



Australian Cardiovascular Health
and Rehabilitation Association



Presidents report

ACRA AGM 10th August 2022

Gold Coast, QLD

Dr Carolyn Astley



2021-2022 financial year



- Tasmanian merger
- A new award to honour Anna Storen
- ACRA national COVID impact survey
- Cardiovascular Telehealth position statement
- Executive management committee (EMC) and Sub committee activities
- International Council cardiovascular prevention and rehab (ICCPR)

Merger between Tasmania CRA and Victoria



TACR has 5 members. At a special resolution mtg of TACR members on 5th August 2022 the members resolved to:

1. De-register the Tasmanian Association of Cardiovascular Health and Rehabilitation (TACR);
2. Add current TACR members to the ACRA VIC state register;
3. Any future health professionals who live and work in Tasmania who are interested in becoming members of ACRA be registered on the ACRA VIC state register;
4. Retain a position on the ACRA EMC for an ACRA member who lives and works in Tasmania. This position would serve to be the voice for Tasmanian cardiac rehabilitation professionals on ACRA EMC and to promote ACRA within Tasmania;
5. All TACR funds and assets are distributed in accordance with this resolution:
 - a. \$4000 to go to support of the ACRA Anna Storen Regional Travel Grant
 - b. remaining funds including shares to be transferred to ACRA VIC for the purpose of supporting professional development requests by Tasmanian-based members of ACRA.
 - c. any current or future ACRA member who lives and works in Tasmania be eligible to apply for professional development support available through funds formerly owned by TACR as outlined in 5b) above.

Annual Scientific Meeting Anna Storen regional travel award



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- Honours the work and contribution of Anna Storen who died in 2021 after a long battle with cancer
- Anna was a dedicated cardiac rehabilitation nurse for 12 years working in North West Regional hospital Burnie, Tasmania.
- She contributed 3 years on the Tasmanian committee with 2 years as Vice President, and 2 years on the national Executive Management Committee (EMC) representing Tasmania.
- During her time on the EMC she contributed to the Membership subcommittee, working hard to encourage ACRA membership amongst Tasmanian cardiac rehabilitation clinicians, the
- Awarded to Ms Katie Nesbit, PhD candidate, South Australia

ACRA national COVID impact survey



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- At the 2021 AGM it was suggested by ACRA member, Dr Jan Cameron to survey members on COVID impact
 - Formed a subcommittee of EMC plus co-opted ACRA members with skills (16 clinicians, researchers and policy developers)
 - Purpose: how COVID has changed CR and describe what services look like
- 3 timepoints were surveyed;
- Pre-COVID,
 - March –Dec 2020
 - At time of survey completion in March 2021

Next steps ACRA national COVID impact survey



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- Results have been presented by Drs Emma Thomas and Susie Cartledge at this meeting.
- Publications:
 1. Cartledge et al. Impact of COVID-19 on cardiac rehabilitation delivery in Australia: a national survey.
 2. Thomas et al. COVID-19 creates rapid move to telehealth: results from a national survey
- The survey work has led to a collaboration between CSANZ nurse council and ACRA to develop the ACRA/CSANZ Cardiovascular Telehealth position statement

ACRA/CSANZ telehealth position statement



Objective: a national position statement on telehealth and remote cardiovascular care and cardiac rehabilitation delivery that informs sustainable implementation and integration into the healthcare system

Purpose: to provide practical information to guide high quality standards of cardiovascular care.

