



# British Association for Cardiovascular Prevention and Rehabilitation

Annual Report 2020-21



# President's Report

We continue to live in unprecedented times. None of us had heard of COVID-19 until the end of 2019 but it has had such a profound effect on our lives and how we work. We are far from 'back to normal' but perhaps embracing a 'new normal'. Earlier in 2019, Professors Thompson, Ski and Clark described the situation with cardiac rehabilitation as 'akin to 40 years in the wilderness'. Medicine and healthcare had changed so much over the years but cardiac rehabilitation and secondary prevention of cardiovascular disease perhaps less so. Clinical guidelines, including the BACPR Standards and Core Components, stipulated that a menu-based approach should be used to provide an individualised pathway of care for cardiac rehabilitation and yet some patients were given little choice of delivery mode or venue. This seemed to be as a result of the way services had been designed and the finite resource available to deliver the cardiac rehabilitation. It was difficult to consider new and better ways of working to enhance uptake of cardiac rehabilitation and improve patient outcome when we were always so busy and did not have enough 'head space' to think differently.

Then COVID struck and literally overnight, teams had to adapt to new ways of working and it has been great to hear about how cardiac rehabilitation teams have adapted to the pandemic and continued as far as possible, to support patients. The novel and innovative approaches to cardiac rehabilitation have been impressive. Not much good has come from the COVID situation but one positive is that it has led to some fantastic innovative practice and has really pushed us to look for different ways of delivering cardiovascular disease (CVD) prevention and rehabilitation. We want to ensure our practice, new or otherwise, is evidence-based and so for some of the new approaches and delivery modes it may be that we need to gather the appropriate evidence or evaluate how we are supporting patients. I am keen that when finally this pandemic is over (soon I hope!) that we keep the newer ways of working that are beneficial for our patients and their outcomes and not simply revert to pre-COVID practices. The NHS England Long-Term Plan and other national strategy documents have set up some stretching targets and we will only achieve these through service reform and embracing alternative ways of working. I do not think we need to work harder (as we cannot) but we need to work differently and smarter. I recognise though that the situation is still challenging and services not yet fully restored but I know everyone involved is working with the current constraints as best they can to support patients as much as possible. Thank you for all the hard work. It is most appreciated.

Given the new ways of working some of the BACPR Council and I have been working on an update to the Standards and Core Components. We are keen that these continue to be evidence-based and so we will base our recommendations on the best available evidence. We should be able to share the update to the core components at the annual conference in October and the new standards by the yearend. As I mentioned previously though, we were cognisant that some new practices may not yet have the underpinning evidence and so we will also consider the new standards in the context in which we are currently practicing and produce a supplement to share some areas of good or best practice. We hope this will be helpful in helpful.

It has been a rather busy year for a variety of reasons. Sadly we could not hold our annual conference in Belfast in October 2020 but instead we held an online conference for the first time. It was great and the feedback we received was incredibly positive. Hearing that people who would not normally be able to attend a face-to-face conference were able to join us was great and it felt quite inclusive. I thought that the quality of the speakers was excellent and hearing more about the impact COVID has had on cardiac rehabilitation provision, what we could learn from this and the innovations that have already been put in place was really helpful. Our success in hosting this conference online has resulted in BACPR providing regular webinars. All of these have been well attended and have stimulated discussion and debate which will ultimately enhance all of our practice. We do plan to continue these and if you have any suggestions of topics for the webinars then please let us know.

For this year I am absolutely delighted that we will be hosting a conference where we can attend in person. This though will be our first venture into a hybrid conference. Some people will be attending in person in Belfast, while others can join online. If you are like me you will be desperate to get back to in person events as I miss the networking opportunities but I am also conscious of the need to keep us all safe. However people join the conference in 2021 I hope it will be a useful event that will update you on the latest research in the field, stimulate you to consider your working practices and how these could perhaps be enhanced as well as provide an opportunity to share experiences and network. Organising conferences is never easy but having a hybrid approach takes this to a whole new level of complexity but I am sure it will be worth it. I am indebted to the conference organising committee led by Dr Tom Butler, BACPR Scientific Officer, for the hard work. Without them it would not happen.

It has been great to see that the education courses delivered by Sally Hinton, BACPR Executive Director and the team have remained very popular and well attended. Feedback from these sessions is always excellent and I want to thank everyone who

gives up their time to contribute to this. It is most appreciated. I want to say particular thanks to Sally for her leadership with the educational provision but also to Penny and Vivienne who work so hard to support the sessions.

