt by the BACPR membership.

Cardiac rehabilitation is showing signs of recovering from the pandemic, programmes are recommencing but there remain significant challenges. We are seeing cardiac rehabilitation professionals with many years of experience retiring, resulting in services rebuilding with inexperienced staff. In some parts of our nations staff remain redeployed supporting other NHS services. Resuming face to face delivery also varies across the nations and teams are reporting that the individual demand for home or group based programmes cannot always be met due to resources. Staff report that running hybrid programmes requires additional staff resource to monitor both groups participating and this is not always possible. This will take time to work out, but on a positive note many services, in England at least, are receiving funding for new work from their Cardiac Network. This money is currently non-recurring but it is a positive step in addressing the inequalities we know exist and building on our ethos to deliver individualised comprehensive rehabilitation and prevention programmes.

BACPR council can empathise with the challenges of running hybrid events. We ran our first ever hybrid conference in Belfast in October 2021. It was a pleasure to be able to meet together again and despite the relatively small number of in-person delegates the ability to sit around a table and share our successes and challenges was superior to the world of Zoom from which we are emerging. Ensuring both audiences had a good conference experience was our goal but the advantages of the in person experience and the ability to network with colleagues and in many cases rekindle friendships built over the years influenced our decision to run with a face to face offer only for Birmingham 2022.

We continue to look for ways to offer members the best service possible. Although conference in 2022 will be in-person only there are situations in which on-line events are of benefit. Webinars, utilised during the pandemic to ensure education was available, will remain a membership benefit. The education team will build this into their annual programme. The introduction of monthly members hours has also been a great success. They are held monthly via MS Teams and any member can register to link in. The format is small group discussions with Council members and already these have led to webinar topics and potential major projects for Council to undertake over the coming year.

Our work with BCS saw the new website launched in early 2022 and I hope the transition was seamless for you as a member. The new website includes the Medshr platform for case study and guideline discussion which will replace the discussion forums on the BACPR website during the latter part of 2022.

BACPR is also working with the British Society for Heart Failure (BSH) on “The F word” campaign. A key part of this is assisting those with heart failure to manage fatigue. As rehabilitation professionals we are aware that assisting individuals to self manage activity is a key goal of a comprehensive rehabilitation programme. We ran a very well supported webinar in February with BSH highlighting the range of rehabilitation programmes available for those with heart failure. Increasing the numbers of those with heart failure being offered a rehabilitation programme remains a focus in the 4th Edition BACPR standards and core components due for completion in Autumn of 2022.

Promoting research across the BACPR community is of increasing importance and we, as the BACPR clinical study group (CSG), continue to work with the BHF clinical research collaborative. It is vital that we evidence the work we are undertaking, particularly, in the light of changes made during the pandemic. Through the CSG we have successfully supported the funding of projects by the BHF CRC. The CSG are currently undertaking a piece of work to identify the research priorities as identified by our members and this will help inform the research projects we support going forwards. Ensuring our voice is heard at the highest level is an effective way of keeping cardiac rehabilitation and prevention on the national agenda. There are council members involved in this across the all the nations and I would encourage all members to become involved in strategic planning in your local area.

We have reviewed and renewed our Strategy for the period covering April 2022 to March 2025. Building on the previous strategy and reviewing the current focus of BACPR we now have measurable strategic aims across four domains. These are Promotion and Policy, Member Support, Education and Research. These will inform the priorities and direction of BACPR during that period and the full document is available on the website.

Thank you to all of the BACPR Council who dedicate their time to promote excellence in CVD prevention and rehabilitation. Thank you to those who have completed their time on Council over the past year your contribution has been greatly appreciated.

As a council we rely heavily on our executive and administration team. Thank you to Val. at BCS, Vivienne and Penny from BACPR Education and to Sally Hinton, BACPR Executive Director, the lynchpin of the association, who has a wealth of knowledge and is a great support to me in my role as President. Sally continues to represent BACPR on a number of national strategic forums to ensure our voice is heard and that the spotlight remains on CVD prevention and rehabilitation. We have appointed a BACPR Education Lead, initially on a one year contract, to support the existing team and we welcomed Dr Aynsley Cowie into the role. She is already making real progress only a few months into the role.

