



British Association for Cardiac Rehabilitation

BACR EDUCATION

Course Programme 2009

BACR Phase IV Exercise Instructor Training (20 REPS CPD points)

Level 4 Qualification recognised by SkillsActive and the Register of Exercise Professionals
Specialist training for exercise professionals who want to prescribe and deliver exercise programmes as part of the overall long-term management of individuals with heart disease. This is an assessed course and therefore has a strict qualification and experience entry criteria - **For REPS level 3 exercise instructors**

Venues across UK including Belfast, Manchester, Wrexham, Solihull, Glasgow, Newcastle, Ashford, Leeds, Alton, Amersham, Derbyshire, Loughborough, Central London- see www.bacrphaseiv.co.uk for up to date list

Cost: £595 (includes course fee, course material and assessment)
Duration: 5 days

Knowledge and Skills update study day (4 REPS CPD points)

Open to BACR exercise instructors only

This study day is run by BACR Phase IV course directors and aims to update and consolidate on areas which are relevant to everyday practice for BACR Phase IV instructors. It also includes a practical session to discuss the principles of exercise and physical activity delivery. It is envisaged that it will be good preparation for revalidation and that there will be plenty of opportunity to discuss Phase IV service delivery issues.

February 27th 2009 University College Hospital, London

April 24th 2009 University of Gloucestershire, Gloucester

For application form please contact central office enquiries@bacrphaseiv.co.uk 01252 720640

Cost £90 (£85 to BACR members)
Duration 1 day

A Practical Approach to Physical Activity and Exercise in the Management of Cardiovascular Disease (PART I)

Open to exercise and health professionals advising on or delivering physical activity and exercise to cardiac patients in primary/secondary health care setting

This 2-day course previously titled 'An Introduction to Exercise for Health Professionals Working with cardiac Patients' aims to explore the principles of exercise and physical activity in cardiovascular disease prevention and rehabilitation and apply these principles to design and delivery, using an evidence-based approach. It has a practical emphasis and aims to assist health professionals with useful tips and suggestions regarding physical activity and exercise advice, exercise prescription, planning and delivery that can be implemented in future service developments.

February 20th / 21st 2009, Alton, Hampshire
Dr Julia Evans Tel: 01420 544794 julia@cardiac-rehab.co.uk

May 15th / 16th 2009, University Hospital of North Durham
Carol Harper Tel: 0191 3332119 Carol.Harper@cddft.nhs.uk

November 13th / 14th 2009, Cramlington, nr Newcastle
Coral Hanson Tel: 01670 717 421 chanson@blythvalley.gov.uk

November 26th / 27th 2009, London, University College Hospital
Vivienne Stockley Tel: 01252 720640 vivienne@bacrphaseiv.co.uk

Cost £280 (£250 to BACR members)
Duration 2 days

Advanced Application to Physical Activity and Exercise in the Management of Cardiovascular Disease (PART II)

Provides an excellent follow on from the 'A Practical Approach to Physical Activity and Exercise in the Management of Cardiovascular Disease' course and is open to all BACR exercise instructors

This course aims to encourage all professionals delivering the exercise component of cardiac rehabilitation to explore current practice and guidelines. Clinical reasoning skills will be encouraged through facilitated workshops to enable practitioners to interpret and adapt evidence in order to manage patients whose status falls outside the recommended guidelines. The exercise implications and practicalities of the more complex patient groups will be explored. Consolidation of existing knowledge and further understanding will give confidence in future practice.

March 7th/8th 2009 Royal Glamorgan Hospital, Llantrisant, Nr CARDIFF
Hannah Stallard 01443 443686 Hannah.stallard@pr-tr.wales.nhs.uk

September 25^h/ 26th 2009, Alton, Hampshire,
Dr Julia Evans Tel: 01420 544794 julia@cardiac-rehab.co.uk
Cost £280 (£250 to BACR/ACPICR members)
Duration 2 days

One day courses on specific elements relating to Physical Activity and Exercise

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

Open to BACR Exercise Instructors and exercise and health professionals advising on or delivering physical activity and exercise to cardiac patients in primary/secondary health care setting

This course focuses on heart failure pathology and relates 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.

