



# British Association for Cardiovascular Prevention and Rehabilitation

Annual Report 2022-23



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# President's Report

The annual report provides an opportunity to look back in a way that does not occur in the day-to-day workings of an organisation such as BACPR. As a Council we have a cycle of events which recur annually but thankfully with different end points across the year, for example April marks the end of our financial year ensuring that between January and March we are focussing on finance, conference takes place in October with planning occurring all year but peaking between June and September. Thus, the annual report gives the opportunity to look at everything to see what we have accomplished. The challenge is to capture and condense it all for you, our members in the annual report.

The current three year BACPR strategy was published in March 2022, and I am pleased to report we have made progress against the four workstreams, Promotion and Policy, Research, Education and Member Support.

The major policy document of the year was the publication of the 4th Edition BACPR Standards and Core Components in January 2023. There is greater focus on patients with the core components setting out what patients should expect to be offered in an individualised comprehensive programme. The standards focus on greater choice for patients and extending the offer to a wider group of patients with cardiovascular conditions. The work undertaken by those reviewing and updating BACPR standards should not be underestimated. I am extremely grateful for the leadership provided by immediate past president Professor Susan Dawkes and the work of all the writing team in producing a valuable and well received resource.

BACPR Council has members who are involved in the promotion of cardiovascular disease prevention and rehabilitation on key expert groups across all four nations. Our affiliate associations continue to ensure we consider the wider cardiovascular community in all we do; we have built on our links to the Primary Care Cardiovascular Society (PCCS) to increase integration with primary care. It is encouraging to see the increasing patient voice in many aspects of our work, thank you to Sarah Brown, our patient representative for her valuable contribution to many aspects of BACPR work.

Within the Research workstream we have seen publication of the BACPR research priorities paper the efforts of Dr Sheona McHale and Dr Aynsley Cowie and also Dr Tom Butler organised the publication of the 2022 conference abstracts in Heart on-line. Thank you to all involved in these activities as it has helped raise

the research profile of BACPR. We continue to work with BHF Clinical Research Collaborative (BHF CRC) to promote and enable funding of research projects. At a member level we have been able to help those undertaking research projects through dissemination of their surveys and questionnaires to BACPR members. We also accepted an invitation to join ASPIRE-TO-ACTION: the national survey of secondary and primary prevention of CVD. This is at the early stage of a 2–3-year piece of work in which the anonymised Euroaspire patient database will be shared with BACPR to analyse, present and publish papers relevant to our specialty.

The education strategy has benefitted from the employment of our Education and Training Lead. This has enabled the learning needs analysis to be undertaken and will inform the continued expansion of our education programme and profile. The team have started work updating the core component on-line modules to reflect the 4th Edition BACPR Standards and Core Components. The BACPR Specialist Exercise Instructor training continues to attract large numbers of applicants and increasingly block contracts with companies such as Nuffield Health to train their staff. Thank you to Aynsley, Vivienne and Penny in the Education team along with all our tutors who ensure BACPR education is viewed as high quality provider of training programmes across the spectrum of cardiovascular diseases prevention and rehabilitation.

The most important aspect of our strategy remains supporting our members. Free access to webinars and the on-line modules remains and will continue. We have adjusted the content and frequency of the e-bulletins to make them more relevant and the online members sessions remain a popular way of networking. Thank you to Jen Hannay, Secretary and all council members involved in the running of members hours, social media releases and production of the bulletin and newsletter.

Work with BCS to streamline rolling online membership and payment collection continues and we apologise that this is not yet a perfect process. Thank you to Val Collins at BCS headquarters for smoothing this process to enable renewal of membership, new members and also for her work in responding to your queries and signposting everyone appropriately.

BACPR remains in a strong financial position and the end of year accounts can be reviewed in detail in the Treasurer report. Thank you to Heather Probert and Susan Casnello for their work this year.