As an Association we remain in a strong position, we are in a stable and sustainable financial position, and we have a Council and body of members who are most definitely passionate about promoting excellence in CVD prevention and rehabilitation. I look forward to the challenges the year ahead brings us and will do my utmost to ensure we remain responsive to the needs of our members, and through the patients and clients we support.

With very best wishes

Kathryn Carver

BACPR President

Treasurer's Report

The BACPR's accounts for the year ending 31st March 2022 were prepared and audited by AEL Partners LLP, 201 Haverstock Hill, London NW3 4QG.

The financial performance of the association continues to demonstrate robust financial management and account monitoring. The total income for 2020/2021 was £378,997. This is an increase from the previous year of £288,261. This is as a result of being able to return to running our face to face conference (including sponsorship) in 2021 and also an increase in education provision in comparison to the previous year. We have kept overall costs down due to less council activity expenditure with a planned return to alternating online with in person meetings for the coming year. The closing balance showed a surplus of £57,329, which is an increase on the previous year. We continue to keep the associations operational day to day running costs well controlled.

We are delighted to have continued engagement with our key Sponsors in 21/22. The President and Council strive to secure sponsorship to help support activities of the council and particularly its annual conference.

The BACPR Training and Education programme continues to be a popular and highly acclaimed provider of accredited training in cardiac rehabilitation. The education team was extremely adaptable during COVID and made a swift transition to online modes of delivery, with some courses starting to offer some face to face sessions in latter months. This has ensured ongoing financial stability.

The end of year closing balance of £394,807 demonstrates a healthy and robust financial position for the BACPR. We are able to cover our essential annual operating costs as well as being able to explore new projects for the benefit of our members. This regular and consistent monitoring of its financial performance will ensure the BACPR continues to be strong and resilient for future years.

	2018 - 19	2020 - 2021	2021 - 2022
Opening Balance	335,581	302,672	337,477
Income			
Membership	38,674	34,311	25,391
Conference	67,340	-5,480	75,489
Education	288,952	256,430	278,117
Total Income	418,430	288, 261	378,997
Expenditure			
Membership	65,128	32,487	26,793
Conference	92,332	13,884	57,941
Education	293,878	216,046	236,046
Total Expenditure	451,338	262,417	321,668
Surplus (-Loss)	-32,909	+25,844	+57,329
Closing Balance	302,672	337,477	394,807

Table 1: Summary of financial position

The full financial report is available within the Members' Area at www.bacpr.com or via the Charities' Commission Website at www.charity-commission.gov.uk.

Heather Probert

Treasurer

Secretary's Report

Membership

The membership numbers (958 at March 2022) continue to show the diversity of professions engaged in cardiovascular prevention and rehabilitation. Membership renewals dropped during the height of the COVID pandemic but have since increased again. A return to some face-to-face training events and courses also stimulated new membership as well as the online webinar events. The BACPR 2021 hybrid conference provided delegates with the option of attendance either in person or virtually which continued to support attendance and membership during the pandemic.

Membership by Profession	March 2022	April 2021
Overall total	958	879
BACPR Exercise Instructor	285	356
Dietitian	14	13
Doctor	22	22
Exercise Physiologist	35	40
Nurse	293	267
Occupational Therapist	11	12
Other Exercise Professional	23	18
Physiotherapist	133	121
Psychologist	3	2
Research Fellow/Academic	14	12
Other	25	16
Not Specified	0	0

Council Elections

During the 2021-22 period, elections were held for Ordinary Officer council members. Ruby James was re-elected to Council, and we also welcomed Natalie Graham and Susan Casnello as Ordinary Officers. Simon Nicholls stepped down from Council at the end of his term. Elections for the position of President-Elect were also held, however no nominations were received.