February 13th 2009- London, University College Hospital
Vivienne Stockley vivienne@bacrphaseiv.co.uk 01252 720640

April 3rd 2009 The Friarage Hospital, Northallerton, North Yorkshire
Bimla Singh bimla.singh@stees.nhs.uk 01642 854644

April 24th 2009, Helston Community Hospital, Helston, Cornwall
Michelle Earle michelle.earle@CIOSPCT.cornwall.nhs.uk 01872 354383

May 8th 2009 Fife, Scotland
Morag Maillie moragmaillie@fife-pct.scot.nhs.uk 01592 226973

September 4th 2009- London, University College Hospital
Vivienne Stockley vivienne@bacrphaseiv.co.uk 01252 720640

Cost £145 (£130 to BACR/ACPICR members)
Duration 1 day

A Practical Course in Assessing Functional Capacity in Clinical Populations

Open to BACR Exercise Instructors and exercise and health professionals advising on or delivering physical activity and exercise to cardiac patients in primary/secondary health care setting

This one-day practical study day aims to increase the knowledge and skills in implementing a number of functional capacity tests used in population groups such as cardiac and respiratory patients (e.g. Incremental Shuttle Walk Test, 6-Minute Walk Test, Chester Step Test, Cycle Ergometry) as well as practically apply the results to exercise prescription.

March 20th 2009, Central London

Cost £145 (£130 to BACR/ACPICR members)
Duration 1 day

Practical Skills in Delivering Effective Group Exercise in Cardiac Rehabilitation

Open to BACR Exercise Instructors and exercise and health professionals advising on or delivering physical activity and exercise to cardiac patients in primary/secondary health care setting

This one-day practical study day aims to develop practical exercise delivery skills and competences for delivery of group based cardiac rehabilitation.

Cost £145 (£130 to BACR/ACPICR members)

Duration 1 day

Rating of Perceived Exertion Study day

Open to BACR Exercise Instructors and exercise and health professionals advising on or delivering physical activity and exercise to cardiac patients in primary/secondary health care setting

This one day course is aimed at all health and exercise professionals working in cardiac rehabilitation to ensure the appropriate, consistent and valid use of Borg's RPE scales. An evidence based approach is used in a day that mainly involves practical workshops of exercise assessment and prescription.

Cost £145 (£130 to BACR/ACPICR members)

Duration 1 day

Physical Activity and Exercise Advice in Heart Failure

Open to 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.

March 13th 2009 Willerby, nr Hull

Hayley McKee Hayley.mckee@neynlmcn.nhs.uk 01482 335820

June 19th 2009 Alton, Hampshire

Dr Julia Evans julia@cardiac-rehab.co.uk 01420 544794

Cost £145 (£130 to BACR/ACPICR members)

Duration 1 day

Psychological Issues for Health Professionals working in Cardiac Rehabilitation

Open to health professionals working with cardiac patients in primary/secondary health care setting and BACR exercise instructors who are working within a phase III cardiac rehabilitation team

An evidence and practice-based course designed to help multidisciplinary team members increase their confidence in identifying psychological issues, and to explore ways of incorporating psychological principles within cardiac rehabilitation programmes. This course is designed for cardiac rehabilitation professionals who already have experience of working in cardiac rehabilitation settings.

March 20th/21st 2009 Alton Cardiac Rehab Centre , Alton, Hampshire
Dr Julia Evans Julia@cardiac-rehab.co.uk Tel 01420 544794

June 26th/27th 2009 City Hospital, Belfast
Maria Mooney maria.mooney@belfasttrust.hscni.net tel 02890 263826

Cost £280 (£250 to BACR members)
Duration 2 days

All the above courses will fulfil compulsory CPD requirements and a certificate of attendance will be issued

Please contact the BACR Education Office for application forms or details on hosting any of the above courses
01252 720640
enquiries@bacrphaseiv.co.uk