



Heart Failure Study days
BACR in association with ACPICR

Introduction to Physical Activity and Exercise Advice in Heart Failure

The study day is aimed at heart failure and cardiology nurses who wish to develop their knowledge of physical activity and exercise advice in heart failure. This course will relate exercise physiology to the principles of exercise training in this population group. The day will include a case study approach to discuss physical activity and exercise management and includes practical teaching techniques. Applicants should have prior knowledge of heart failure pathology. This course is not aimed at professionals who have the relevant qualifications to prescribe exercise to the cardiac population.

September 19th 2008 – Education Centre, Nevill Hall Hospital, Abergavenny
Jackie.austin@gwent.wales.nhs.uk Tel no 01873 732945 (Andrea Ellaway)

October 10th 2008 - The Parks, Sports and Leisure Centre, North Shields
Elizabeth.hicks@ncht.nhs.uk Tel no 0191 2932736

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

The study day is aimed at professionals who are involved in the exercise component of cardiac rehabilitation and who wish to expand their knowledge of assessment and prescription of physical activity and exercise advice for the heart failure group. It is not however a specialist qualification to lead prescribe or deliver the exercise component. This course focuses on heart failure pathology and on relating exercise physiology, medications and devices to the principles of exercise training in this population group. The day will include a case study approach to discuss physical activity and exercise management and prescription.

September 20th 2008 – Education Centre, Nevill Hall Hospital, Abergavenny
Jackie.austin@gwent.wales.nhs.uk Tel no 01873 732945 (Andrea Ellaway)

October 11th 2008 - The Parks, Sports and Leisure Centre, North Shields
Elizabeth.hicks@ncht.nhs.uk Tel no 0191 2932736

November 1st 2008 – Wythenshaw Hospital, Manchester
Laura.burgess@smuht.nwest.nhs.uk Tel 0161 291 2177

November 22nd 2008- The Octopus Centre, Hospital of St Cross, Rugby, Warwickshire
Karen.bibb@uchw.nhs.uk 01788 663463

February 6th 2009- London, University College Hospital
Vivienne Stockley vivienne@bacrphaseiv.co.uk 01252 720640

Cost: £130 ACPICR/BACR members
£145 non- members

Please contact the individual venues above for application forms and more details
If you are interested in hosting one of these study days please e-mail enquiries@bacrphaseiv.co.uk