

Presidents report:  
Carmel Bourne  
ACRA AGM 30<sup>th</sup> July 2024  
Sydney Masonic Centre



Strategic plan: 2023-2026



## ACRA-Funded ICCPR - CRFC Program

In collaboration with Solve CHD and ICCPR: ACRA is funding members to complete the Cardiac Rehabilitation Foundations Certificate

### **Eligibility Criteria:**

To be eligible to participate in the funded program applicants must agree to and meet the following criteria:

- Must be current ACRA member for at least 12 months.
- Participants are required to successfully complete the certificate training within a timeframe of 6 months.
- The ICCPR feedback form must be submitted within 3 months following the completion of the training.

### **Program Timeline:**

Operates on a structured timeline consisting of three rounds of EOI submissions:

- August 2024
- November 2024
- March 2025.

### **Positives:**

- Internationally recognised training on how to deliver the core components of CR.
- Recognition that you are committed to delivering quality cardiac rehabilitation
- Successful candidates can then work towards program certification
- Program is online – can be completed at your own pace
- National standardisation of both clinician and program requirements for Cardiac Rehabilitation in Australia
- **More information:**
- Available on the ACRA website under Education and Training
- Webinar on CRFC program launch on **Wednesday 14/08/2024 4pm (AEST)**
- Register your interest on <https://forms.office.com/r/NjSzHPQX08>  
or scan the QR code 📱

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# SOLVE CHD



**International Council of  
Cardiovascular Prevention  
and Rehabilitation (ICCPR)**

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**Australian Cardiovascular Health  
and Rehabilitation Association**

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## ACRA Executive Management Committee

<b>Carmel Bourne</b>	<b>President</b>
<b>Joanna Clark</b>	<b>President elect</b>
<b>Minke Hoekstra</b>	<b>Tasmanian State Representative</b>
<b>Celine Gallagher</b>	<b>SA/NT State President</b>
<b>Justine Williams</b>	<b>NT Territory State Representative</b>
<b>Diana Lynch</b>	<b>SA State State Representative</b>
<b>Katina Coronas-Watkins</b>	<b>QLD State President</b>
<b>Bridget Abell</b>	<b>QLD State Representative</b>
<b>Dion Candelaria</b>	<b>NSW/ACT State President</b>
<b>Robert Zecchin</b>	<b>NSW State Rep</b>
<b>Nicole Freene</b>	<b>ACT State Representative</b>
<b>Katrien Janssen</b>	<b>Vic State President</b>
<b>Erin Howden</b>	<b>Vic State Rep</b>
<b>Andrew Maiorana</b>	<b>WA State President</b>
<b>Julie Prout</b>	<b>WA State Rep</b>
<b>Vanessa Poulsen</b>	<b>Heart Foundation Representative</b>
<b>Alun Jackson</b>	<b>Australian Centre for Heart Health</b>

A sincere thank you to the EMC for the work they do as volunteers  
Met 4 times by zoom 1 face to face:

Three co-opted members: Susie Cartledge, Joe Weddell and Snez Stolic – Co chairs on Education & Training; Communication & Membership & Research & quality. Attend zoom meetings

### Committee Chairs

**Advocacy:** co-chairs *Erin Howden & Joanna Clark*

**Communications:** co-chairs: *Joseph Weddell & Katrien Janssen*

**Research & Quality:** Co-chairs: *Justine Williams & Snezana Stolic*

**Education & Training:** Co-chairs: *Susie Cartledge & Dion Candelaria*

## Research and Quality Subcommittee

1. ACRA assisted with publication of the CSANZ/ACRA Exercise Training and Prescription in CR statement in September 2023.
2. ACRA partnered with SOLVE-CHD to deliver an ECR Grant Writing workshop on 22<sup>nd</sup> August 2023
3. Endorsement (2 approved), advertising (1 approved) and research partnerships (4 approved) in 2023/2024.
4. Plan is to review the Endorsement Policy and the Advertising Policy and Procedures for 2024 including in-kind commitments.
5. Updating Policies around membership requirements to access ACRA support and services, currently non-members can access support.
6. 2024 plan to review 10-year-old document – 2014 ACRA Core Components of Cardiovascular Disease and Secondary Prevention and Cardiac Rehabilitation.

