

# BACPR /NACR Certification Programme



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National Audit of Cardiac Rehabilitation (NACR)



British Association for Cardiovascular  
Prevention and Rehabilitation (BACPR)



# Background

- BACPR Standards and Core Components (SCCs) 2<sup>nd</sup> Edition published 2012: advises what is expected from a CR programme

But

- Disparity between the gold standard BACPR SCCs and results from the National Audit of Cardiac Rehabilitation (NACR)

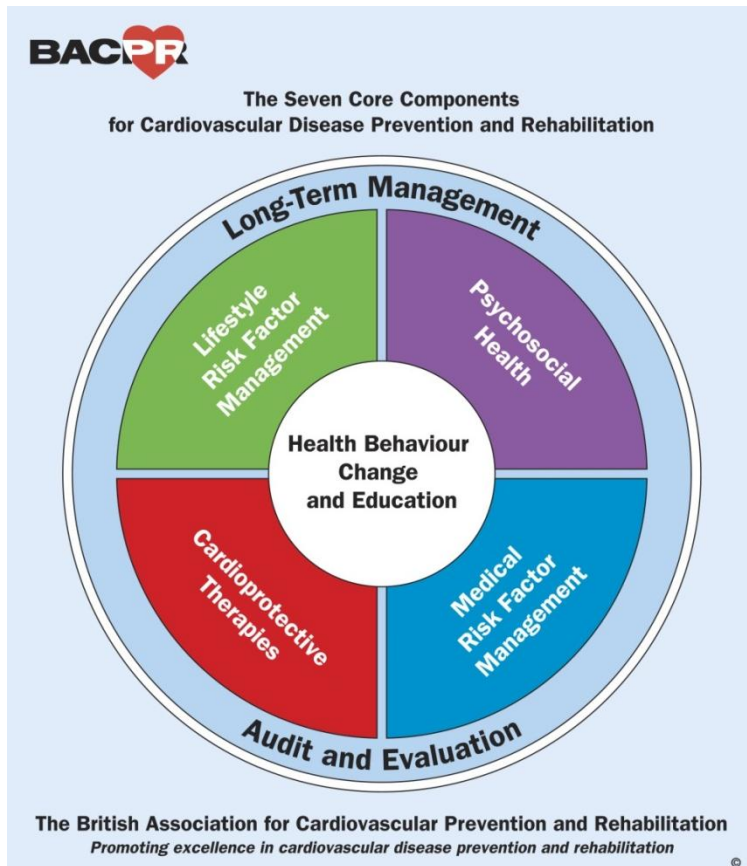
And

Increasingly, CR programmes need to demonstrate to commissioners that they deliver a quality programme



# BACPR Model

## 7 Core Components



- Multidisciplinary
- Biopsychosocial approach
- Appropriately qualified staff
- Competences
- Evidence-based practice
- Measurable outcomes

**Designed to increase uptake, completion and improve health outcomes**



# BACPR

## 7 Standards



The BACPR Standards and Core Components for  
**Cardiovascular Disease Prevention  
and Rehabilitation 2012**

(2nd Edition)



The British Association for Cardiovascular Prevention and Rehabilitation is an affiliated group of



1. The delivery of seven core components employing an evidence-based approach.
2. An integrated multidisciplinary team consisting of qualified and competent practitioners, led by a clinical coordinator
3. Identification, referral and recruitment of eligible patient populations.
4. Early initial assessment of individual patient needs in each of the core components, ongoing assessment and reassessment upon programme completion.
5. Early provision of a cardiac rehabilitation programme, with a defined pathway of care, which meets the core components and is aligned with patient preference and choice.
6. Registration and submission of data to the National Audit for Cardiac Rehabilitation.
7. Establishment of a business case including a cardiac rehabilitation budget which meets the full service cost.

