July 2016 e-bulletin

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NEW BACPR/NACR MINIMUM STANDARDS FOR CERTIFICATION

The New 2016 Minimum standards came into effect 1st July 2016. A copy of the Guidance on applying for BACPR/NACR Certification and the registration form is available from education@bacpr.com. This will guide you through the steps in the certification process, and includes these new minimum standards for certification 2016: BACPR/NACR Certification

TRAVEL AWARD

Last chance to apply for this year’s Travel Award. The deadline for applications is 31st August 2016. Click Travel Award in the Members area at www.bacpr.com

OUR NEXT COUNCIL MEMBER – IT COULD BE YOU!

Taking some time to relax in the summer sunshine (we can but hope!), gives you a chance to reflect on whether you may have what it takes to be our next Council Member.

If you're passionate about Cardiovascular Prevention and Rehabilitation and are interested in sharing your knowledge and expertise with a national forum - it could be you! As well as setting the future directions of our organisation and leading our many projects and initiatives, Council Membership provides a wealth of opportunities for professional development.

The call for nominations will be going out after the summer with both Ordinary Officer and Executive positions available. In the meantime, you can approach anyone on Council to ask about their experience, the commitment and what it is really like. Our Honorary Secretary, Louise Jopling is also always available for an informal chat, just email: bacprsecretary@bcs.com to arrange.

MEMBERS DISCUSSION FORUM

On the discussion this month, members are talking about:

- Exercising patients with LV Thrombus
- When to commence rehab for those awaiting Cardioversion
- Whether High Intensity Interval Training is an evidence based component of rehab
• Do programmes have protocols for **low Haemoglobin levels**
• Rehab classes for **Heart Failure patients**

The *Discussion Forum* is a key membership benefit; always lots being discussed and a wealth of experience available from your peers. Click on *Discussion Forum* in the Members area at [www.bacpr.com](http://www.bacpr.com)

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**NEW SIGN 148: ACUTE CORONARY SYNDROMES PATIENT BOOKLET**

To accompany, *SIGN 148* clinical guideline on acute coronary syndromes published in April, 2016, SIGN have more recently produced a lay translation of the guidelines informing patients of the tests and treatment they can expect to receive: [SIGN 148 Patient Leaflet](https://www.sign.ac.uk/resources/sign-148-patient-leaflet.pdf)

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**Don’t miss out! BACPR ANNUAL CONFERENCE 2016 - APPLYING EVIDENCE TO PRACTICE – places available**

**Thursday 6th / Friday 7th October 2016**

Venue: The Hilton Hotel, Cardiff

Contact: bacpr@bcs.com 020 7380 1919

Register now to secure a place: [BACPR Conference Registration](https://www.bacpr.com/conference)

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**BACPR Education and Training**

*Dedicated to providing excellence in education and training in cardiovascular disease prevention and rehabilitation*

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*All the following BACPR courses are endorsed by the BCS and have REPS CPD points*

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**** BACPR Standards and Core Components Online course**

The BACPR have defined seven standards and seven core components in support of promoting high quality care in the provision of structured programmes for cardiovascular disease prevention and rehabilitation. This online course consists of 7 modules which cover the background and detail of each of the seven components.

Log on and register for the new BACPR on line course which gives you access to interactive modules outlining the detail behind the latest BACPR Standards and Core Components. Each module includes learning outcomes, interactive tasks, lecture captures and pre and post assessment to test your knowledge. On completion of all modules you will receive a BACPR certificate in the post.

Course Fee £125

To register, click here: [REGISTER HERE](https://www.bacpr.com/registration)

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**Forthcoming BACPR Course Dates**

**Physical Activity and Exercise in the Management of Cardiovascular Disease Part 1 : Principles and Practicalities**

This course provides a 2-day foundation programme in the principles of physical activity and exercise in the prevention and management of cardiovascular disease. This course includes both a theoretical and practical component aiming to equip health professionals with sound knowledge and
understanding as well as key practical delivery skills required to meet the core standards and national guidelines for delivery of group, one-to-one and home activity programmes. This course is for any health professional advising on or delivering physical activity and exercise to cardiac patients in either a primary or secondary health care setting.

- 16th / 17th Sept 2016, Cambridge
- 21st / 22nd October 2016, London
- 3rd / 4th December 2016, Manchester

Cost £300 – £350 depending on BACPR/ACPICR membership

Physical Activity and Exercise in the Management of Cardiovascular Disease Part 2: Advanced Applications

This course extends the core knowledge, understanding and skills gained in Part 1 to clinical reasoning for the inclusion of the higher risk and complex cardiac patient, such as heart failure, arrhythmias, ICD’s, unstable blood pressure and diabetes. In addition additional subjects explored include the safety of high intensity sports and activities, resistance training, water-based activity and difficult clinical scenarios. This course is for experienced cardiac rehabilitation practitioners who are challenged with the higher risk complex patient. It is strongly advised that participants should have completed Part 1 or the BACPR Exercise Instructors Qualification prior to Part 2, as the subject matter is directly linked.