Claire Dobson took over the co-opted role for British Heart Foundation from Joanne Oliver and Lisa Spratt took over from Maria Mooney as a co-opted representative from Northern Ireland, Northern Ireland was not represented through elected council.

BACPR Council Members and Staff (as of March 2022)

Position	Name	Profession	Country
Executive Officers			
President	Dr Kathryn Carver	Nurse	England
President Elect	Vacant position		
Immediate Past President	Prof Susan Dawkes	Nurse	Scotland
Treasurer	Heather Probert	Physiotherapist	England
Secretary	Jennifer (Jen) Hannay	Exercise Physiologist	England
Scientific Officer	Dr Tom Butler	Dietician	England
Communication and Digital Officer	Ceri Roberts	Nurse	England
Ordinary Officers (Elected)			
	Gill Farthing	Nurse	England
	Dr Carolyn Deighan	Psychologist	Scotland
	Simone Meldrum	Nurse	England
	Jennifer (Jenny) Aindow	Occupational Therapist	England
	Alison Allen	Nurse	Wales
	Ruby James	Occupational Therapist	Wales
	Simon Nichols	Exercise Physiologist	England
	Natalie Graham	Exercise Physiologist	England
	Susan Casnello	Nurse	England
Co-opted officers			
Northern Ireland representative		Lisa Spratt	
British Heart Foundation (BHF) representative		Joanne Oliver	
National Audit of Cardiac Rehabilitation (NACR) representative		Prof Patrick Doherty	
British Society for Heart Failure (BSH)		Dr Simon Beggs	
Cardiovascular Care Partnership (CCP)/Patient Representative		Sarah Brown	
Primary Care representative		Dr Hayes Dalal	
Public Health representative		Alison Iliff	
British Junior Cardiologists' Association (BJCA)		Nikhil Ahluwalia	
BHF Clinical Research Collaborative (CRC) representative		Aynsley Cowie	
Exercise Professionals Group (EPG) Chair		Vicky Hatch	
Exercise Instructor Network (EIN) Chair		Vicky Hatch	

Employed Staff

Executive director/Education director	Sally Hinton
Education coordinator	Vivienne Stockley
Education Administrator	Penny Hudson
BCS Affiliates Coordinator	Val Collins
IT Support	BCS IT Department

Further information on current BACPR Council and staff can be found in the 'About' section at www.bacpr.org

Communication

BACPR members continue to regularly make use of the enquiry facility on the website and through email. Enquires continue to cover various aspects of cardiovascular prevention and rehabilitation and the delivery of services, as they come out of COVID imposed restrictions. Expert groups and professionals have continued to respond to complex enquiries forwarded on to them, with evidence-based explanations and clarification. Thank you to all those who have given such support.

New monthly online member networking sessions were started in February 2022 which have provided a new way of members to connect and offer peer support. These have been met with extremely positive feedback.

Our social media presence continues with accounts on Twitter, Facebook, Instagram and LinkedIn. An increase in following of these accounts continues which supports the dissemination of current affairs both within the organisation and the wider cardiovascular specialty.

Twitter: @bacpr

Instagram: @bacpr1

Facebook: @bacpr1

LinkedIn: British Association for Cardiovascular Prevention and Rehabilitation

e-Bulletins and Connect

There continues to be some excellent content from services around the country, and world, highlighting commitment from all professionals in their pursuit of delivering an excellent service to their patients, especially in a post pandemic landscape. We continue to receive service delivery reports highlighting exceptional work in the development of their respective services. We have continued with delivering a digital version of Connect to all members twice yearly.

This new format allows for increased usability with hyperlinks to relevant materials. This format continues to support the organisation in meeting the NHS target of going paperless by 2027.

Website

The new BACPR website, in conjunction with the BCS, went live in February 2022 with positive feedback from members on the new look. The online members forum continues to be utilised by members for peer support. This member forum will transition over to the MedShr platform in the coming months which brings additional useability with the option for sharing webinar recordings.