[www.bacpr.com](http://www.bacpr.com)

# Cardiac Rehabilitation



The BACPR Standards and Core Components for  
**Cardiovascular Disease Prevention  
and Rehabilitation 2012**

(2nd Edition)



The Seven Core Components  
for Cardiovascular Disease  
Prevention and Rehabilitation



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## Reduces:

- All cause mortality by 11- 26% <sup>1,2,3,4</sup>
- Cardiac mortality by 26 – 36% <sup>1,2,3,4</sup>
- Morbidity <sup>4,5</sup>
- Unplanned admissions by 28 -56% <sup>6,7</sup>

## Improves:

- Quality of life <sup>8</sup>
- Functional capacity <sup>8</sup>

## Supports:

- Early return to work <sup>8</sup>
- The development of self-management skills <sup>8</sup>

BMJ Clinical Review on CR Oct 2015  
<http://www.bmj.com/content/351/bmj.h5000>

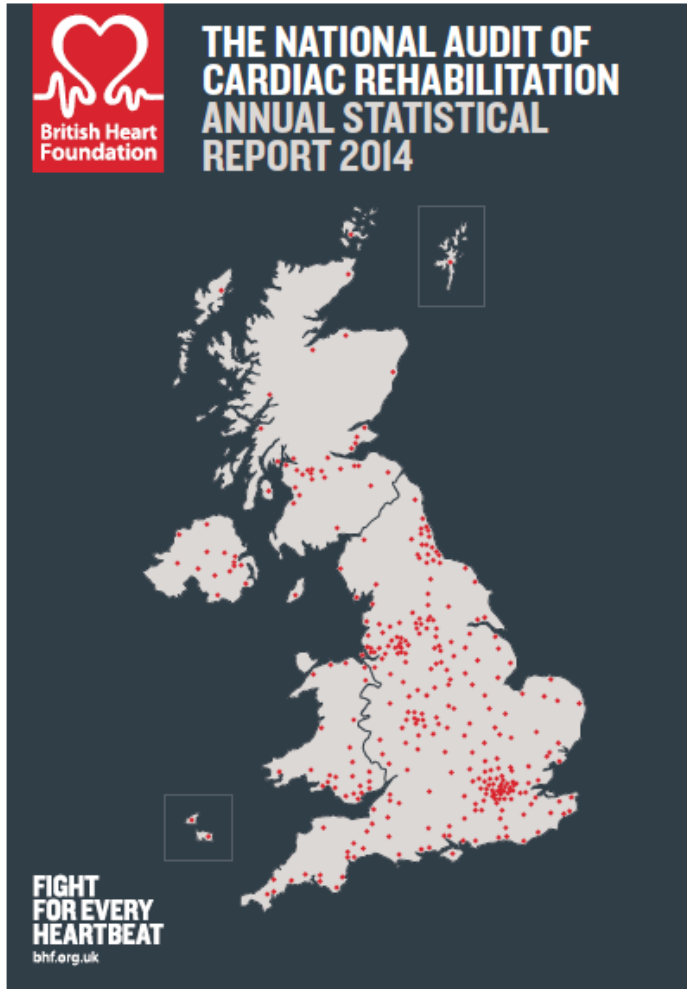




# National Audit of Cardiac Rehabilitation (NACR)



# National Audit for Cardiac Rehabilitation



- Commenced June 2005
- 311 programmes in last survey (merging of services)
- Minimum dataset collected
- Recruitment and outcomes reported annually

2014 Audit	Number of CR programmes
ENGLAND	272
NI	15
WALES	24



# Who actually gets cardiac rehabilitation ?

*Percentages of patients who had an MI, a PCI, or a CABG taking part in CR in England, Northern Ireland and Wales*

	2007 -08	2008-09	2009-10	2010-11	2011-12	LATEST REPORT
<b>MI</b>	34%	39%	41%	44%	46%	33%
<b>PCI</b>	30%	28%	31%	31%	28%	40%
<b>CABG</b>	68%	76%	71%	74%	70%	80%
<b>TOTAL</b>	<b>38%</b>	<b>41%</b>	<b>42%</b>	<b>44%</b>	<b>43%</b>	<b>45%</b>



# Finding your Local Cardiac Rehabilitation Programme?

The online register is at

[www.cardiac-rehabilitation.net](http://www.cardiac-rehabilitation.net)

Anyone can use it to search for the four nearest rehabilitation programmes to a postcode, town or street name.

