



BACR Annual Conference
Thursday 8th and Friday 9th October 2009

REVISED FINAL PROGRAMME

- 09.00** Registration
- 10.15** **Welcome address**
Professor Patrick Doherty
President, BACR
- 10.30** **KEYNOTE ADDRESS**
The pleasure and displeasure people feel when they exercise: methods, theory and implications for exercise prescription and adherence
Professor Panteleimon Ekkekakis
Associate Professor, Department of Kinesiology, Iowa State University
- BUILDING THE BUSINESS CASE**
Chair: Diane Card, *Nurse, BHF*
- 11.30** **World class commissioning**
Val Billingham
Commissioning Adviser, British Heart Foundation
- Building your business case**
Elaine Tanner, *Community Development Manager, British Heart Foundation*
Lynda Shaughnessy, *BHF Cardiac Nurse Specialist, Royal Brompton & Harefield NHS Trust*
- Derbyshire business strategy**
Ciara Scarff, *LTC Commissioning Manager, Derbyshire County PCT*
Janet Whitehead, *Public Health Specialist, Derbyshire County PCT*
Dr Clare Hawley, *GPwSI in Cardiology, Derbyshire County PCT*
- 13.00** Lunch and poster session
- Chair: Dr Susan Connolly, *Consultant Cardiologist, Charing Cross Hospital*
- 14.00** **Lowering sugars in diabetes: a cardiovascular waste of time?**
Dr Hamish Courtney
Endocrinologist, Royal Victoria Hospital, Belfast
- 14.35** **NACR update**
Professor Bob Lewin
Professor of Rehabilitation, University of York
- 14.55** Coffee
- EDUCATION**
Chair: Dr Kate Willmer, *Consultant Cardiologist, West Cumberland Hospital*
- 15.25** **Effective education for patients**
Julie-Anne Regan
Academic Development Advisor, University of Chester
- 15.55** **Future of BACR**
Dr John Buckley, *President Elect, BACR*
- 16.30** **AGM** – BACR members only
- 19.00** Drinks reception followed by dinner

Friday 9th October

- 08.30 New registrations only
- ELDERLY**
Chair: Sally Hinton, *Physiotherapist, BACR Education*
- 09.15 **Issues in managing the elderly**
Dr Jackie Taylor, *Consultant Physician, Glasgow Royal Infirmary*
- Physical activity and exercise for older people**
Dr Dawn Skelton, *Reader in Ageing and Health, Glasgow Caledonian University*
- ABSTRACTS SESSION**
Chair: Linda Binder, *National Improvement Lead, NHS Improvement*
- 10.30 **Benefits of a one day stress management workshop - a menu based option for cardiac rehabilitation patients**
Katrina Fisher
Senior Occupational Therapist, Luton & Dunstable Hospital NHS Foundation Trust
- LAMP: a randomised controlled trial of a lay angina management programme, compared to routine nurse advice**
Dr Gill Furze, *Senior Research Fellow, University of York*
- Fatigue management and energy conservation for cardiac rehabilitation patients**
Charlotte-Anne Wells, *Occupational Therapist, Craigavon Area Hospital*
- Screening for obstructive sleep apnoea syndrome in a cardiovascular disease prevention and rehabilitation programme**
Paula O'Neill
Cardiac Prevention & Rehabilitation Nurse, Imperial College Healthcare NHS Trust
- 11.15 Coffee and poster session
- INNOVATIONS IN PRACTICE**
Chairs: Professor David Brodie, *Head of Research, Buckinghamshire New University*
Mr Ken Timmis, *President, Heart Care Partnership (UK)*
- 11.45 **Upbeat Heart Support**
Michelle Jermy, *Cardiac Exercise Instructor, Upbeat Heart Support*
- Options Week**
Melanie Ellis and Jo Hayward
Senior Occupational Therapist and Cardiac Rehabilitation Coordinator, Norfolk and Norwich NHS Foundation Trust
- MyAction Westminster**
Jenni Jones, *Physiotherapist/ MSc Coordinator, Imperial College*
- Chair: Dr John Buckley, *President Elect, BACR*
- 12.15 **Cardio-protective drugs update**
Professor Julian Halcox, *Professor of Cardiology, Cardiff University*
- 12.50 **Efficacy of providing physical activity advice in primary care**
Professor Jim McKenna
Professor of Physical Activity and Health, Leeds Metropolitan University
- 13.30 **Why is it so hard? A hedonic perspective on the challenge of exercise adherence in obesity**
Professor Panteleimon Ekkekakis
Associate Professor, Department of Kinesiology, Iowa State University
- 14.10 Close of meeting and awards, followed by lunch