### **Support for grants/partnerships 2023/2024**

- Dr Nicole Gordon: *Multicentre, satellite, group secondary prevention of heart disease using telehealth in small regional townships; a pilot randomised trial*
- Dr Jenna Taylor: *Optimising exercise delivery and outcomes in cardiac rehabilitation*
- Professor Julie Redfern: *Improving care and outcomes for people living with heart disease: PROMs, PREMs and empowering survivors to SOLVE-CHD*
- Dr Sarah Gauci: *At the heart of the matter: Working with community to co-design a lifestyle-based mental health program for women and men who have survived a heart event in rural and remote Australia*

### **Endorsed projects/guidelines/other 2023-2024**

- Dr Sarah Gauci Study: *At the heart of the matter: Understanding the role of mental health in the secondary prevention of heart disease.*
- Mr Joseph Weddell and Professor Julie Redfern: *Heart 2 Heart*

### **Advertised projects**

- Dr Yingyan (Lisa) Chen:

## Advocacy Sub-committee

Purpose:

- To understand from members what ACRA Executive Committee and Sub-committees should focus on to support you and your program.
- Develop and provide resources for programs to use to increase awareness about “the magic of CR.”
- These resources to be shared to other health care providers including GPs, cardiologists and other allied health professionals to increase awareness.

#### Priorities for ACRA:

- Capacity and models of care.
- Increasing awareness of cardiac rehabilitation and secondary prevention.
- Attracting new membership

#### Annual member survey:

- Communication Preferences: Newsletters and the ACRA website.
  - Popular content includes research corner, patient resources, and meet the executive.
- Preferred Methods for Receiving Education Resources:
  - Webinars and Newsletters
  - Conferences.
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### Communications & Membership Sub-committee

1. Delivered monthly newsletters via online Mailchimp since February 2023
2. Average opening rate of 52%.
3. Issues with high bounce rates (work-based firewalls), has improved significantly
4. From September 2024 – only active ACRA members to receive the newsletter.
  - Aim to be the main form of communication nationally for ACRA
5. More active on social media, especially Facebook and Twitter, leading up to the ASM
6. Membership drive - February to June annually

Members @ June 30 - 343 with 145 still to pay – will know final number @ August 31. Issue with membership – people lapse then re-join when they apply for scholarships

#### Working on some regular features:

- Meet the EMC and presidents updates will continue
- Showcase CR program – to start after ASM – developing a template involving a set of questions, photos and links to website.
- Rob Zecchin research corner – alternate with program showcase
- Pilot work regarding restarting or discontinuing the ACRA Facebook group – potentially to be used for event/workshop awareness.

### Education and Training Sub-committee

6 webinars this year: 4 ACRA-led, 2 in collaboration with other organisations

- Attendance ranged from 20 to 85
  - highest attendance was for ACRA led webinar with Dr Barb Murphy
- \$420 revenue to date (non-members pay \$30 to attend ACRA led webinars)
- Monthly from Feb-June, - difficult to sustain so will reduce to every second month from August
  - Feb – TAVI and pulmonary hypertension update
  - March – Sleep and CVD
  - April – Waitlists

- May – SCAD: psychosocial implications
- June – Vaping

Future plans:

- August – Follow-up of CR Provider Certification Launch
  - September – What's hot in CVD health and rehabilitation: A report from the ACRA ASM
  - November – Women's Heart Disease
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- All state education days and presentations are advertised in the ACRA National newsletter and on the ACRA website.
  - We recognise that face-to-face networking and knowledge sharing are invaluable and the need for increased support to assist our regional/rural members to be able attend ACRA events in person.
  - Ongoing agenda item for the EMC to explore what assistance our larger state chapters can offer to smaller ones who face the greatest geographic challenges,
  - Mentoring program: in the process of being re-invigorated – ideas welcome on how we can improve the program.

### **ACRA Collaborative Activities**

CSANZ and ACRA Position Statement on Quality Use of Telehealth and Remotely-delivered Cardiovascular Care: National position statement on telehealth and remote cardiovascular care and cardiac rehabilitation delivery.

- Susie Cartledge assisting leads to complete the position statement.
- Planned for submission to CSANZ QSC for approval in October.

ACvA – promotion of ACRA and Cardiac Rehabilitation at CAD Clinical workshop:  
Presentation – to promote ACRA & CR and key ACRA initiatives and opportunities

Heart Foundation:

- Heart Health Checks – Stakeholders Campaign group
- Support the Heart Health check MBS submission to Medicare for a Permanent HHC Item Number
- Aim is to collectively campaign for the continuation of the item

Global Forum – Cardiac Prevention and Rehabilitation

- ICCPR and Solve CHD
- Attending ICCPR Global Forum as ACRA representative – members asked to complete survey on Solve CHD website regarding issues/topics they would like to be raised at the forum.

**To finish report Professor Robyn Gallagher presented update on ICCPR & Solve CHD.**