This is my final report as BACPR President and it has been an honour to serve in the position. I could not have undertaken the role without the hard work of all Council Members and staff of BACPR – thank you. However, a special mention must be for Sally Hinton, Executive Director. Sally works tirelessly to promote and uphold the excellent reputation of BACPR. Her depth of knowledge and experience is valued by the NHS England Cardiac Rehabilitation Expert Advisory Group and by all of us at BACPR. Thank you, for your support to me personally over the last two years and your continued contribution to the success of BACPR.

With very best wishes

***Kathryn Carver***

BACPR President

# Treasurer's Report

*The BACPR's accounts for the year ending 31st March 2023 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 2022/2023 was £458,947

This is a significant increase from the previous year. This is due to good financial control and an increase in education activity and income as a result of delivering both in-person and online courses.

Council activity expenditure has been maintained at a controlled level by alternating online with in-person meetings.

This year's accounts showed a surplus of +£78,812, an increase on the previous year. The association's operational day to day running costs continue to be well managed.

Continued engagement with key sponsors has continued in 22/23. 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 respected provider of accredited training in cardiovascular rehabilitation. The education team delivers both online and face to face courses and makes a very significant contribution to the ongoing financial stability of BACPR.

	2020 - 2021	2021 - 2022	2022 - 2023
<b>Opening Balance</b>	<b>302,672</b>	<b>337,477</b>	<b>394,806</b>
<b>Income</b>			
Membership	34,311	25,391	32,421
Conference	-5,480	75,489	69,014
Education	256,430	278,117	357,512
<b>Total Income</b>	<b>288,261</b>	<b>378,997</b>	<b>458,947</b>
<b>Expenditure</b>			
Membership	32,487	26,793	63,698
Conference	13,884	57,941	63,698
Education	216,046	236,046	282,018
<b>Total Expenditure</b>	<b>262,417</b>	<b>321,668</b>	<b>380,135</b>
<b>Surplus (-Loss)</b>	<b>+25,844</b>	<b>+57,329</b>	<b>+78,812</b>
<b>Closing Balance</b>	<b>337,477</b>	<b>394,807</b>	<b>473,618</b>

**Table 1:** BACPR financial position April 2023

*\*(including deposit for venue 2023)*

The end of year closing balance of £473,618 demonstrates a secure position for the BACPR. The cost of BACPR annual day-to-day costs are easily met and the stable financial position means new projects for the benefit of members can be supported.

This robust monitoring of financial performance will enable the resilience of BACPR for future years.

#### *Summary of financial position*

The full financial report will be available within the Members' Area at [www.bacpr.org](http://www.bacpr.org) or via the Charities' Commission Website at [www.charity-commission.gov.uk](http://www.charity-commission.gov.uk).

The accounts were finalised for 2022/2023 on 27th June 2023 in consultation with the accountant.

#### **Susan Casnello**

Treasurer

# Secretary's Report

## Membership

The membership numbers (890 at March 2023) continue to show the diversity of professions engaged in cardiovascular prevention and rehabilitation. Membership renewals have remained more static throughout the year following the transition to rolling membership rather than the previous April-March membership time window. Targeted work to encourage membership from underrepresented professions is ongoing.

Membership by Profession	March 2023	April 2022
<b>Overall total</b>	<b>890</b>	<b>958</b>
BACPR Exercise Instructor	341	285
Dietitian	13	14
Doctor	20	22
Exercise Physiologist	42	35
Nurse	282	293
Occupational Therapist	11	11
Other Exercise Professional	13	23
Physiotherapist	126	133
Psychologist	3	3
Research Fellow/Academic	16	14
Other	23	25
Not Specified	0	0

## Council Elections

During the 2022-23 period, elections were held for Ordinary Officer council members and President Elect.

Dr Andrew D'Silva; Kirsty Hughes; Nikki Gardiner; Andrew Battersby; Maria Glover; Helen Alexander and Janine O'Rourke were elected to council as Ordinary Officers. Prof Susan Dawkes; Gill Farthing; Dr Carolyn Deighan; Simone Meldrum; Jennifer (Jenny) Aindow and Alison Allen stepped down from Council at the end of their terms.