Ceri Roberts our Digital and Communications Officer has been doing a fantastic job increasing our reach on social media (or as I believe it is now referred to – the 'socials'). Hopefully you have seen and perhaps even contributed to the Twitter chats which have been great. Using the eBulletin and Connect magazine to keep us connected throughout the pandemic has been really useful and these have been great at sharing the hints and tips to keep the services going. I want to thank Ceri for his work.

As I come to the end of my Presidency and hand over the reigns to the fantastic President Elect, Dr Kathryn Carver, I want to express my thanks and admiration to all of the BACPR staff and Council who dedicate their time to promote excellence in CVD prevention and rehabilitation. I said last year that Sally Hinton the BACPR Executive Director is the 'backbone' of the Association and that most certainly remains the case. Sally truly goes above and beyond to not only deliver the education sessions but she represents BACPR on a multitude of national strategic forums to ensure we have our rightful place at the table to make sure CVD prevention and rehabilitation is prioritized. I want to thank Sally for her unwavering support of both the Association and I.

As an Association we have never been stronger, we are in a stable and sustainable financial position, our membership is increased, with significant increase in the exercise professional and nursing groups, and we have a Council and body of members who are most definitely passionate about promoting excellence in CVD prevention and rehabilitation. Your new President, Dr Carver, has brilliant ideas to maintain the momentum we have and I know she will increase the reach and impact we can make as an Association. I wish Kathryn all the very best and will support her as best I can with the direction she takes us in.

Finally, I want to thank the BACPR members who have supported the Association in various ways. Together, we will continue to make progress as we strive for excellence in CVD prevention and rehabilitation.

Take care

With very best wishes

***Professor Susan Dawkes***

BACPR President

# Treasurer's Report

*The BACPR's accounts for the year ending 31st March 2021 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 £ 288,261. This is a significant decrease from the previous year of £463,435. This is mainly due to less income generated from the conference, as we were unable to host a full annual conference in 2020. The conference income for this financial year is actually showing a deficit as we refunded registration fees received already and had made pre payments to be rolled over to Belfast 2021. We have kept overall costs down due to less council activity expenditure. We have continued all our council activity remotely. The conference expenditure was considerably less owing to not hosting a full conference. We hosted a webinar in October 2020 that was cost neutral and we were able to offer this for free to members due to sponsorship funding. The closing balance showed a surplus of £ 25,844, which is an increase on the previous year. We continue to keep the associations operational day to day running costs well controlled.

Prior to this year, income from the conference was increasing year on year, mainly due to the work to secure a healthy sponsorship fund. Although we did not host a full annual conference, we have maintained engagement with our key Sponsors and have secured future funding. We are delighted to have continued engagement with our key Sponsors. 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 courses continue to be a popular and highly acclaimed provider of accredited training in cardiac rehabilitation. The education team was extremely adaptable and made a swift transition to online modes of delivery. This has ensured ongoing financial stability.

The end of year closing balance at £ 337,477 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	2019 - 2020	2020 - 2021
<b>Opening Balance</b>	<b>335,581</b>	<b>302,672</b>	<b>311,633</b>
<b>Income</b>			
Membership	38,674	43,684	34,311
Conference	67,340	77,000	-5,480
Education	288,952	300,611	256,430
Sponsorship	23,464	42,140	3,000
<b>Total Income</b>	<b>418,430</b>	<b>463,435</b>	<b>288,261</b>
<b>Expenditure</b>			
Membership	65,128	50,315	32,487
Conference	92,332	106,944	13,884
Education	293,878	297,215	216,046
<b>Total Expenditure</b>	<b>451,338</b>	<b>454,475</b>	<b>262,417</b>
<b>Surplus (-Loss)</b>	<b>-32,909</b>	<b>+8,961</b>	<b>+25,844</b>
<b>Closing Balance</b>	<b>302,672</b>	<b>311,633</b>	<b>337,477</b>

*Table 1: Summary of 2020/2021 Financial position*

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

### **Gill Farthing**

Treasurer

# Secretary's Report

## Membership

The membership of 1003 at March 2021 shows the diversity of professions engaged in cardiac prevention and rehabilitation. Membership renewals remain consistent year on year. Training events and courses also stimulate new membership numbers, in particular the webinar events linked to the six BACPR core components which are complimentary to BACPR members. The BACPR 2020 virtual conference overcame time and distance access barriers generating new membership from the UK and overseas. Virtual options have allowed us to reach members who, for different reasons, previously could not attend in person.