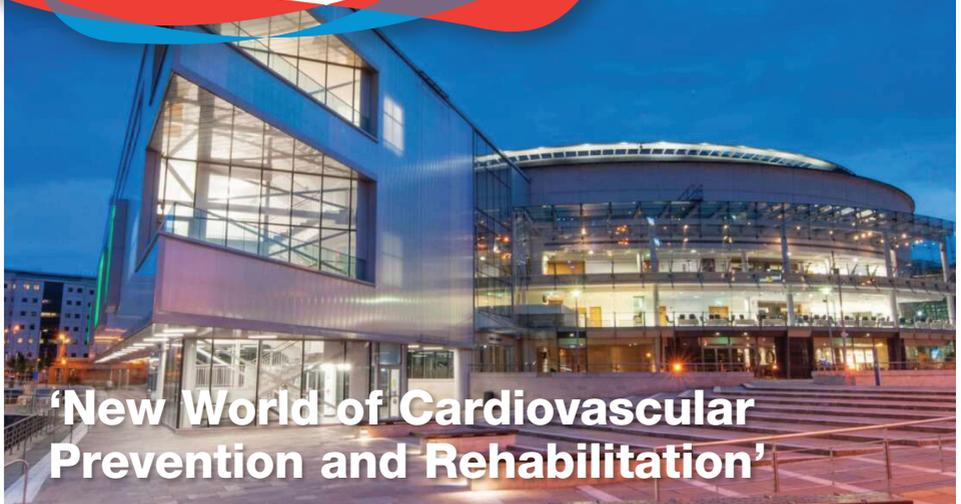
Travel Award

Due to the COVID restrictions this was suspended.

Jen Hannay

BACPR Honorary Secretary





Conference Report

BACPR Annual Conference 2021

'New World of Cardiovascular Prevention and Rehabilitation'

Following from the disruption to the previous years conference, the location for the 2021 Annual Conference was “rolled over”, with the venue being the ICC, Belfast. Speakers for the 2021 event had been briefed that this should not be another “lets talk about how COVID ruined things” kind of affair, but rather what innovations and refinements are now embedded in cardiac rehab, and what impact are they having.

The programme was a good mix of multiple health professionals. We began with a welcome from Professor Susan Dawkes, outlining the planned updates to the new standards and core components (SCCs). This was followed by the keynote session from Prof Robyn Gallagher considering the international perspectives on cardiac rehab. Richard Forsyth delivered a session focusing on the recovery and support for people living with CVD, followed by an online networking room with hot topic session 1 – Psychosocial health/health behaviour

change. Following this we had the spotlight session on heart failure, with Dr Simon Beggs outlining new developments in 2021, proceeded by a session on challenges and opportunities for service delivery, and finally the role of nutrition in the management of heart failure (delivered by Rebecca Jones). AstraZeneca lead the afternoon sessions with the initial talk covering care optimisation for people with multiple conditions. This was immediately followed by an online breakout room for the NACR update. We then had hot topic session 2 – lifestyle risk factor management, followed by Dr Aynsley Cowie discussing the BACPR research agenda, Dr Clare Lane discussing psychological trauma, and finally Dr Shahed Ahmad discussing CVD prevention strategies.

Day 2 begun with Dr Tee Joo Yeo discussing technology use in CR, followed by Professor Patrick Doherty and Dr Alex Harrison considering whether group-based CR would ever be what it once was. Dr David Adlam led the discussion on SCAD followed by the patient perspective from Pauline O'Shea. Hot topic 3 – Medical risk factor management followed, before Dr Patrick Donnelly discussed the specifics of a primary prevention programme. We then had 2 short presentations from Simone Rowlands and Heather Probert on hybrid programmes. Following lunch there was a sponsored session from A. Menarini titled 'Optimising medical management and cardiovascular risk reduction in patients with stable angina'. The final session of the afternoon started with Dr Matthew Fay discussing AF, Dr Bola Owolabi focusing on the impact of health inequalities on CVD, and finally Dr Martha Gulati explaining the impact of sex-based differences in CVD prevention.