Elections for the position of President-Elect were also held with Heather Probert being elected to the role from a Council vote.



**BACPR Council Members and Staff** (as of March 2023)

Position	Name	Profession	Country
<b>Executive Officers</b>			
President	Dr Kathryn Carver	Nurse	England
President Elect	Heather Probert	Physiotherapist	England
Immediate Past President	vacant		
Treasurer	Susan Casnello	Nurse	England
Secretary	Jennifer (Jen) Hannay	Exercise Physiologist	England
Scientific Officer	Dr Tom Butler	Dietitian	England

The Communication and Digital Officer Executive role was stepped down with work moving under the remit of the Secretary. Heather Probert was elected via Council into President Elect role to take up the Presidency from October 2023 and Susan Casnello moved into the Treasurer role.

**Ordinary Officers (Elected)**

	Ruby James	Occupational Therapist	Wales
	Natalie Graham	Exercise Physiologist	England
	Dr Andrew D'Silva	Consultant Cardiologist	England
	Kirsty Hughes	Physiotherapist	Scotland
	Nikki Gardiner	Nurse	England
	Andrew Battersby	Exercise Physiologist	England
	Maria Glover	Nurse	England
	Helen Alexander	Physiotherapist	England
	Janine O'Rourke	Nurse	England

## Co-opted officers

Northern Ireland representative	Lisa Spratt
British Heart Foundation (BHF) representative	Claire Dobson
National Audit of Cardiac Rehabilitation (NACR) representative	Prof Patrick Doherty
British Society for Heart Failure (BSH)	Prof Zaheer Yousef
Cardiovascular Care Partnership (CCP)/Patient Representative	Sarah Brown
Primary Care representative	Dr Hayes Dalal
Public Health representative (England)	Katherine Thompson
BHF Clinical Research Collaborative (CRC) representative	Dr Sheona McHale
Exercise Professionals Group (EPG) Chair	Susan Young
Exercise Instructor Network (EIN) Chair	Vicky Hatch
BACPR Education Lead	Dr Aynsley Cowie
Scottish National Heart Disease Co-ordinator	Leeanne Macklin

Dr Sheona McHale took over from Dr Aynsley Cowie as co-opted representative for the British Heart Foundation Clinical Research Collaborative (BHF CRC).

Dr Aynsley Cowie was welcomed in a new co-opted role representing BACPR Education. Susan Young took over from Vicky Hatch as co-opted representative for the Exercise Professionals Group (EPG). Leeanne Macklin was welcomed as a co-opted representative for Scotland in her role as Scottish National Heart Disease Co-ordinator.

Co-opted members representing National Audit of Cardiac Rehabilitation (NACR); Northern Ireland; EPG; Exercise Instructor Network (EIN); BHF CRC and BACPR Education continued to be invited to all four council meetings due to the close working relationship with core BACPR activity.

## Employed Staff

Executive Director	Sally Hinton
Education Lead	Dr Aynsley Cowie
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](http://www.bacpr.org)

## Communication

### Enquiries

BACPR members and non-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. Priority is given to responding to member requests, with non-members directed to the relevant resources on the website, as well as being encouraged to join as a member. 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.

### Networking sessions

Monthly online member networking sessions have continued with good attendance and feedback. These continue to provide members the opportunity to connect with colleagues across the speciality. Specific online networking sessions were also commenced in February 2023 for BACPR members who are also BACPR Exercise Instructors. Details of these sessions can be found on the website and through member communications.

### Social media

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

Twitter: @bacpr

Instagram: @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 ([www.bacpr.org](http://www.bacpr.org)) continues to be well utilised and is updated regularly with new content. The online members forum was closed in November 2022 with the transition over to the MedShr platform.

### ***Travel Award***

The 2023 Travel Award was relaunched in February 2023 following the pandemic with one successful applicant.

