



British Association for Cardiovascular Prevention and Rehabilitation

BACPR: A Three Year Strategy (2019-2022)

Our vision is:

Promoting Excellence in Cardiovascular Disease Prevention and Rehabilitation.

Our Mission statement is:

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

Our Foundations

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

BACPR coordinates and delivers the well-respected BACPR Specialist Level 4 Exercise Instructor qualification which is recognised as by both Register of Exercise Professionals (REPs) and Chartered Institution for the Management of Sport and Physical Activity (CIMSPA). BACPR also deliver a range of short Continuing Professional Development (CPD) courses including online modules for health and exercise professionals involved in cardiovascular prevention and rehabilitation all recognised by BCS and the national CPD Certification scheme. Delegates receive comprehensive peer reviewed course material and all courses are delivered by specialist professionals from the UK currently involved in the field of cardiovascular rehabilitation.

How to become a member

Our website gives all details on how to join and the membership options including BACPR Exercise Instructor category and BACPR-BCS joint membership category: www.bacpr.com

Where we are now

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

Since the launch of our first Strategic Plan 2016-2019 these are some of our key organisational achievements at national level:

- ♥ Publication of the BACPR Standards & Core Components 2017; setting the gold standard for cardiovascular prevention and rehabilitation
- ♥ Publication of key joint position statements with:
 - British Society for Heart Failure
 - Resuscitation Council UK
 - British Dietetic Association
- ♥ Joint Study Days held in partnership with the Royal College of Occupational Therapists [RCOT]
- ♥ Working alongside the National Audit of Cardiac Rehabilitation [NACR] to raise standards through the National Certification Programme for Cardiac Rehabilitation [NCP-CR]
- ♥ Working alongside the British Heart Foundation to support the work of the BHF Health Service Engagement Team
- ♥ Inclusion of the Standards & Core Components model in the revised Scottish Intercollegiate Guidelines Network [SIGN] for Cardiac Rehabilitation 2017
- ♥ Completion of BACPR Core Competencies
- ♥ Launch of the BACPR Research Network

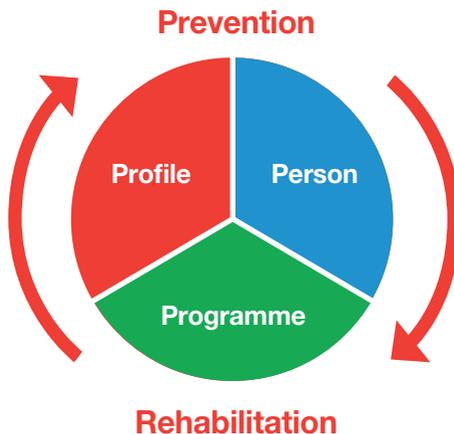
- ♥ Launch of the BACPR New Researcher Development Fund
- ♥ Launch of the Exercise Instructors Network [EIN] regional Study Days
- ♥ Launch of online modules based on the BACPR Standards & Core Components
- ♥ Record membership levels!
- ♥ Record attendance at our BACPR Conference 2018!

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

The three core work streams for 2019 – 2022 are:

- 1. Increasing the profile of cardiovascular prevention and rehabilitation**
- 2. Supporting personal and professional development of the individual BACPR member**
- 3. Supporting rehabilitation programmes to enable the delivery of best practice**

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



1. Increasing the Profile of Cardiovascular Prevention and Rehabilitation

Specific objectives

1. To ensure BACPR have a named person to liaise with each of our identified partners and to ensure ongoing communication with the additional key national/international organisations – see Appendix.
2. To build on regular communication and partnership working with our partner organisations.
3. To improve links with Pharmacy colleagues by liaising at organisational level/ through educational events and directly encouraging their membership of BACPR.
4. To work towards BACPR representation to promote our Standards & Core Components on key guideline development groups and with Health Departments across the four nations.
5. To create clear links at www.bacpr.com for the public to follow on sources of recommended information and advice on cardiovascular prevention and rehabilitation.
6. To define an intended audience and develop a digital film clip to promote and raise the profile of cardiovascular rehabilitation. The final clip will be hosted at www.bacpr.com and shared via social media.
7. To develop and implement appropriate on line and digital media material to promote BACPR strategies and key messages.
8. To publish a textbook on Cardiovascular Prevention and Rehabilitation to provide an authoritative source of guidance and promote knowledge and awareness to a wider audience.
9. To promote BACPR role in encouraging innovative research led by a variety of disciplines through the BACPR New Researcher Development Fund [NRDF].
10. To further promote BACPR research interests by creating a Steering Group that will direct BACPR engagement with the British Cardiovascular Society Clinical Research Collaborative [BCS CRC].