There were some important considerations to note regarding the format of the conference, namely the hybrid option that we offered. Many speakers delivered their sessions live online (as has been the case with other conferences in 2021), however we still offered the option for delegates to attend in person. There is significant benefit of in-person conferences on networking and making professional connections (as well as reconnecting again as a community). By offering an in "person option" we hoped to support this. All sessions were streamed live allowing those not able to attend in person to watch, and also ask questions during the presentations.

BACPR Annual Conference 2022

‘Cardiovascular Prevention and Rehabilitation – a renewed and contemporary approach’

After evaluation of the hybrid approach of the 2021 conference we are delighted to be offering this year’s conference as face to face, at the Birmingham Conference and Events Centre (BCEC), Birmingham, UK.

The conference has been organised with the programme sessions split into various themes. We hope this gives a more cohesive programme and also allows us to do more initiatives to engage the speakers and audience members.

The programme has speakers from a range of health professionals reflecting the MDT and the talks will cover all the core components of cardiovascular prevention and rehabilitation.

Dr Tom Butler

BACPR Scientific Officer

Education and Training Report

In 2021-22, we continued to provide a range of virtual learning opportunities, whilst starting to plan for the return of face-to-face training delivery for some of our courses in 2022-23. The education team led in planning and organising the hybrid BACPR Annual Conference in Belfast in October 2021 and the virtual EPG spring study day in May 2021.

There were 9 BACPR Exercise Instructor Qualification courses delivered to 154 instructors over the year. A further 561 BACPR instructors completed their online revalidation. Additionally, 124 instructors took part in six online workshops run throughout the year. The BACPR Exercise Instructor Qualification continues to be the UK's leading Specialist Cardiac Exercise Instructor Training course, recognised by both the Register of Exercise Professionals (REPs) Ireland and CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

During 2021-22, our comprehensive CPD programme of short courses continued to be delivered virtually, with a total of 423 delegates attending 27 courses throughout the year. We continued to link with higher education and delivered MSc modules at University of Chester and University College of London.

We successfully delivered three short webinars:

- Psychosocial Health - 21st April 2021 367 registrations
- Medical Risk Management - 8th September 2021 188 registrations
- Nutrition and Heart Failure - 30th March 2022 198 registrations

On 16th February 2022, we collaborated with BSH on a webinar focused on 'Heart Failure Rehabilitation – Fit for the future?'.

The education programme continues to have national recognition from The CPD Certification Scheme. Several of our CPD short courses, and our online modules, have endorsement from the scheme. Each of our modules focuses on one of the six BACPR core components and provides a useful overview of the specialty for those new to the CVPR field. From February 2022, our online modules became free of charge for BACPR members. For non-members, the introductory module is free of charge, and all other modules available to access for £25.

In March 2022, Aynsley Cowie joined the education team to help with the development of the programme as we move forwards post-pandemic. As ever, a huge thank you to Vivienne, Penny and all the tutors who worked so hard over the last year to continue delivering quality education and training across all the core components of CVPR.

Sally Hinton

BACPR Education Director



Exercise Professionals Group (EPG) Report

BACPR EPG is a dedicated BACPR steering group focusing on matters relating to the role of physical activity and exercise in the prevention and management of cardiovascular disease.

BACPR EPG Committee:

Vicky Hatch	Past Chair and BACPR EIN representative
Susan Young	Chair and ACPICR representative
Helen Alexander	ACPICR representative
Lindsay Smith	BACPR EIN representative
Eddie Caldow	BASES representative
Prof John Buckley	Founder Member

Overall Aim of Group

- Provide support to BACPR in relation to physical activity and exercise, promoting education and collaborative opportunities to BACPR members with a particular interest in the exercise component of cardiovascular rehabilitation
- Respond to queries in relation to physical activity and exercise on behalf of BACPR
- Provide guidance and standards in relation to physical activity and exercise in the prevention and management of cardiovascular disease
- Organise an annual BACPR EPG Study Day

Activities in the last 12 months include:

- Ongoing response to BACPR members for physical activity and exercise related questions posted on the BACPR forum or emailed directly to BACPR
- Launch of the BACPR Advanced Exercise Professional Award. A number of the committee also contribute to the assessment of applicants progressing through the Award process
- Peer review of ACPICR patient information leaflets
- Organisation of the 2022 Annual BACPR EPG Study Day '*Focusing on Inequalities*'
- Maintained strong links with BACPR Council

BACPR EPG Study Day 2022

It was a pleasure to return to Aston University in May to host the 2022 BACPR EPG Study Day '*Focusing on Inequalities*', our first in-person delivery of this event since 2019. A 'hybrid' approach was used, with some pre-recorded online content available to all delegates, including those unable to attend in person, and an excellent programme of speakers on the day whose presentations were uploaded to an online platform for all delegates to view at their leisure after the event.

Vicky Hatch opened the event by leading us in saying a fond farewell to our colleague and friend, Dr. Simon Nichols, who has now stepped down from the EPG committee. Our first in-person speaker, Dr. Jenni Jones, then delivered a thought-provoking presentation outlining the benefits of virtual delivery as a way to widen access to cardiovascular prevention and rehabilitation programmes, and it was an honour to have a patient speak to us later in the day about her experience of accessing a virtually-delivered core cardiovascular rehabilitation programme of exercise. A number of in-person speakers and pre-recorded presentations highlighted the wide spectrum of conditions that can benefit greatly from attending cardiovascular prevention and rehabilitation, but are less often referred, including Dr. Jennifer Reed joining the Q&A live from Canada to answer questions on exercise for individuals living with AF. Dr. Coral Hansen closed the day by echoing themes from some of our other speakers in encouraging us to think differently about how we deliver the exercise component of our services to break down barriers for those less likely to attend.

I would like to take this opportunity to thank all of the speakers, delegates, EPG committee, Sally Hinton and Dr. Aynsley Cowie for a hugely successful day, and we look forward to welcoming you back to Aston next year for the 2023 BACPR EPG Study Day.

Susan Young

BACPR Exercise Professional Group Chair

Exercise Instructor Network (EIN) Report

EIN Committee

Past Chair, Brian Begg **Chair**, Vicky Hatch **Secretary**, Lindsey Smith
Sheona McHale, Emma Spalding, Toby Whitehead, Stefan Birkett

The committee meets regularly online to promote the interests, knowledge and professional profile of Phase IV qualified exercise instructors.

BACPR EIN CPD opportunities

- A short survey was conducted at the end of December 2021 amongst EIN Phase IV exercise professionals, to capture changes in Phase IV cardiac rehabilitation exercise session delivery in the aftermath of COVID 19. The results of this survey were used to help inform the content of future study days and workshops.
- The first updated workshop was delivered virtually on 05/09/2022. This is the first training for EIN members since May 2021. The workshop included advice and discussion around different session formats for Phase IV exercise sessions and maintaining referral from local Phase III cardiovascular rehabilitation programmes. These aspects of Phase IV delivery have been particularly challenging post COVID. Feedback from delegates was very positive.

Social media and other activity

- Plans are being discussed in order to create a more discursive and supportive platform for Phase IV instructors on social media where information and ideas can be shared.
- In addition, a new EIN logo is being planned, for use by qualified instructors in their Phase IV cardiovascular rehabilitation work e.g., on their clothing and marketing materials. The design is currently being finalised and will be submitted to BACPR council for approval.
- Other ideas to strengthen the Phase IV community include offering local networking opportunities and the possibility of developing a catalogue of music appropriate for various Phase IV class formats.

Advanced Exercise Professional Award

- This award was fully launched at the EPG study day 13/05/2022. 4 candidates have now successfully completed this award.
- BACPR Exercise Professionals Group (EPG) Position Statement 2012 (version 2) remains the overarching guidance for eligibility and includes the details of minimum qualifications and competences.

Vicky Hatch

BACPR Exercise Instructor Network Chair

“Promoting excellence in cardiovascular disease prevention and rehabilitation”

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