### ***Jen Hannay***

BACPR Honorary Secretary



*'Cardiovascular Prevention and Rehabilitation  
– a renewed and contemporary approach'*

## Conference Report

### **BACPR Annual Conference 2022**

### **'Cardiovascular Disease Prevention and Rehabilitation – a renewed and contemporary approach'**

The 2022 annual conference was hosted by the Birmingham Conference and Events Centre (BCEC). It was decided that to maximise the networking abilities of delegates that this conference be hosted in person.

This was the first year that we utilised a more structured approach to sessions. Each half day was split into various themes, such as lifestyle, exercise, equality and diversity. Equally this was the first year that we had a session dedicated to covering health inequalities in CVD. The structured format worked extremely well and allowed for interesting panel discussions at the end of each session.

The 2022 conference was opened by Dr Kathryn Carver - BACPR President. This was followed by the keynote lecture delivered by Prof James Cotton and Paul Stern, who both discussed cardiology in the West Midlands. This session was particularly insightful as it highlighted to many delegates the challenges of providing care in this diverse area, and the current problems regarding health inequalities which still persist in modern society.

The first of the themed sessions was focused on National and International guidelines. Prof Lis Neubeck spoke about the updated ESC publications, followed by Prof Patrick Doherty and Dr Alex Harrison speaking on the topic of routine CR and whether this is still tailored to patients' needs. The final speaker was Prof Susan Dawkes who provided a very concise discussion and update on the BACPR standards and core components (SCCs) The discussion following this session provided to be insightful, especially due to some of the potential challenges the new SCCs could have for practice.

Over the course of lunch, delegates were encouraged to view the posters that had been presented at this years conference. We were impressed by the overall quality and design. There were some learning points that we have taken from this, such as ensuring there is enough time for lunch and poster viewing and will refine this aspect of future conferences to maximise benefit for all.

The first session after lunch was focused on advances in technology. This has been an important aspect at our conferences and more so since COVID. Prof Julie Redfern spoke about digital health and cardiovascular prevention and rehabilitation, followed by speakers Edith Donnelly and Natalie Graham on virtual heart failure clinics and what exactly is a hybrid delivery, respectively. I believe this latter session was particularly interesting for delegates as many services have moved to a hybrid model but defining this and ensuring consistency has been challenging.

We then progressed to a session dedicated to the presentation of oral abstracts. These were the 3 best abstracts judged by the abstract reviewers to be the highest quality and most interesting. Emily James presented her work looking at protein interventions for patients with coronary heart disease; Amy Goddard presented her work on looking at the correlation between DASI METS and the ISWT in patients with CVD; and Dr Alisdair O'Doherty presented his work looking at the provision of diet education in cardiovascular rehabilitation in the UK. It was Emily who won best oral abstract, and we were delighted to welcome Emily – along with Nikki Gardiner (winner of best poster) – to our scientific writing webinar to share top tips and advice.

The final session of day 1 was focused on diet and nutrition messages. Emmy West spoke on how to adapt a Mediterranean Diet to a South Asian group. This was followed by a talk from Elphee Medici (representing Heart UK) on a new diet checklist aimed to improve dietary cholesterol, and finally Prof Bruce Griffin on the broad topic of nutrition and CVD with a focus on lipids.

Friday morning began with a spotlight session on equality and diversity. This session began with a BSH session regarding cardiovascular rehabilitation and heart failure by Prof Zaheer Yousef. Maggie Simpson followed with a presentation titled gender inequalities and what we can do about it. The final presentation was delivered by Dr Kanta Kumar and explored CVD risk in people with Rheumatoid Arthritis. These sessions proved to be very interesting and clearly had an impact with the audience.

The penultimate session explored the role and importance of psychosocial support. Dr Mark Griffiths began by making a strong case for psychology as part of cardiovascular rehabilitation services. This was followed by Paul Coreless who spoke about his experiences running a phase 4 cardiovascular rehabilitation programme, specifically the challenges and issues linking phase 3 and phase 4 together. Dr Katie Murray was the final speaker, presenting on the importance of trauma experiences in cardiovascular rehabilitation services.