The register can be downloaded as a PDF file.

This register is updated regularly from information entered by the CR programmes and the NACR team at York.

There is also a searchable Google Map showing where the programmes are across the UK at [www.cardiac-rehabilitation.net](http://www.cardiac-rehabilitation.net).

Supported by  
Cardiac Rehabilitation  BHF Cardiac Care and Education Research Group


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**Cardiac Rehabilitation in your area**  
Find your nearest cardiac rehabilitation programme

Enter your street:

Or enter your town:

Or enter your postcode:

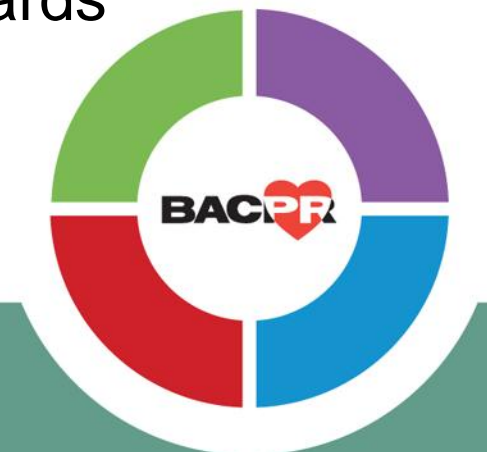


Printer Friendly CR Directories:  
[England](#) | [Northern Ireland](#) | [Scotland](#) | [Wales](#)  
Updated monthly. Last updated 19 June 2007.

For the attention of CR Programme coordinators: [PLEASE DOWNLOAD THIS DOCUMENT](#)

# Why Certification ?

- Develop minimum standards for CR to give reassurance of quality to commissioners and the public
- Promote excellence and reward improvement in the delivery of CR by increasing the minimum standards over time to meet BACPR gold standards
- Justify required resources to deliver cardiac rehabilitation that meets minimum standards



# Who is involved

Certification overseen by steering group of:

- BACPR representatives
- NACR representatives
- CR Clinical experts (including from certified sites)
- Patients

Certification process piloted with volunteer CR programmes



# Minimum Standards

- Based on data from NACR  
[www.cardiacrehabilitation.org.uk](http://www.cardiacrehabilitation.org.uk)
- Updated each year according to the median results from the most recent version of the NACR report