Membership by Profession	March 2021	April 2020
<b>Overall total</b>	<b>1,003</b>	<b>711</b>
BACPR Exercise Instructor	411	289
Dietitian	14	9
Doctor	22	22
Exercise Physiologist	43	39
Nurse	310	207
Occupational Therapist	12	8
Other Exercise Professional	20	13
Physiotherapist	140	95
Psychologist	2	2
Research Fellow/Academic	13	12
Other	15	15
Not Specified	0	0

## Communication

BACPR members regularly make use of the enquiries facility on the website. These have been particularly busy with questions regarding the changing nature of the COVID situation including returning face to face delivery and adoption of hybrid innovations. The surge in enquiries about service delivery at the beginning of the pandemic was sustained throughout the year. The guidelines issued by BACPR's Exercise Professionals Group (EPG) available via the BACPR website

has been a valuable resource addressing many of the enquiries we have received. 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. Our busy social media activity is reported in the Digital Communications section.

### **Travel Award**

Due to the COVID restrictions this has been suspended.

### **Council Activities**

During 2020 we held two elections for ordinary council members and President Elect. Dr Kathryn Carver who has served as BACPR Treasurer was successfully elected as President Elect. Dr Tom Butler, Simone Meldrum and Alison Allan were re-elected and we also welcomed Heather Probert, Jenny Aindow and Jen Hannay as ordinary officers. Dr Butler took over the role of Scientific Officer from Dr Simon Nichols, now an ordinary officer. Sheona McHale stepped down from Council but remains active on the BACPR Exercise Professional Group.

Dr Nikhil Ahluwalia was co-opted as representative from British Junior Cardiovascular Association (BJCA) taking over the role from Dr Reza Aghamohammadzadeh. Vicky Hatch and Dr Aynsley Cowie were co-opted in light of their respective EPG chair and Clinical Research Collaborative (CRC) representation.

## BACPR Council & Staff (as of March 2021)

Position	Name	Profession	Country
<b>Executive Officers</b>			
President	Prof Susan Dawkes	Nurse	Scotland
President Elect	Dr Kathryn Carver	Nurse	England
Treasurer	Gill Farthing	Nurse	England
Secretary	Dr Carolyn Deighan	Psychologist	Scotland
Scientific Officer	Dr Tom Butler	Dietician	England
Digital and Communications officer	Ceri Roberts	Nurse/ Exercise Specialist	England
<b>Ordinary Officer</b>			
	Heather Probert	Physiotherapist	England
	Dr Simon Nichols	Exercise Physiologist	England
	Simone Meldrum	Nurse	England
	Jennifer (Jenny) Aindow	Occupational Therapist	England
	Alison Allen	Nurse	Wales
	Ruby Miller	Occupational Therapist	Wales
	Tracy Kitto	Nurse	England
	Jennifer (Jen) Hannay	Exercise Physiologist	England
<b>Co-opted officers</b>			
Northern Ireland	Maria Mooney		
BSH	Dr Simon Beggs		
CCP/Patient Rep	Sarah Brown		
NACR	Prof Patrick Doherty		
BHF	Joanne Oliver		
Primary Care	Dr Hayes Dalal		
Public Health	Alison Iliff		
EPG chair	Vicky Hatch		
CRC	Dr Ainsley Cowie		
BCJA	Dr Nikhil Ahluwalia		
<b>Employed Staff</b>			
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 BACPR Council and staff can be found in the About section at [www.BACPR.com](http://www.BACPR.com)

### ***Dr Carolyn Deighan***

BACPR Honorary Secretary

## **Communications and Digital Media**

We are now nearing 4000 followers on our social media platforms; Twitter, Facebook and Instagram. This increasing following is proving to be beneficial in the dissemination of current goings on within the organisation. The ongoing Twitter chats, covering various topics that have provided very good discussion, are now scheduled on a monthly basis are proving successful with good engagement. Activity across all platforms is increasing every month helping to spread the awareness of the great work from all those within the Cardiac Rehabilitation Specialty.

### ***e-Bulletins***

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 as we are now (hopefully) coming out of the pandemic. Cardiac Rehabilitation services internationally have shown exemplary commitment to their service delivery during these unprecedented times. We continue to receive service delivery reports highlighting exceptional work in the development of their respective services.

### ***Connect***

We were able to successfully deliver a new digital version of Connect. This new format allows for increased usability with hyperlink to relevant materials. The digital format allows the organisation to meet the NHS target of going paperless by 2027.