The last session of the conference was themed around research. This has become more of a priority for BACPR as we strive to improve the quality of research that members undertake, promoting excellence at our conferences, and supporting our members to grow research in their specific discipline. Dr Aynsley Cowie and Dr Sheona McHale presented recent work on the research priority exercise. Dr Stuart Ennis spoke on the recent SCAR trial and Richard Forsyth spoke about understanding cardiovascular rehabilitation from a patient perspective, and how insight from during the pandemic can (and should) be used to shape future services.

## **BACPR Annual Conference 2023**

### ***‘Celebrating 30 years – building for the future’***

For 2023 we are delighted to be hosting our annual conference in Cardiff, Wales. This is a significant event, celebrating 30 years of the annual conference. Crucially we are keen to present and explore how we can shape the future of cardiovascular disease prevention and rehabilitation.

We have chosen to continue with the themed sessions as we felt they worked well. Equally, feedback received from delegates also recognised this. Each session will be based on the updated SCCs. We hope that this captures the significance of this document, and recognises the diverse range of healthcare professionals who contribute to cardiovascular disease prevention. We will be exploring topics such as the role of the pharmacist in cardiovascular rehabilitation programmes, managing stress and challenging behaviour, motivational interviewing, tackling CVD in primary care, and how the new SCCs have been incorporated into practice.

Cardiff is truly a great city and we look forward to seeing you there next year.

***Dr Tom Butler***

BACPR Scientific Officer



# Education and Training Report

In 2022-23, whilst virtual options remained popular, we saw the return of in-person delivery for some of our learning opportunities, and we sought and successfully trialled in-person CPD courses at several new venues (Nuffield Barbican London, MIHP Manchester, and Have a Heart Wolverhampton). Five new tutors were supported to join the tutor teams delivering our CPD courses and exercise instructor training programme. Recognising the importance of delegate feedback in shaping the education programme, we switched to use of an electronic platform to encourage increased delegate engagement with this.

## CPD Courses

CPD Course	No. Held (2022/23)	No. Delegates
Part I Course	9 (8 virtual / 1 in-person)	178
Part II Course	6 (5 virtual / 1 in-person)	123
Assessing Functional Capacity	3 (in-person)	37
Physical Activity and Exercise in Heart Failure	4 (virtual)	68
Physical Activity and Exercise in Diabetes	4 (3 virtual / 1 in-person)	50
Practical Skills in Health Behaviour Change	4 (all virtual)	41
Resistance Training	2 (in-person)	23
<b>TOTALS</b>	<b>32</b>	<b>520</b>

Our parts I and II, heart failure and health behaviour change courses have now all been accredited by the CPD certification scheme.

In addition to these CPD Courses, we continued to link with higher education and delivered MSc modules at University of Chester and University College of London.

## Exercise Instructor Training and Engagement

Our exercise instructor training programme continues to be the UK's leading cardiac specialist exercise instructor training course. This year, several new candidates and those undergoing revalidation, accessed funding via the ReTrain to ReTain initiative available with CIMSPA.

Three exercise instructor network (EIN) online workshops were held. Based on feedback indicating that exercise instructors were keen for more regular, shorter opportunities to share practice, the workshops will be replaced in 2023-24 by a more frequent EIN networking hour.

Exercise Instructor Training / Learning	No. Held (2022/23)	No. Delegates
Exercise Instructor Training Programme	12	192
Exercise Instructor Revalidation		618
EIN Online Workshop	3	36

All three of these learning opportunities have CIMSPA accreditation / CPD points attached. The Exercise Instructor Training Programme is also REPS Ireland accredited.

## BACPR Exercise Professionals Group (EPG) Study Day and BACPR Annual Conference

In 2022 both the EPG study day and BACPR annual conference returned to in-person delivery. The education and training team led the planning and organisation of both events.

The EPG study day was held at Aston University, Birmingham, with 116 registered delegates. For this event, there was a virtual registration option with sessions video-recorded and available for download after the live event. The annual conference was delivered fully in-person at Birmingham Conference and Exhibition Centre with 229 registered delegates. Both events are CIMSPA accredited, and for the first time, the annual conference gained Royal College of Physicians accreditation.