- 3rd / 4th September 2016, Fife, Scotland
- 1st / 2nd October 2016, Manchester
- 18th / 19th Nov 2016, Cambridge
- 25th / 26th November 2016, London
- 18th / 19th February 2017, Manchester

Cost £300 – £350 depending on BACPR/ACPICR membership

Assessing Functional Capacity: How to administer and interpret sub maximal tests in clinical populations

Practical course looking at the most commonly used functional capacity tests e.g. Incremental Shuttle Walk Test, 6-Minute Walk Test, Chester Step Test and Cycle Ergometry

- 8th July 2016, Shrewsbury

Cost £175 (£155 to BACPR members)

Adapting Exercise: Enhancing skills to accommodate all abilities from seated to high level activity within a group setting

Focuses on developing leadership, teaching and delivery skills to facilitate a safe, effective and well-managed programme to a functionally diverse client group. The course is designed for BACPR gym instructors who have not been trained in group exercise.

- 1st October 2016, Cramlington

Cost £175 (£155 to BACPR members)

Physical Activity and Exercise in Heart Failure: Assessment, Prescription and Delivery

Following NICE guidance are you including heart failure patients in your programme? Do you want to find out more about how to prescribe safe and effective exercise to patients with heart failure?

- 22nd October 2016, Manchester
- 3rd Feb 2017, London

Cost £175 (£155 to BACPR members)

Health Behaviour Change and Psychosocial Support in Cardiovascular Disease
Explore ways of incorporating psychological principles within your service

- 11th / 12th November 2016

Cost £350 (£310 to BACPR members)

Dietary Approach to Managing Cardiovascular Disease and Weight
Explores the assessment and prescription of dietary and weight management advice for the CVD group

- 11th November 2016, Central London

Cost £175 (£155 to BACPR members)

The BACPR has an extensive educational programme which also includes:

- BACPR Level 4 Exercise Instructor Training Qualification

Please contact education@bacpr.com or visit www.bacpr.com for more details and application forms on all the above courses

If you would be interested in hosting one of the courses in your area or would like us to develop a course for your local needs please contact one of the Education team:

BACPR Education, Suite 8, The Granary, 1 Waverley Lane, Farnham, Surrey GU9 8BB
Tel: 01252 854510 Fax: 01252 854511

LETTER
from John Buckley

A big HIIT at EPG
See article by Dr Gordon McGregor, BACPR Connect, June 2016

A big congratulation goes out to Dr Gordon McGregor (Coventry) and Prof. Lee Ingle (Hull) for gathering together a team of front-line practitioners and academics to embark on evaluating the real safety and effectiveness of High Intensity Interval Training (HIIT) with the HIIT or MISS UK trial. An excellent session at the recent BACPR Exercise Professionals Group (EPG) study day highlighted their plans, rationale and some preliminary data and experiences of offering HIIT within typical UK cardiac rehabilitation programmes. Their research proposals raise a number of key questions, including:

- **Psychological patient perceptions and behaviour:** who finds HIIT enjoyable and who doesn't; are fears of performing HIIT valid; what other physical neuromusculoskeletal concerns are there with HIIT, and what is the affect of personality type/behavior on how HIIT participants rate their perceived exertion; is this type of activity a short-term HIIT or is it a style of training that people will participate in the longer term. Is the simple term high-intensity putting people off and should it simply be called interval training, which reflects its historical contexts back to the 1940s practices of German and Swedish sports coaches aim to enhance middle-distance running performance. A technique exploited by Sir Roger Bannister in breaking the four-minute-mile

- **Safety:** Whilst evidence to date shows HIIT has been safe, this has occurred following a maximal cardio-respiratory exercise test and under high levels of supervision; how
safe is it when standard UK procedures of using submaximal tests and supervision levels of a 5:1 ratio

- **Effectiveness:** In comparison to either moderate intensity (40-70% max) continuous exercise training or moderate to vigorous (70-80% max) interval training, does HIIT really offer significant gains in shorter term cardiorespiratory fitness and longer term outcomes in quality of life, morbidity, mortality, reduced re-hospitalisation rates. What format should HIIT take in terms of interval to rest ratios and should we adopt a standardised format in the UK. Raised by our EPG keynote from Australia, Dr Andre LaGerche, a world leader in sports cardiology; should people do HIIT alone or should it be part of an overall programme that includes continuous training and resistance training.

I wish the HIIT or MISS UK trial team the best of luck in helping us reveal the pragmatics of HIIT. However, we must remind ourselves of our bigger challenges in CR; provision, access, early commencement, uptake, adherence and over 30% of programmes not performing an initial exercise programme and over 50% not performing a programme follow-up exercise assessment.

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**BACPR is an affiliate group of the British Cardiovascular Society. To contact BACPR:**

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*Promoting Excellence in Cardiovascular Disease Prevention and Rehabilitation*