Supporting Personal and Professional Development of the Individual BACPR Member

Specific objectives

1. To work with British Cardiovascular Society (BCS) to implement online membership and improve the functionality of the membership database in order to have a targeted approach in supporting our members to:
 - a. widen our geographic reach, reflecting the spread of cardiovascular programmes across the four nations.
 - b. ensure our membership represents all key professional groups identified within the Standards & Core Components.
 - c. ensure that all rehabilitation programmes across the UK have at least one BACPR member able to benefit from our support, guidance and resources.
 - d. identify the areas that our members are working in e.g. Primary or Secondary Care to be able to better tailor support, guidance and resources.
2. To improve retention as a member among those who have undertaken the BACPR Exercise Instructor qualification by enhancing tailored communication and promoting the benefits of membership both before and after the qualification.
3. Ensure that member benefits run continuously by increasing the 'core' membership (members that pay by Direct Debit) to increase the proportion of those paying by Direct Debit by 10% each year.
4. To explore the potential of introducing a Student Membership aimed at undergraduate students studying with a relevant field and identify what would be included within this package.
5. To encourage networking and peer support between members by increasing use of the Members' Discussion Forum e.g. setting subject fields linked to the BACPR Core Components, promoting themed discussions and setting monthly topics for discussion.
6. To support Professional Development among Exercise Professionals through the promotion of the BACPR Advanced Exercise Professional Award and continued support for the regional Exercise Instructor Network [EIN] Study Days.

7. To provide and update tailored education, linked to the BACPR Core Competences, to support professional development needs of the full range of professionals involved in the provision of cardiovascular rehabilitation.
8. To acknowledge the importance of the wider determinants of health by signposting our members to relevant resources on health promotion and current CVD prevention messages.
9. To build on initial successes by developing additional short on-line modules to benefit professionals working in the field and attract a new audience from the wider group of health and exercise professionals e.g. General Practitioners with Special Interest and Primary Care Nurses.
10. To promote the BACPR Research Network and New Research Development Fund (NRDF) and to track the progress of successful NRDF applicants in offering ongoing support with the dissemination of key findings.

3. Supporting Rehabilitation Programmes to Enable the Delivery of Best Practice

Specific objectives

1. To reconstitute, coordinate and oversee the Standards & Core Components Working Group to update and re-publish the BACPR Standards & Core Components by the end of 2021.
2. To continue to promote the importance of delivering individualised patient-centred menu-based rehabilitation by emphasising the BACPR Standards & Core Components in all communications with members.
3. To promote improvements in service delivery by taking a lead in sharing 'Best Practice' across rehabilitation programmes:
 - a. to specifically promote the importance of audit and evaluation in demonstrating effectiveness
 - b. to showcase innovative practice from individual services to enhance a culture of networking and encourage visits between programmes
 - c. to continue to promote and support the NCP-CR programme, in collaboration with NACR, by featuring Best Practice examples within CONNECT and at www.bacpr.com
4. To provide BACPR reviews for innovative digital approaches (e.g. Apps , web-based platforms) to support programmes with service redesign to include the full range of modes of delivery in improving uptake.
5. To support the work of the BACPR Diet Working Group in developing a Position Statement for Dietary Advice to ensure Best Practice within rehabilitation programmes in line with BACPR Core Components and in partnership with British Dietetic Association (BDA).
6. To support programmes in redesigning pathways to increase uptake of all eligible patient groups and allow all eligible patients to fully benefit from evidence-based rehabilitation.

APPENDIX

Partner organisations

(actively working with BACPR)

- ♥ All Wales Cardiac Rehabilitation and Heart Failure Group
- ♥ Alliance for Heart Failure
- ♥ Arrhythmia Alliance [AA]
- ♥ Association of Chartered Physiotherapists in Cardiac Rehabilitation [ACPICR]
- ♥ British Association of Nursing in Cardiovascular Care [BANCC]
- ♥ British Association of Sport and Exercise Sciences [BASES]
- ♥ British Cardiovascular Society [BCS]
- ♥ British Dietetic Association [BDA]
- ♥ British Heart Foundation [BHF]
- ♥ British Junior Cardiologists Association [BJCA]
- ♥ British Society for Heart Failure [BSH]
- ♥ Cardiac Rehabilitation Interest Group Scotland [CRIGS]
- ♥ Cardiovascular Care Partnership UK [CCPUK] - patient organisation
- ♥ International Council of Cardiovascular Prevention and Rehabilitation [ICCP]
- ♥ National Audit of Cardiac Rehabilitation [NACR]
- ♥ Northern Ireland Cardiac Services Network
- ♥ Resuscitation Council UK

Key Organisations

- ♥ Association for Cardiovascular Nursing & Allied Health Professions [ACNAP]
- ♥ Association for Nutrition [AfN]
- ♥ British Association of Sport & Exercise Medicine [BASEM]
- ♥ British and Irish Hypertension Society [BIHSOC]
- ♥ British Journal of Primary Care Nursing [BJPCN]
- ♥ British Psychological Society [BPS]
- ♥ Royal College of Occupational Therapists [RCOT]
- ♥ Diabetes UK
- ♥ European Association of Preventative Cardiology [EAPC]
- ♥ European Society for Cardiology [ESC]
- ♥ Health and Social Care in Northern Ireland
- ♥ Irish Association of Cardiac Rehabilitation [IACR]
- ♥ NHS England
- ♥ NHS Scotland
- ♥ NHS Wales
- ♥ Public Health England
- ♥ Public Health Wales
- ♥ Public Health Scotland
- ♥ Royal College of General Practitioners [RCGP]
- ♥ Royal Pharmaceutical Society [RPS]
- ♥ UK Clinical Pharmacy Association [UKCPA]

notes



Promoting excellence in cardiovascular disease prevention and rehabilitation

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