## Webinars

Our webinars now have CPD certification scheme accreditation.

Webinar Title	Date	No. Delegates
Writing a scientific abstract for conference	13/04/22	41
Pharmacotherapy for CVD risk reduction	13/07/22	134
Setting up outdoor exercise sessions in core rehab (EPG-led)	16/11/22	143
Women and CVD – Reducing gender inequalities	23/01/23	173

## BACPR Standards and Core Components Online Modules

Our online modules remain popular. With publication of the updated BACPR Standards and Core Components in January 2023, towards the end of the financial year, the modules were updated in line with changes to the document.

## Learning Needs Survey

In November 2022, an electronic survey examining learning needs was sent to all BACPR members. In total 108 respondents provided useful information on their preferred delivery formats, teaching styles and suggested topics for future training/learning. Respondents also provided information on the support available to them to engage with these opportunities. Results of the survey are available within the education area of the website ([www.bacpr.org](http://www.bacpr.org)), and are being used by the education and training team to plan future learning for members.

## Team Development

In March 2022, Aynsley Cowie joined the education team to help with the development of the programme. She continues in this role for 2023-24. Vivienne and Penny continue to provide invaluable support in keeping the team organised and in ensuring that all runs efficiently; to both a huge thank you.

Thanks also to all of our tutors who worked so hard over the last year to continue to develop and deliver high quality education and training across all the core components of CVPR.

**Sally Hinton**

BACPR Executive Director

**Dr Aynsley Cowie, PhD**

BACPR Education and Training Lead

# British Heart Foundation Clinical Research Collaborative (BHF CRC) Report

BACPR BHF CRC is part of the BHF-CRC and includes an established clinical study group (CSG) which aims to support the membership to drive forward the CVPR research agenda.

In 2022-2023, we had a busy year finalising the research Priority Setting Project (PSP), continuing our work with the BHF CRC, supporting ongoing research projects, and developing the research pages within the BACPR website.

The following represents an overview of the activities completed during those past twelve months:

**PSP:** This project was facilitated and funded by the BHF CRC and started in March 2021. The PSP contained 5 steps to identifying the priority research questions in the field of CVPR. Between June and August 2022, step 4 of this project (2nd e-survey to rank importance of new questions suggested in 1st survey) was successfully implemented and completed. The planned approach to step 5 (a partner & stakeholder workshop) had to be altered due to the COVID-19 public health restrictions. Instead, a 3rd e-survey (to identify the final top 10 research priorities) was distributed and promoted to delegates of the October BACPR Annual Conference. This was an effective approach and allowed the results of step 5 and the top 10 priority research questions to be shared in a conference session on day two.

The PSP was completed by the BACPR-CRC on time and within budget. The project was shared on the BACPR website and written up as a manuscript and submitted to the Open Heart journal in January. The article was published end of March 2023. The output from the project was discussed at the CSG meeting in February and it was proposed that the BACPR research priorities could inform future BHF CRC funded applications and CSG collaborative working groups could be developed around one or two of the priorities as an exercise to drive forward the CVPR research agenda.

**BHF CRC Development Fund:** Existing Research Development Funded (RDF) projects have continued to progress during this year. One of the projects (the NOCAD study) is expected to publish two papers from their outputs prior to summer 2023. From the 2022 Spring and Autumn call for submissions to the RDF, we granted letters of support for three applications (1 spring & 2 Autumn), however all were unsuccessful in attaining funding at these rounds. Feedback from BHF CRC review panel has prompted the BACPR clinical study group to develop a plan of work to

support future applicants. With support from the BHF CRC, our plans include offering research funding workshops and developing an online/digital guidance resource. We will also seek to encourage future member applicants to consider the BACPR list of research priorities from the PSP.

**Clinical Study group leadership/membership:** Dr Sheona McHale has taken up the leadership role from Dr Aynsley Cowie as of January 2023. As at 31/03/2023, CRC group composition includes 10 members with two vacancies and no representation from Wales or Northern Ireland. Over the year recruitment advertisements failed to recruit from Wales and Northern Ireland and we are now exploring a targeted approach to CSG recruitment in those areas.