ACRA/CSANZ telehealth position statement



The position statement will be structured with four sections:

1. Principles for remote cardiovascular (including cardiologist) consultation
2. Principles for remote delivery of cardiovascular rehabilitation,
3. Principles for remote delivery of multidisciplinary and nurse-led programs of care,
4. Principles for remote delivery of nurse practitioner-led programs of care.
5. Many of our ACRA members are involved

ACRA Executive Management Committee- met 5 times by zoom

Name	Position 1	Position 2
Carolyn Astley	President	Chair National COVID impact Survey sub committee
Carmel Bourne	President elect	Convenor 2022 ASM
Minke Hoekstra	Tasmanian rep	Treasurer
Celine Gallagher	SA/NT State President	Co-secretary, Chair 2023 ASM scientific committee
Justine Williams	NT Territory Rep	Co-secretary
Gemma Wilson	SA State Rep	
Bridget Abell	QLD State President	Co-chair, Research & Education sub committee, Chair 2022 ASM scientific committee
Amanda McGuire	QLD State Rep	
Robert Zecchin	NSW/ACT State President	
Dawn Mclvor	NSW State Rep	Chair, Membership sub committee
Susie Cartledge	Vic State President	Co-chair, Research & Education sub committee
Erin Howden	Vic State Rep	
Nikky Gordon	WA State President	
Joanna Clark	WA state Rep	
Helen Mclean	Heart Foundation Rep	Chair, Advocacy sub committee, Convenor 2023 ASM
Alun Jackson	Australian Heart Health Institute Rep	

ACRA Research and education subcommittee



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Endorsement of projects (1)

- Hannah Thompson (technology to enhance evidence-based management of heart failure)

Endorsement of guidelines/statements/resources (3 +2)

- ICCPR women-focussed CR guideline
- Heart Foundation & Quit Vic statement
- 6 steps to Cardiac recovery Heart Foundation learning module
- *Provisional endorsement of CSANZ telehealth statement*
- *Provisional endorsement of CSANZ exercise and PA statement*

Advertisement of projects (2)

- Heart Foundation (MindCVD survey)
- Bridget Abell (improving engagement in CR interviews)

Partnership/endorsement of grants (5)

- Heart Foundation Schemes: x 2
- MRFF schemes: x 3

Mentoring (3)

Webinars -Feb 2022 - Continuation, growth and change in cardiac rehabilitation during the COVID pandemic for Western Sydney LHD (was also organised in conjunction with advocacy committee)

ACRA membership and advocacy subcommittees



Advocacy actions in 2021-2022

1. Mailchimp correspondence and updates to ACRA and HF websites including:
<https://www.heartfoundation.org.au/Recovery-and-support/Cardiac-rehabilitation-for-health-professionals> infographic https://www.heartfoundation.org.au/getmedia/79a9855d-617c-467f-b96d-a9b2c1f0f94b/Cardiac-Rehab_Infographic-March-2021_1.pdf Advocacy toolkit, videos, expert opinions
2. Webinar Presentation: Continuation, growth and change in cardiac rehabilitation during the COVID pandemic for Western Sydney LHD – Lessons Learnt - Well attended with excellent feedback.
3. Ideas for incoming committee: x2 meetings per year suggested. 2022-2023 should be focussed on progressing a billing code for Cardiac rehab.

Membership actions in 2021-2022

Continuing to investigate drop in membership and improve our tracking processes.

International Council of cardiovascular prevention and rehab (ICCPR)



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ACRA is a member of ICCPR, our own Professor Robyn Gallagher is current chair,

ICCPR has 42 Association Members from around the globe and 16 friend associations,

Education: 1325 cardiac rehabilitation professionals have undertaken our Cardiac Rehabilitation Foundations Certificate Advocacy. Delivered four free webinars in the last year partnering with AACVPR and in Oct, EAPC),

Quality: International Cardiac Rehabilitation Register (ICRR) and new CR Accreditation Program,

Advocacy: we have contributed to the World Health Organisation Package of Rehabilitation Interventions and we produced the first Women-Focussed Clinical Practice Guidelines which ACRA endorsed,

Resources: online free surveys for patients, related CR information needs, available in multiple languages. If you are keen to be involved in evaluation of these email Robyn,

ICCPR thanks ACRA for continuing involvement and look forward to future work,

Email contact: robyn.gallagher@sydney.edu.au.