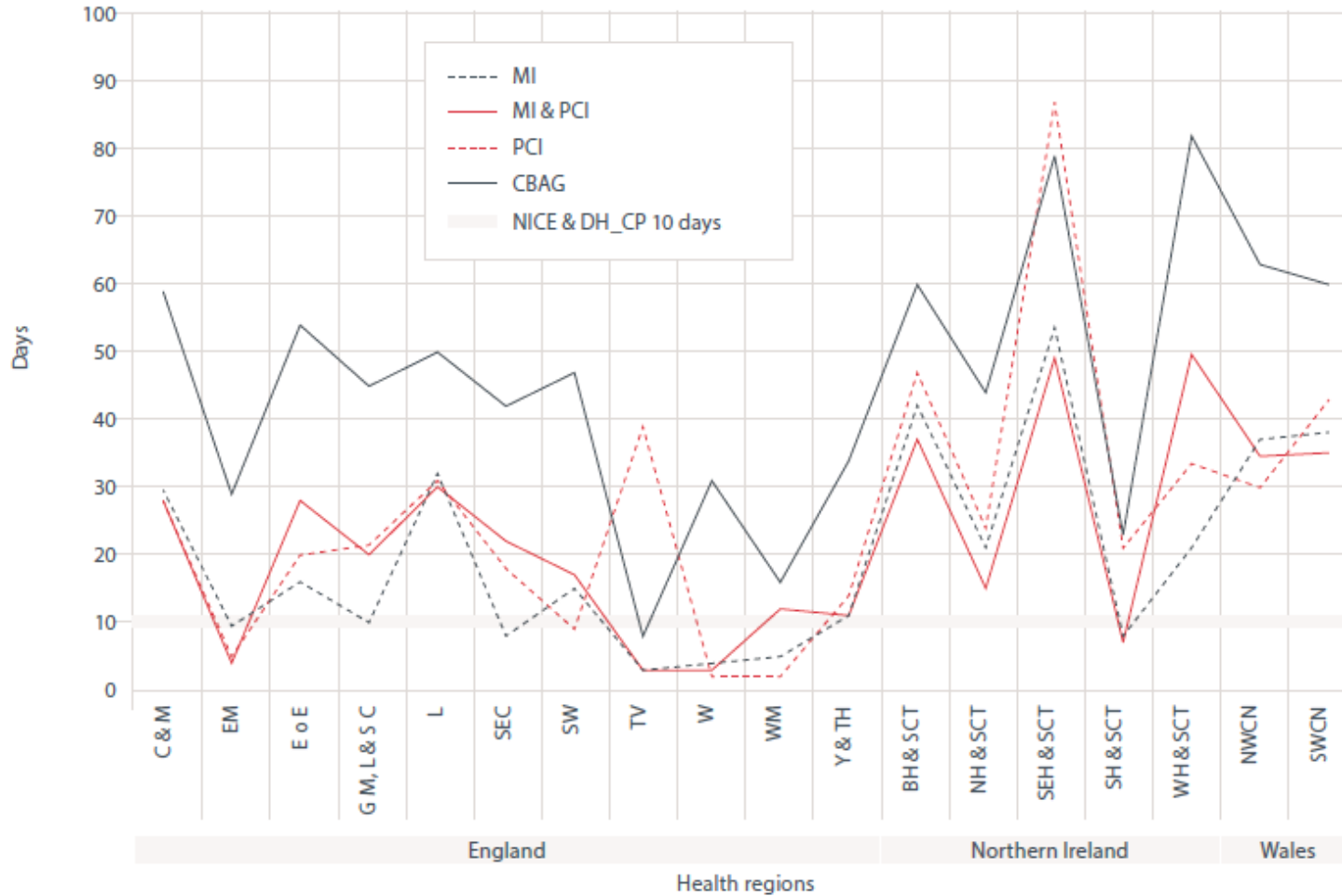
# Minimum Standards

- Next report due out in November which will report on outcomes at programme level
- Last report showed data at region level





# Median wait time - initiating event to assessment 1



# Clinical Outcomes - Exercise

**Figure 7**  
 Exercise at 150 minutes per week pre and post CR



# The Minimum Standards

## Standard 1

The delivery of seven core components employing an evidence based approach

MS 1.1 Named leads for each of the core components

MS 1.2 Each core component is ticked as delivered in the NACR dataset

## Standard 2

An integrated multidisciplinary team consisting of qualified and competent practitioners, led by a clinical coordinator

MS 2.1 At least three professions in the CR team

MS 2.2 Named Clinical coordinator



# The Minimum Standards

## Standard 3

Identification, referral and recruitment of eligible patient populations

MS 3.1 CR is offered at least to priority groups: MI, PCI, CABG, Heart failure

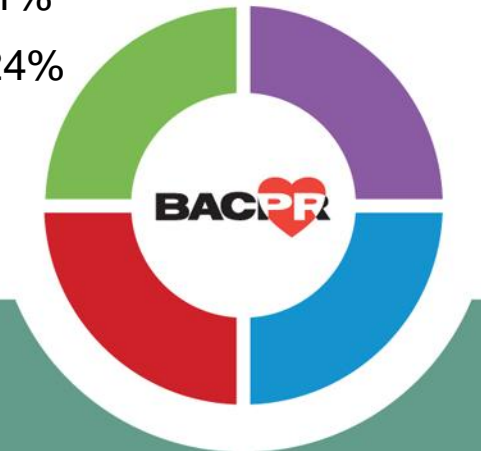
## Standard 4

Early initial assessment of individual patient needs in each of the core components, ongoing assessment and reassessment on programme completion

MS 4.1 % of pts with recorded assessment 1 is equal to or more than 51%

MS 4.2 % of pts with recorded assessment 2 is equal to or more than 24%

MS 4.3 Use of formal risk stratification



# The Minimum Standards

## Standard 5

Early provision of a cardiac rehabilitation programme, with a defined pathway of care, which meets the core components and is aligned with patient preference and choice.