**Cochrane Review - Interventions for Alcohol Abstinence:** Six individuals from BACPR have been supported by experienced Cochrane researchers to author and publish a Cochrane protocol paper examining interventions for alcohol abstinence in people with atrial fibrillation. The protocol paper was published in the Cochrane library on 17th February 2023 and the team are currently working on the systematic review of the existing evidence base.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD015004/epdf/abstract>

**BACPR Website Research:** Dr Aynsley Cowie and Dr Tom Butler have developed four pages within the website. The pages reflect the four key goals within the research strand of the 2022-2025 strategy document.

*Dr Sheona McHale*

CSG Lead

# 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
- Screening of applications and provision of assessors for the BACPR Advanced Exercise Professional Award, and ongoing development of the Award pathway and process
- Organisation and delivery of the BACPR Webinar ‘Outdoor Exercise’ (November 2022)
- Organisation of the 2023 Annual BACPR EPG Study Day ‘Exploring Complexity and Cardiovascular Exercise Provision’ (12th May 2023)
- Peer review of ACPICR patient information leaflets
- Maintained strong links with BACPR Council

## **BACPR EPG Study Day 2023**

### *'Exploring Complexity and Cardiovascular Exercise Provision'*

After evaluating feedback regarding the hybrid approach of the 2022 BACPR EPG Study Day and the uptake of views of recorded sessions after the event, the 2023 BACPR EPG Study Day will be an in-person only event to be held on 12th May 2023 at Aston University, Birmingham. The theme of the Study Day is *'Exploring Complexity and Cardiovascular Exercise Provision'*.

Topic ideas from delegates who attended the 2022 Study Day were considered when planning the 2023 event, and confirmed topics included novel variations on a theme in assessing functional capacity, taking a multimorbidity approach to exercise-based rehabilitation, the effects of lifestyle, exercise and the breath on cardiac arrhythmia, prescribing resistance exercise for sarcopenia, and including resistance-based exercise into cardiovascular rehabilitation programmes. With a keynote session on cardio-oncology exercise considerations by Professor Anna Campbell, AGMs and updates from ACPICR, BACPR EIN and BASES, and the official launch of the updated ACPICR Standards for Physical Activity and Exercise in the Cardiovascular Population, EPG hope the 2023 Study Day will be met with the same success as previous years.

### ***Susan Young***

BACPR Exercise Professional Group Chair

# Exercise Instructor Network (EIN) Report

## EIN Committee

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

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

## BACPR EIN CPD and networking opportunities

Several online workshops were delivered by members of the EIN committee during the latter half of 2022 and early 2023. The workshops offered the opportunity for advice and discussion around different session formats for long-term/Phase IV exercise sessions and maintaining referrals from Core/Phase III cardiovascular rehabilitation programmes. These conversations highlighted the importance of networking amongst the exercise instructor community, and so, a pilot online 'networking hour' was offered in April 2023. This was facilitated by EIN committee members, but the agenda was driven by the attendees themselves. Further monthly 'networking hours' are now being planned throughout 2023.

The themes of these discussions will inform future CPD topics.

A specific EIN area on the BACPR Medshr platform is also being developed.

## Social media and other activity

Plans are ongoing to create a more discursive and supportive platform for BACPR instructors on social media where information and ideas can be shared. This is likely to be within the current BACPR Medshr platform.

A new EIN logo is being finalised, initially for use at BACPR events where the EIN has a presence. Discussions around use of the logo by qualified instructors in their long-term/Phase IV cardiovascular rehabilitation work e.g., on their clothing and marketing materials is ongoing. Further consideration is required around management of the use of any potential logo.

## Advanced Exercise Professional Award

- The application and assessment process has now been streamlined, to ensure transparency and consistency. A team of assessors is also in place. Currently, there are 2 candidates in progress.
- BACPR Exercise Professionals Group (EPG) Position Statement 2019 (Version 3) 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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