### ***Website***

We are currently developing a new website format in conjunction with the BCS. We hope that the new features will provide increased communication and support between CR professionals and the organisation. New features include a secure, forum based communication system allowing for discussion of clinical information.

### ***Ceri Roberts***

BACPR Communications and Digital Media Officer

Twitter: @bacpr Instagram: @bacpr1 Facebook: @bacpr1



# Looking to the Future

*Learning, Innovation and Impact of  
Covid-19 on Cardiac Rehab Provision*

Friday 2nd October 2020

## Conference Report

### **BACPR Live Webinar (Online Conference) 2020**

**'Looking to the future: learning, innovation and impact of COVID-19'**

Friday 2nd October 2020.

The 2020 Annual conference was due to be held in Belfast and was going to address "Innovations in Practice". When COVID-19 became a pandemic, in March 2020, planning for the conference was at an advanced stage with most speakers across the two days having been confirmed, the venue booked, catering arranged, and accommodation provisionally arranged. In response to government restrictions on social contact, the BACPR took the decision to move the conference online. To support cardiovascular prevention and rehabilitation services, the theme of the conference was changed to 'Looking to the future: learning, innovation and impact of COVID-19'. Sanofi sponsored the event and provided £3,000, which paid for a large part of the online platform fees. The fees paid by non-members also helped pay for the cost of the online platform.

The conference was well received by delegates and had the largest number of delegates of any BACPR event. ~500 people, including council members and presenters, registered for the event. The event was launched by BACPR president, Prof Susan Dawkes, who outlined the impact of COVID-19 on healthcare professionals and cardiovascular prevention and rehabilitation

services. Dr Simon Nichols, the BACPR Scientific Chair, then proceeded to present data from the BACPR survey. It was striking to note that ~50% of UK cardiovascular prevention and rehabilitation services had been entirely suspended between March and June 2020. Prof. Gary Ford then provided an insightful presentation on how the NHS can innovate and adapt following the COVID-19 pandemic. Richard Forsyth discussed “Cardiac Rehabilitation for the future” and explained how the British Heart Foundation will be supporting the recovery and development of cardiac rehabilitation. The following section was a sequence of applied learning presentations from healthcare professionals working in cardiovascular prevention and rehabilitation. All three presentations shared valuable insights in to the challenges and success stories that their services had experienced.

After a 15 minute break. Dr Tee Joo Yeo gave an excellent presentation on the use of technology to adapt to the COVID-19 pandemic. Based on delegate feedback, this proved to be a very popular presentation. Next, Dr Gabriella Ghisi presented the ICCPR survey findings on the impact of COVID-19 on Cardiac Rehabilitation. Similar to the BACPR survey, they found that ~50 of cardiac rehabilitation programmes had been cancelled, worldwide, during the COVID-19 pandemic. It was concerning to hear that more than 60% of cardiac rehabilitation programmes did not offer any form of remote service delivery. In the final session of the day, data from the National Audit of Cardiac Rehabilitation highlighted the impact that COVID-19 had had on UK and cardiovascular prevention and rehabilitation services. They also explored what can be learnt from the experience. The final presentation of the day was given by Prof. Dominique Hansen. Prof. Hansen gave an informative presentation that explained what evidence was available to support the use of telehealth, and for which applications it is effect. Questions and answers were then put to our presenters, by the delegates. The online event was then closed by BACPR President, Susan Dawkes.

*Conference presentations are available to view in the ‘members only’ area at: [www.bacpr.com](http://www.bacpr.com).*

## **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 has been “rolled over” to this year, with the venue being the ICC, Belfast. Speakers for this years event have 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.

There are some important considerations to note at this stage regarding the format of the conference, namely the hybrid option that we are offering this year. Many speakers will be delivering their sessions live online (as has been the case with other conferences this year), however we have still offered the option for delegates to attend in person. There is likely a strong desire to return to some level of normality regarding conferences and we cannot ignore the 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” for booking we hope to support this.

All sessions will be streamed live allowing those not able to attend in person to watch, and also ask questions during the presentations. It will be important to evaluate the success of this hybrid approach (face to face and online viewing) in order to better inform future events for the organisation.

***Dr Tom Butler and Dr Simon Nichols***

BACPR Scientific Officer

# Education and Training Report

In 2020-2021, despite the arrival of the Covid pandemic we have continued to deliver 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).

Our comprehensive CPD programme of short courses are delivered across the UK and the Republic of Ireland with all course material regularly re-evaluated and updated to ensure delegates receive comprehensive material on every course. We have national recognition for our education programme from The CPD Certification Scheme.