MS 5.1 Time for referral to start of main CR programme for MI/PCI

MS 5.2 Time for referral to start of main CR programme for CABG

MS 5.3 Duration of main CR programme for MI/PCI

MS 5.4 Duration of main CR programme for CABG



# The Minimum Standards

## Standard 6

Registration and submission of data to the National Audit for Cardiac Rehabilitation (NACR)

MS 6.1 Obtaining of a valid NACR/BACPR certification report

## Standard 7

Establishment of a business case including a cardiac rehabilitation budget which meets the full service costs.





# Pilot

- Developed the minimum standards with expert reference group
- Piloted process with volunteer programmes. 16 of these undertook the full application for certification.
- 11 pilot programmes certified to meet the minimum standards 2015



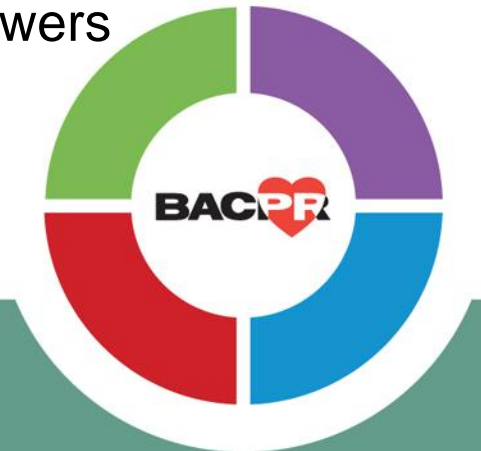
# Successful Programmes

- Basingstoke and Alton (Hampshire Hospitals NHS Foundation Trust),
- Caerphilly Cardiac Rehabilitation (Aneurin Bevan University Hospital Board),
- Care4Today (Buckinghamshire Healthcare NHS Trust),
- Countess of Chester and Cheshire and Wirral Partnership NHS Foundation Trust,
- Nevill Hall Hospital (Aneurin Bevan University Hospital Board),
- Peterborough and Stamford Hospitals NHS Foundation Trust,
- Royal Hampshire County Hospital (Hampshire Hospitals NHS Trust),
- Southport and Ormskirk Cardiac Rehabilitation NHS Hospital Trust
- University Hospitals Coventry and Warwickshire NHS Trust - Coventry
- University Hospitals Coventry and Warwickshire NHS Trust - Rugby
- University Hospital of South Manchester NHS Foundation Trust



# The Process

- Request most recent version of Certification Guidelines which contain minimum standards for the appropriate year
- Request Certification data report from NACR (this will eventually be available to self-download)
- If application likely to meet minimum standards: complete application and send with payment to BACPR Education. If not: assess what needs to be done to meet certification in future
- Certification Assessment Panel Chair appoints 3 reviewers
- Chair feeds back result and advice for future



# Outcome

## ■ PASS

Certificate issued showing minimum standards have been reached

## ■ REFER

One standard (of 5 assessed) is failed. Feedback given on what is needed to meet the standard – if this is reached within 12 months of first assessment, a certificate of passing minimum standards will be issued

## ■ FAIL

More than one standard is failed. Feedback and support will be given where possible for programmes to achieve the minimum standards in the future.



# 3 year Certification



# Current Picture

- Launch of certification programme July 2015
- 39 programmes have requested guidance document
- 1 programme has requested registration document





# BACPR Resources

- Short courses on the core components
- On line Standards and Core Components course



Information available from

[www.bacpr.com](http://www.bacpr.com)

[education@bacpr.com](mailto:education@bacpr.com)



@bacpr