This year there have been 23 Short Courses with a total of 418 delegates attending and 11 BACPR Exercise Instructor Qualification courses with a total of 182 Instructors attending over the last 12 months along with 630 BACPR instructors undergoing the on-line revalidation. We continue with our links with higher education and continue to deliver MSc modules at University of Chester and University College of London.

During this year we started a series of short webinars around the different core components of cardiovascular prevention and rehabilitation which are continuing on. There was one entitled Focus on Cardiovascular Nutrition on 18th November 2020 and one on Physical Activity and Exercise component on 13th January 2021.

Our online education platform continues to grow and now includes revalidation, resources and MCQ assessment for the BACPR Exercise Instructor Training along with short online modules to introduce the six core components. These BACPR Standards & Core Components on-line stand alone course e-modules give an overview of our specialty to our colleagues who are new to the cardiovascular health field.

The Education team led in planning and organising the Virtual Annual Conference in October 2020 and the virtual EPG spring study day in April 2021.

Finally, as ever a massive 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 cardiovascular disease prevention and rehabilitation.

**Sally Hinton**

BACPR Education Director

# Exercise Professionals Group (EPG) Report

Following a number of changes, the EPG Committee now consists of:

Dr Simon Nichols	Past chair and BASES representative
Vicky Hatch	Chair and BACPR EIN representative
Eddie Caldow	BASES representative
Helen Alexander	ACPICR representative
Susan Young	ACPICR representative
Lindsey Smith	BACPR EIN representative
Prof John Buckley	Founder Member

## Overall Aim of Group

To develop practice standards and guidelines, offer training and continuing professional development, advise professional groups, charities, associations on matters pertaining to patient/client guidance, professional practice, or research of physical activity and exercise in relation to cardiovascular disease and prevention.

In the last 12 months members of the committee have:

- Provided ongoing support to BACPR members (and non members!) during COVID restrictions. We have answered e mail queries, publishing an update to the EPG guideline document which includes advice on restarting and revising delivery to maintain effective rehabilitation services in a 'post COVID' landscape and offered virtual workshops to facilitate the sharing of ideas and practical advice to restart Phase IV services.
- Continued the work to develop a route to competency for each of the three professional groups. This has now been completed and final draft documents are being proof read prior to publication.
- Continued the development of the certified exercise specialist practitioner; Application and assessment documentation is now in the final stages. There are a number of interested applicants ready to apply.
- Replied to questions posted on BACPR members forum and to other individual queries.
- Commented on patient/client information and professional practice in the UK and other countries.
- Maintained strong links with Council; Vicky Hatch and Dr Simon Nichols currently sit on Council.

## **EPG Study Day 2021**

Due to ongoing restrictions and concerns re: COVID, Annual EPG study day on Friday 14th May 2021 took place virtually. All of the booked speakers from 2021 kindly agreed to speak, including our keynote speaker Professor Dominique Hansen from the University of Hasselt, Belgium.

Thanks to all EPG committee members and to Sally Hinton, who helped behind the scenes to manage the audience questions, and ensure that despite being a virtual event, there was good opportunity for interaction. The feedback from the event showed that just over 90% of the delegates that gave feedback rated the event as very good or excellent.

### ***Vicky Hatch***

BACPR Exercise Professional Group Chair



## Exercise Instructor Network (EIN) Report

### EIN Committee

The EIN Committee currently consists of the following people:

<b>Past Chair</b>	Brian Begg
<b>Chair</b>	Vicky Hatch
<b>Vice Chair</b>	Julie Mason
<b>Secretary</b>	Lindsey Smith
<b>PR Officer</b>	Katie Andrew (Plant)

Sheona McHale

Emma Spalding

Toby Whitehead

Stefan Birkett

### BACPR EIN CPD Days

With the help of Sally Hinton, five BACPR EIN workshops were delivered in April /May 2021 to facilitate the sharing of ideas and offer practical advice on restarting face to face Phase IV sessions in the community. Feedback was extremely positive and attendees felt more confident in re starting their sessions. Going forward, virtual delivery of study days is being explored with new content as an effective way of ensuring that Phase IV exercise professionals remain up to date with knowledge and skills.

### Communications

The BACPR EIN Facebook page, set up to share information that is of interest to BACPR qualified Exercise Instructors, BACPR members or members of the public with an interest in physical activity and health related topics, currently has just under 950 followers.

Katie, Emma and Toby have worked hard to build the content and community.

### Advanced Exercise Practitioner Award

See EPG Report, Bullet point 2.

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”*

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

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